

# Tabitha Kinder Garten School Re Nawa Gidra Ko Atan' Daramket'koa

Mon'golbar (31 January) setak' 10:00 baja jokhen Tabitha Kinder Garten School re nawa gidra ko atan' daram ket'koa. Nia dhao do aregel (90) got en gidra ko atan' daramket'koa. Atan' daram okte manotan per a lekate set ere tahe~kana NAGR (National Agency for Green Revolution) ren a yuric'/Executive Director Mn.Stephen Soren, Amnura Mission Primary School ren maran' mahasoe Sontosh Tudu, 3 no.Jhilim Union Porisod ren 1,2,3 no ward ren maejiu member Johra Begum, 2no. ward ren member Md.Masud Parvez ar ona sa~ote set ere tahe~kana Tabitha Kinder Garten School ren Maran' Mahasoe ar NAGR ren Program Officer Prodip Hembrom selet' Mahasoe ar pa.t.hua gidra ren gogo-baba ko.



Manotan ko do Atan' daram n'utumte mimit' gidra ko sikhna.t reak' ja.rur. jinis, file, kolom, scale, School d.airi ar rul pencil sandes lekateko em ha.t.in'at'koa. Atan' daram re Manotan lekate kathae ror.keda maejiu member Johra Begum, uni doe menkeda, noa Tabitha kinder Garten School do Amnura Sodor, Jhilim union re mit't.en namd.ak School kana. Cedak' je, Gidra ko nond.e hec'kate mon'j poribes re mon'j sikhna.t ko hamet. dar.eak' kana. Ase dohokeda arho~ noa Sikhna.t t.hao~na do ba.i ba.ite hara buruk'te ad.epase re noa reak' n'utum d.amd.ahek'a. Onka leka member Md.Masud Parvez ho~ ac'ak' kathate nonkae ror. sodorkeda, noa School do mon'j mit't.en School kana. Gidra ko noa School re joto lekan gor.oko n'ameda. Onate noa School arho~ maran' rup'te benao rakap' la.git' joto lekan gor.o-

gopor,oe emok´a mente ekrar,keda.



Nawa gidra, atan´ daramre johar selet´ kathae ror,keda NAGR ren a,yuric´/Executive Director Mn.Stephen Soren. Pa,hilte gidra,ko dula,r. johar ar onkoren gogo-babako manot johar-e emat´koa. Uni doe menkeda, 2012 serma re noa School pa,hil ehop´lena. Ar un khonge noa sikhna,t t,ha~ona do hud,in´ hud,in´ khon nit dha,bic´te nonka hara buruyena. As doho katec´e menkeda, arho~ darakan dinre noa t,ha~ona do ad,epase se noa jhilim union re mon´j n´utume ha,rjona´ mente. Ona la,git´ aema lekan ka,mihora ko calak´ kana mente la,i sodorkeda. Mucat´re sanam gidra,ko mon´jte olok´ par,haok´ la,git´ ho~e udga,uket´koa. Jemon do din hilok´ School ko hijuk´te sikhna,t ko hamet,jon´ dar,eak´. Gidra, ko sa~ote ba,r,tikaete akoren gogo-babakoe cehao are udga,uket´koa akoren gidra,ko jogao jotonkote School ko kol ko. Ar nonkate olok´ par,hao sec´ jhu~k mon lagaote mon´j ko hara buruk´. Ina, sa~ote atan´ daram chad,a ho~ gidra,koak´ School batch ko ucha,nkeda. Napaete gidra, ko atan´ daram hoe pura,uená.

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## Mit´t\_en Casa, Sado\_m Ar Mero\_m

Mit´t\_en casa hor,e tahe~kana. Uniak´ sana tahe~kana aema lekan ja,tren Sado\_m jogar,ko. Onka leka aema ja,tren Sadome jogar,ket´koa, nit do\_ eken mit´ lekan Sado\_m ja,rur,aea, oka do\_ ac´ ad,epaseren hor, ren menae. Menkhan ad,epaseren hor, do\_ uni ac´ren Sado\_m a,khrin´kae reak´ ja~ha~n monsuba,ge ba,nuk´taea. Enreho~ uni Sado\_m a,khrin´kae la,git´ din hilok´e batlaodea. Muca,t´ dha,bic´te ja~ha~

lekate reben ocokedea. Menkhan ona ra\_ska\_a.d.idin ban`thamga.d.ilentaeta. Ente kirin` mit` cando tayomge Sado\_m do\_e rua\_ka\_hilena.

