

Cancer Ma~ha~

Tehen' Sa.nicar (04 February) got.a dha.rti cancer ma~ha~. Et.ak' et.ak' disomko lekage Ban'gladisomre ho~ jao sermage noa cancer ma~ha~ manaok' kana. Cancer do jiwi tont.a botoranak' rog kana. Hor.mo hat.in' reak' ja~ha~ jaegarege noa rog do hoe dar.eak'a. Got.a dha.rtire cancer rog te jao serma a.d.i uta.r hor.ko gujuk' kana. Cet'ko karonak'te noa rog hoyok' onako modre, bir.i/sigaret., pan, thamakur jom, sa.bji metak'me ar.ak' sakam, pholmul ar cokak' anak' jomak' ko kom jom, hor.mo ban' bhan'jao, hor.mo reak' ba.r.ti ojon, X-ray re radiation, chemicals se rasainik podartho, virus se eman lekan virus ko.

Cancer birudre ten'go daram la.git' ja.rur.ok' ko:

Khodrond katec' n'el akana, jao sermage got.a disomre mit' karor. khon ho~ d.her hor. Cancer rogte ja.bun katec'ko gujuk' kana. N'elok' kana amdaj mo~r.e~ hor. modre pe hor.ge noa rog reak' cinha. ban'ko moneak' kana, one oka do bogeak' reak' sambhab ho~ tahe~kan. Ja~ha~tina.k'ge ran rehet' seba tahe~n, enreho~ noa rog hoelen khan a.d.i duk menak'a. Onate rog birud ten'go daramge bogea. Jom n'u se ta.lika. re bonodol a.gui hoyok'a. Sunum ar her.em jomak' kom n'ok' jom hoyok'a. Pholmul ar ar.ak' sakam ba.r.ti jom hoyok'a. N'u bubulak' khon pharak re tahe~n. Pan-thamakur jom ba.gi hoyok'a. End.ekhan thor.gan reho~ noa rog khon rukhia.bon n'am dar.eak'a.

**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.

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 khange 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.

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.

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.

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.herkedada.

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.

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.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 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.

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.

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 taken, 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.