

# **Tabitha Kinder Garten School Re Nawa Gidra, Ko Atan' Daramket'ko**

Mon'golbar (31 January) setak' 10:00 baja jokhen Tabitha Kinder Garten School re nawa gidra, ko atan' daram ket'ko. Nia, dhaor do aregel (90) got'en gidra, ko atan' daramket'ko. Atan' daram okte manotan pera 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 dairi ar rul pencil sandes lekateko em ha.t.in'at'ko. 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 hao~na do ba.i ba.ite hara buruk'te ad.epase re noa reak' n'utum d.amda.hek'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\_uena.

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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~

lecate reben ocokeda. Menkhan ona raska, a.d.idin ban·thamga\_d.iilentaea. 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' paraoakana. 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.aghar.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 ocokeda 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 ocokeda are menkeda, ar bae ban'caok'a nui do\_. Gapa khange goje hoyok'a. Ban'khan et.ak' Sadomkore 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 December 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 Fubrury 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 tики ber 12 baja talate bid.a.u reak' jo do

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

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## **Hor.more Adhe Reak' Bha.la.itet'**

Adhe do a.d.i upka.r jinis kana. Got.a dha.rtireh hor. noa adhe aema lekateko beoharet' kana. Berelte ar utuk' katet' aema lekate jomogok'a. Adhe do ran-rehet' lekate ho~ beoharok'a. Noa reak' gun karonak'te Ayurved ar Homeopathy reho~ t.ha.^i akawanae. Ente adhe redo Antioxidant ar Anti-inflammtory ak' gun menak'a, 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'a. Ar nonkate hor.mo niropo nihena.

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

### Rog birudre ka.mia:

Adhe re Antibacterial reak' gun menak'a. 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'a:

Adhe dak' n'u lekhan hor.mo reak' ojon komok'a. A.d.i alga ar usa.rate hor.mo reak' itil komok'a. 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'a.

### 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-inflammatory 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' dhaq katet' noa adhe dak' n'ulere hajam dar.e d.herok'a. Nonkate gas acid hoyok' reak' sombab 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.akae 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 nawo 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 dher ia te Bangladesh Trade And Tafiff Commision ar Banijo montronaloy sa~o ho~ gapalmarao hoe akana mente dharwak' re sodor akana.

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

Rajshahi jila, prosasok ak' gor.ote pongel (40) serma tayom or.ak bhit.a ko n'am rua.rkeda mit't.en a.d.iba.si santal gharon'jren hor.ko. Rajshahi jila,, Godagari upa.jila, reak' Rishikul union reak' Bamlahal mouja 901 dag reak' 34 sotok khas jumi Bhola 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 haptalahare ackage ona gharon'renko botorko car.haoat'kote ona bhit.a.re or.ak' benao ka.miko ehop'keda.

Khan ona babotre Bhola Mardi do UP Chairman Sohidul Islam Tulu t.hene na.lisket' reho~ jahan ror, rua.rge 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) Bhola 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' dayike n'amkeda. Ona dayik 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' jibjanwarko onkin n'elteko hinsa k'kan tahena. Mit'din onkin do jomak' sesendrakin mohnd ayena. Thor a jhal sen katec' Toyo do saman re Dha cri kul-e n'elkedete bes muskile at karkeda, 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' kede a. Note Toyo n'ele kana d ar. la git' harephare a te n'am bar akana. Onate pa hilte Toyo goc' kede a 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 tahan, 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. sepen'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

Sanicar hilok' (21 January 2023) setak' 10 baja jokhen Ishanpur (Pakortola) a.d.diva.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'ko. 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 ten.go 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.