Jib-janwar ren raranic` Sado\_me n`elkedete menkeda, nuire do\_ maran` mit`t.en virus rua\_ hec` par\_aoakana. Ado\_ thor\_a rane oladete metadea, pe din bhor noa ran jom ocoye hoyok`a. Noa rante ja`ha`n porho ban` n`amlen khan goc` gid\_ikae hoyok`a. Ban`khan noa rog arho` et\_ak` Sado\_mkore uca\_r.ok`a. Mit`t.en Mero\_m do\_ Uni raranic` (daktar) ar casawak` katha mon lagaokatec`e atenkeda. Thor\_agher\_i tayom Casa do\_ Sado\_m rane jom ocokedete ac`ak` ka\_mi senjon`na. Unre Mero\_m do\_ Sado\_m t\_hene hec`ente metaekana, Mon kat\_ejtam, bogek` hoyok`tama, ban`khan ko goc` gid\_imea honan`.

Ina\_ dosar din ho` Casa do\_ Sado\_m rane jom ocokedea ar ka\_mi senena. Enhilok` ho` Mero\_m do\_ harephare Sado\_m t\_hene senente metadea, Ma gate beret`talan` me, kost\_o sahao katet` reho` tar\_am hoyok`tama. Delan` gor\_awama. Tesar hilok` Casa sa`o uni raranic`e arho`e hec`ena. Rane jom ocokedea are menkeda, ar bae ban`caok`a nui do\_. Gapa khangge goje hoyok`a. Ban`khan et\_ak` Sado\_mkore uca\_r.ok`a. Khan Casa do ad\_ige torasente he`k`ada. Unkin calao tayom Mero\_m do\_ Sado\_m t\_hene hec`ena are menkeda, tehen`ge muca\_t` a\_t tam, ma beret`me. Dar\_ek`tege lagaoama, da\_r\_ lagaoama, nok`o`e dar\_eak` kangeam, ar thor\_a kurumut\_uime, khanem dar\_eak`gea. Nonkate mit` okte Sado\_m do\_ ekal ria\_k` ria\_k`e da\_r\_keda. Ackage uni Casa hor\_e ta\_n`khikeda Sado\_me da\_da\_r\_ kana. Ado\_ bogete kusiyena are memen kana, a.d.i hahar\_a, Sado\_me pha\_ria\_yentin` do\_. Okayena pe, usa\_ra nui Mero\_m jabe katec` jom-n`u` reak` bo\_ndo\_bos pe.

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# SSC Bid .a .u Eho .bo .k´ Kana 30 April Kho .nak´

Calak´kan serma metak´me 2023 ren SSC ar ona man reak´ bid .a .u emok´ koak´ ta .rik nit . akana. Nit . akan ta .rik do\_ 30 April. Athwar hilok´ (29 January) Anto:sikha board ren somonoy komit .iren convener ar Dhaka sikhna .t board ren Chairman Topon Kumar Sarkar-e bad .ae ocokeda, darakan 30 April khonak´ SSC bid .a .u eho .bo .k´a mente. Bad .ae akana, disom reak´ Iskul kore 2023 serma ren SSC bid .a .u emok´ koak´ form purun do\_ calaoen serma D .ecember 18 khon ehop´ kate 5 January dha .bic´ calao idiyena.

Menkhan bad .ae abon jao serma reak´ February cando SSC bid .a .u hoe bar .ak´a. Ar HSC bid .a .u do\_ April cando hoe bar .ak´a. Menkhan Korona mahamari khonak´ jo .to . lekan bid .a .u ge o .kte na .pitre ban´ hoyok´ kana. Onka leka nes reak´ SSC bid .a .u ho´ o .kte na .pitre ban´ kate 30 April khon ehop´ la .git´ nit . se got .a akana.

