Tina.k´ Muskil Jan˙gare Horok´ Panahi Niye

Fashion se sajoni kur.i se maejiukoak´ apnarak´ la.bit´ kat.a reak´ joton do a.d.ige hewa menak´takoa. N´elkeabon kat.a reak´ panahi do a.d.ige ja.rur. jinis kana. Ar nia. kat.are horok´ panahi jokhon apnar hor.mo reak´ sajko sa˜o mit´kate mon´jge horogok´a un oktege ona do hoyena nia. jug rean˙ fashion. Ar nia. jug rean˙ nonkan n´elok´ lekan panahi ho˜ amak´ hor.mo la.git´ muskil hoe dar.eak´a. Jodi am t.hik map ar usul reak´ panahi ban˙ hoelen khan hor.mo la.git´ mit´ maran˙ khoti hoedar.eak´a.

Hi-Hil re tina.k´ muskil: Okoeko kur.i se maejiuko sajok´ko kusiak´ onko la.git´ do maran˙ mit´t.en on˙so do hoyok´ kana nia. hil send.el. Onko do noa. usul send.el a.d.iko bachao jon˙ok´a. Nia. usul panahi modre menak´a pencil hil, platform hil, semi hil ar ho˜ nonkan nanan n´utuman hil panahiko. Ar kur.i hor. ho˜ nia.ko sokh kateko kirin´a. Ar ritimoto ona horok´ kate tar.amko prakt.isa. Cet´ lekakate ac´ak´ tar.am hoelenre ona send.el se hil nia. d.aharre ban˙e bhinda.r.ok´. Menkhan nia. usul hil horok´te a.d.i maran˙ muhim hoedar.eak´a. Jaoge Hi-hil horok´ lekhan hor.mo reak´ bisi jan˙ hasoa. Ona eskar do ban˙ menkhan a.d.i jaoge bebohar lekhan bisi jan˙ reak´ haso khon ehop´kate hor.mo a.d.i a.r.is a.ika.uk´a ar jan˙ reak´ khoe do ba.i ba.ite hoyok´a. Ar aema din dea haso khon Arthritis n´utuman rog ho˜ hoedar.eak´a nia. usul send.el se hil horok´ ia.te. Oka okte tar.am jokhen ho˜ har.ak´ bhinda.r. reak´ sombhobona tahena. 2 inci usul hil jan˙gare sabhabik khon 50 percent ba.r.ti cape teara.

Muskil Flat Send.elre ho˜: Bha.bitok´ kanabo je usulak´ panahirege joto somossa, menkhan ban˙ flat send.el reho˜ hor.mo reak´e khotiegea. Hi-hil jemon dea hasoe ehop´a onkage flat send.el teho˜ kat.a reak´ id.i hasoa. Pa.hil re flat se soman send.el mon´j aramge a.ika.uk´ reho˜ a.d.i aema din horok´ lekhan thor.a thor.a id.i hasoge tayomte la.t.ukate bisi jan˙ hasore muca.dok´a. Ona ia.te jaoge usul send.el ban˙ horok´kate okte okte flat send.el ar ho˜ okte okte flat se soman send.el horok´ horok´ usul send.el ho˜ horok´ ja.rur.a.

Tobe tina.k´ usul se cet´lekan send.el (panahi) horok´a: University of Calofornia Bio-medical labrotary reak´ mit´ gobesona re n´elakana, mit´t.en hor. dinre gor.re 60 hajar khon 1 lakh bar tar.am la.git´ jan˙ga dohoea ar e rakaba. Ja˜ha˜e Jodi 70 serma ban´caok´ khan sabhabik bhabege uni do tina.k´ bar kat.atae tar.am la.git´e tul are dohoea ona do bo at.kar dar.eak´ kangea. Onate nuna.k´ bar kat.a tar.am la.git´ mon´j panahi horok´ reak´ ja.rur. menak´a mente doctor ko meneda. Hor.mo reak´ jan˙ se id.i, d.and.a, gunt.hi t.hik dohoe ar jan˙ko reak´ khoe ko khon mon´j dohoe la.git´ ja.rur.a pamp shoe se naseak´ usul send.el. Din hilok´ kat.are beohar la.git´ send.el se panahi reak´ usul 1 1/2 inci khon usul jemon ban˙ hoyok´. Ar nanha hil bodol mot.a ca.rkona payawak´ hil send.el horok´ lekhan hor.more jhuki kom tahena.