

Disomre Arho~ Hec'ena Gidra koak' Ham Rua

Got a disomre gidra koak' Ham rua do pasnao akana. Ban'gladisom reak' 64 jila, modre eyae got en jila re Ham rua do d'her pasnao akana mente bad'ae n'amakana. Din dinte Ham rua do arho~ d'her idik' kana. A d i uta r gidra Ham rua te ja bun kateko gujuk' kana menteho~ tolas n'amok' kana. Nia ko din n'elok'kan adom adom Hospital re gidra ko bako sahabok' kana. Adom hor do Hospitalre bed bako n'amakat' reho~ Hospital reak' bahre pinda se ot kore asrae hatao kate akoren gidra ko ran ocoyet' koa. A d i muskil dosare gidra ko menak'koa. Disom reak' maran' khobor sakam **"Prothom Alo reak' khobor re badaeyok' kana je nit 21 got en hopon gidra ko gur akana. Nia do nonka leka Rajshahi Medical College Hospital re 12 got en, Maymensingh Medical College Hospital re 3 got en, Rajdha ni reak rog pachnao Hospital re 3 got en ar Chapainababganj jila hospital re 3 gidra ko goc'akana."**

Ham Rua Hoyok' Cinha :-

1. Manda, na nd ri haso ar khok'te ehobok'a.
2. Rua rua a ika uk'a, Jut ban' a ika uk'a.
3. Me~t' aragok'a ar marsalko n'el lere do me~t' hasoa.
4. Moca bhitrire ka.t.ic' ka.t.ic' pusri leka pond.ge rakabok'a, noa do usa.ra cabak'a.
5. Bar pe din tayom me~t'a~ha~ ar hor.more pusri dana leka rakabok'a. Noako do thor.a din bhitritege got.a hor.more pasnaok'a.
6. Nijor gidra ko do A Vit.amin okula nte a d i usa.ra me~t' reak' muskil n'am dar.eakoa, metak'me me~t' do rohor.ok'a ar pond.ge dag me~t're n'el n'amok'a.
7. Nijor gidra kodo mocare muskil geko ghao dar.eak'a.
8. Pusri lekanak' od.ok cabalen khange gidra do besok'e ehobok'a, adom pusri do mo~r.e~ din gan tahe~na.

Ham Rua hoy lenkhan Cet' ko Cekae Hoyok'a :-

- T.ika hatao hoyok'a.
- Sapha sa.phi tahe~n ja.rur.a.
- Joton ja.rur.a, jira.u ja.rur.a, ar dak'te hor.mo jot'ak' hoyok'a. D.her kaete vit.amin A ar vit.amin C reak' jomak'ko jom ocoye hoyok'a.
- Me~t'kin rohor. len khan, a.d.i usa.ra d.aktar t.hen idiye hoyok'a.
- Rua d.herlen khan ar khok' tuluc' kor.am haso se lutur haso hoelen khan d.aktar t.hen idiye hoyok'a.

Noa okte sanamko sontor tahe~n ja.rur.abona. Ba.r.tikaete aboren gidra.kobo jotonkoa, jemon Ham rua.re aloko ja.bunok' tabon ma.