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# HSC Bid .a .u Reak´ Jo Sodorok´a 8 February

Darakan 8 February HSC bid .a .u reak´ jo sodorok´a. Athwar hilok´ (29 January) setak´ re Anto:sikha board ren somonoy komit .iren convener ar Dhaka sikhna .t board ren Chairman Topon Kumar noa khobor babotre la .i lahakeda. Uni doe menkeda, darakan mahna 8 February HSC ar ona man reak´ bid .a .u jo do sodorok´a.

Noa bid .a .u jo sodor la .git´te 7-9 February talate okto nit katec´ Sikhna .t montronaloy te khobor kol hoylena. Menkhan maran´ montri do onako din bhitrire 8 February nend .a se got .akeda. Maran´ montri ak´ got .a lekate 8 February tikin ber 12 baja talate bid .a .u reak´ jo do

sodorok'á. Bad'ae abon je, calaoen 6 November got'a disomre HSC ar ona man reak' bid'au do ehop'lana. Are (9) got'en sadharon sikhna.t board, madrasa ar Karigori board jotokote mitkate gelmit' (11) got'en sikhna.t board reak' tabere mot're 12 lakh khon d'her pa.t.hua. noa bid'au.reko selet'lana.

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# Hor . more                      Adhe                      Reak´ Bha . la . itet´

Adhe do a.d.i upka.r jinis kana. Got'a dha.rtiren hor. noa adhe aema lekateko beoharet' kana. Berelte ar utuk' katet' aema lekate jomogok'á. Adhe do ran-rehet' lekate ho~ beoharok'á. Noa reak' gun karonak'te Ayurved ar Homeopathy reho~ t.ha.~i akawanae. Ente adhe redo Antioxidant ar Anti-inflammtory ak' gun menak'á, oka do hor.mo la.git' bha.la.ianak'kan. Din hilok' mit' gila.s dak' adhe sa~o hed.ec' katet' n'u~ lekhan aema lekan rog hor.mo khon sahar.ok'á. Ar nonkate hor.mo niropon tahena.

End.ekhan bon bad'aelege adhe khon cet' cet'ko upka.r n'amok'á:

## Rog birudre ka.mia:

Adhe re Antibacterial reak' gun menak'á. Onate din hilok' adhe hed.ec' dak' n'u~ do hor.more rog birude ka.mia. Khok'-manda, na.nd.ri haso emanteak' rua.re napaeye ka.mia.

## Ojon komok'á:

Adhe dak' n'u lekhan hor.mo reak' ojon komok'á. A.d.i alga ar usa.rate hor.mo reak' itil komok'á. Jomak' sana se ren'gec' ho~e d.ant.aoa. Khonrond katet' n'el akana, adhe do a.d.i gha.r.ic' lac' perec' se bi doho dar.eak'á.

## Up' ar Hor.mo reak' harta mon'je dohoea:

Harta reak' nanan muskilak' ko noa adhe rukhia dar\_eak'a. Cedak' je, adhe re menak' Anti-oxidant, Antibacterial ar Anti-inflammetory reak' gun do joto lekan rog khon hor.mo rukhia\_ea. Nonkate harta ho~ sapha sa\_phi tahena. Adhe redo vit\_amin A , C menak'a, oka do up' reak' gor\_hon mon'je dohoe kurumut\_uiea. Ona sa~ote hor.more ma~ya~m ho~ sarsao ar sapha sa\_phi dohoea.

### Hajam dar\_e d\_herok'a:

Dinre mit' dhao katet' noa adhe dak' n'ulere hajam dar\_e d\_herok'a. Nonkate gas acid hoyok' reak' sombhab kom tahena.

### Adhe dak' benao reak' bhan'jtet':

Pe cup dak're adhe kot.ec' katet' em hoyok'a. Dak' mon'jte hed.ec' tayom gila\_s re chakao hoyok'a. Noare mit' camoc' dumur rasa mesao katet' n'ui hoyok'a.

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## **Cini Reak' Dam Kegi Re Mo~r\_e~ T\_aka D\_herena**

Nia\_ko dinre ha\_t\_ia\_re joto lekan jinis reak' dam a\_d\_ige d\_her akana. Oka do joto hor\_koak' gharon'j jionre mit' maran' muskil kan. Ba\_r\_tikate ren'gec'-orec' hor\_koak' gharon'jre. Onka leka Cini reak' dam arho~ ba\_r\_ti la\_git'e la\_i ja\_hirkdeda Bangladesh Sugar Refiners Association (BSRA). Sarkar do cini reak' dam kegi re mo~r\_e~ t\_aka\_e d\_herkeda.

Nit khon khola a\_khrin'ok' kan cini reak' dam mit' sae eyae (107) t\_aka ar peket\_cini do mit' sae gelbar (112) t\_aka nend\_a akana. Noa nawa dam do darakan cando February pa\_hil khon ehobok'a. Lukhibar (26 January) mit' d\_ha\_rwa\_k' talate BSRA noa khobore la\_i lahakeda. Cini

reak' dam d her ia te Bangladesh Trade And Tafiff Commision ar Ba nijo montronaloy sa~o ho~ gapalmarao hoe akana mente d ha rwa k' re sodor akana.

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# Jumi Hund a rkoak' Ti Khon Or ak' Bhit a i N'am Rua r keda Bholā Mardi

Rajshahi jila prosasok ak' gor ote pongel (40) serma tayom or ak bhit a ko n'am rua r keda mit't en a d i ba si santal gharon' jren hor ko. Rajshahi jila, Godagari upa jila reak' Rishikul union reak' Bamlahal mouja 901 dag reak' 34 sotok khas jumi Bholā Mardi n'utuman mit' hor ak' tire 1989-90 sermare bondobos em hoelena. Ona gharon' jren hor ko nana parkan botor uduk' akote a d i din khonak' Godagari sodor ren jumi hund a ric' Sarwar Jahan Dablu do ad epaseren Shahjahan ak' gor ote ona bhit a jor-jobor katec'e dokhol a guet' kana. Bar-pe hapta lahare ackage ona gharon' renko botorko car haoat' kote ona bhit a re or ak' benao ka miko ehop' keda.

Khan ona babotre Bholā Mardi do UP Chairman Sohikul Islam Tulu t hene na lisket' reho~ jahan ror rua r ge bae n'amleda. Ona ia te cet'e cekaea ohoge bujha uet' te adisa cabaenae. Jahan upa i bae n'amlet' te Lukhibar (19 January 2023) Bholā Mardi do Rajshahi Bibhagio Commissioner ar jila prosasok t hen mit't en olak' ovijoge jomakeda. Ovijog n'am sa~o sa~ote Rajshahi jila prosasok Abdul Jolil Godagari upa jila ren Assistant commissioner (bhumi) ar Executive Magistrate Md: Sobuj Hasan ona ghot na tojbij la git' da yike n'amkeda. Ona da yik n'am torage Sokol hilok' (20 January) a yup' bela ona bhit a senen khan sa riak' tet'e bad ae dar eada.

Ina kate ona benao akan or ak' do Bulletulizer (hasa mak' mesin) teko ra put' chircha turket'te ona gharon'jrenko jima wat'koa. Noa babotre Godagari upa jila ren Assistant commissioner (Bhumi) ar Executive Magistrate Md: Sobuj Hasan doe menkeda, DC sir ak' hukum ar batlao lekate tojbij katec' noa ghot na reak' sa ria k' bad ae n'amente ona bhit a rukhia katec' Bhola Mardi ak' tire jima yena. Bhola Mardi doe menkeda, nuna k' din badre noa bhit an' n'am rua r ket'te a d i at in' ra ska k' kana. Onate Jila prosasok ar sthanio prosasok ko johar are sarhaoket'koa.

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## Gadha Ar Toyo

Mit't en Gadha ar Toyo a d i gatekin tahe~kana ar mit't en bir-gajar. regekin basok' kan tahe~na. Nuna k' gatekin tahe~kana je, et ak' jib-janwarko onkin n'elteko hinsa k'kan tahena. Mit'din onkin do jomak' sesendrakin mohnd ayena. Thor a jha l sen katec' Toyo do saman're Dha cri kul-e n'elkedete bes muskile at karkedada, ar ban'caok' la git' Dha cri kul t hene sen got'ena are metaekana E maharaj jahanak' bam hudis khan mit't en kathan' ror kea. End ekhan lahare katha eman'me ar ak'a n'am honan'.

Ado lutur phed re phasar phusure metadea, judim men khan uni Gadha amak' tiren' soprot dar eama. Khan Dha cri kul-e menkeda, end khan ma bogege. Kathan' emam kana. Ado Toyo do usa ra uni Gadha sibil sibil kathate bula ukate Dha cri kul sorre idikedea. Dha cri kul do uni Gadhae be-gean kedete doho mar an'kedea. Note Toyo n'ele kana d ar la git' harephare a te n'am bar akana. Onate pa hilte Toyo goc'kedea ina kate ba i ba ite Gadha sene monhd ayena.

**Sikha una:** Jahae jahan muskilre par aoem kurumut u lekhan, amge ona muskilrem par aok'a.

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# Ba .i Ba .ite D .herok´ Kana Lolo-Seton´ Reak´ A~c

Lolo-Seton´ reak´ a~c se elan´ thor .a d .her sa~ote sa~ote rear .-  
raban´, kur .ha . n´ut ho~ a .d .ige kom akana. Arho~ adom adom  
t .ot .hakore do a .d .i kom rear . at .karok´ kana. Enreho~ nindara  
metak´me t .hor .adin lahare cet´leka kajak hisit´ hisit´ rear .ge hoe ar  
kur .ha . n´ut kakhante setak´ tora hor .ko bahre ban´ko od .ok´  
dar .eak´kan tahe, nit do onkan abohaoa do ba .nuk´anan´.

An´ga marsal torage sin´ candowak´ ra~t do n´elogok´ kana. Setak´ tora  
Kulhi d .ahar kore hor .ko ar aema lekan sagar . /ga .d .i ko~ n´el n´amok´  
kana. Joto lekan huda .ren ka .mi-ka .sni hor .ko akoak´ ka .mi t .ha .~ite  
okte na .pitreko set .er dar .eak´ kana. Onka leka gidra .ko ho~ akoak´  
puthi/selet . sepe´kate apan a .pin Skul ko sen dar .eak´ kana. Hoe-dak´  
bichna .u (abohaoa) office-e bad .ae ocoet´ kana arho~ bar-pe din talate  
seton´ reak´ a~c arho~ thor .gan kajak´ dar .eak´a mente.

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# Kaharol Re A .diva .si ko Talare Raban´ Kicric´ Emena

Sa .nicar hilok´ (21 January 2023) setak´ 10 baja jokhen Ishanpur  
(Pakortola) a .d .iva .si atore mit´ sae (100) go .ten nacar hor .ko raban´  
kic´ric´ ko emak´koa. Noa Raban´ kic´ric´ (kombol) doe em akana Rotary  
Club Dhaka. Ar noa raban´ kic´ric´ em ha .t .in´ reak´e bondobosleda  
ond .enko metak´me sthanio Ishanpur Rotary Community Core (RCC) ar NAGR  
(National Agency for Green Revolution). Emok´ okte set .ere tahe~kana

NAGR ren a.yuric' Mn.Stephen Soren, RCC-Ishanpur sabha mukhia. Moni Hembrom, sompadok Sujon Tudu, Upodesta Bhorot Mardi, ato ma.n'jhi Tikat Hembrom.

Raban' kic'ric' emok' jokhen NAGR ren a.yuric' ar RCC upodesta Mn.Stephen Soren do Ishanpur re Rotary reak' ka.mihora babotre bad.ae ocoket'koa. Uni doe menkeda je, Dinajpur Kaharol upojila reak' 06 no. Ramchondropur union re Rotary Club Of Dhaka Kawran Bazar ar Rotary Club Of Dhaka reak' gor.ote ren'gec' nacar hor.koak' jion-jingi lahanti, maejiukoak' toa re cancer (breast cancer) ar Bin ka.ud.ite Hepatitis B ar gidra. kukhi reak' (Uterus) Cancer khon rukhia. se ona rog birud tenigo daram la.git'te t.ika. emako ar aodhanko babotre jaoge jhu~k monte ka.mi kana. As menak'a darakan dinkore arho~ napaete noa t.ot.haren hor.koak' jion jingi lahatire phaelaote asambher.e ka.mia mente.