

Sher-e Bangla Sona Reak' Siro_pae N'amkeda Rajshahi Ren Merina Hasda

Sa~ota rean' mimit' ka_mihorakore maran' uta_r cikhna. se_ bhage bhage ka_mi n'utumte Sher-e bangla so_na siro_pa-2022 rey man manot ocoyena A_diba_si a_k'yuric' Merina Hasda. Uni do_ Rajshahi Damkura ha_t. rean' besorkari unnoyon songstha Masaus ren nirbahi a_k'yuric' kanae. So_ko_lbar (4 march) n'uhum okte Dhaka reak' Bijoynogor Hotel-71 threister hollroom re mit' akhr_a talateko man manotkedeadea.

Noa akhr_are manotan per_akoak' tite crest, uttorio ar certificate ho~e atan'ket'a. Sher-e Bangla A.K Fazlul Hoge gobesona porisod, South Asia Social Aducation Foundation ar 71 media vision noa akhr_ae bo_ndo_bo_sleda. Man manot n'utumte Masaus ren sanam ka_mia_ko Merina Hasda joharko em caladea. Ado_ thor_ako kuklikedere nonkae menkeda Merina Hasda, Uni do_ aema din khonak'ge a_diba_si ja_t-gosthi koak' ma_nmi a_ida_ri, pa_rsi ar legcar paltur ra_khi jogao jo_to_n ar ona sa~ote aema lekan ka_mi huda. benao rakap're a_d_i muruk'e ka_mi idikana.

Et_ak' et_ak' a_diba_si ja_tiko akoak' a_ida_ri hamet' la_git' ho~ miljule ka_mi kana. Nonkae man manoten ia_te sa_rige uniak' ka_mire arho~ jhu~k' mon he_c'adea me_ntey bad_ae ocokeda. Ona t_hao~naren sanam ka_mia_ko ga_hir mo_n kho_ne sarhaoket'koa.

Ha_ti Ar Toyowak' Go_lpo_

Aema din laha reak' katha. Mit' bir-gajar_re a_d_i uta_r ce~r.e~cipr.utko basok'kan tahe~kana. Mit'te sulukreko tahe~kana. Ackage ona birre maran' uta_r Ha_ti he_c'ena. Ha_ti ak' ma ente maran' okoc'

hor_motae,,,,!! Jan'gatae mot_a macha. Ekal su~r_tae ma sermae tiog leka,,,,! Nawa per_a daram la_git' jo_to_ ce~r.e~-cipr.ut'ko he_c' samt_aoena. Ha_t_i acak' hor_mo reak' dil dar_e go_ro_bak' kana. A.d.i kajake taraj garajena. Uniak' taraj garaj an'jomte got_a bir-gajar. dalkaoena.

Ce~r.e~ ciprut'ko do_ bo_to_rteko tharbasaoena, ar god_oko ho~ bhuga.k'te bo_lo_yena. Et.ak' et.ak' jib-janwarko ho~ko da_r. rophayena . Nonkage dinko calao idiyena. Ackage mit'din Ha_t_i ac'ak' su~r.te Je_l ho_po_ne tul rakap'kedeaa are capat' gid_ikadea. Onka leka ka.t.ic' janwar muc' jan'gatey lebet' gan'jaokedeaa. Noa n'elte birren raj Ta_rup' ho~ bo_to_r ehop'adea. Ar Kul ho~ ha_t_i ad_epase calak' ban'e rebenok'kan tahe~kana. A.d.i muskil dosareko tahe~kana sanam janwar ko. Onate jo_to_ as bhorsa Toyo cetanre.

Ado nindara leka Toyo ac'ak' bud a_kile so_do_rket'a. Ha_t_i t_hene he_c'ena are joharae kana, E maharaj am co jo_to_ janwar kho_nem se~r.a ar dar_ege. Sa_rige am do_m so_ro_sgea. Amak' do_ rajak' dur_up'ak'ge lek kantama. Dela in' sa~ote. Gad_a hanasare sanamko am tan'gire menak' hatar_koa, joharamako mente. "Ha_t_i noa an'jomte mo_nre ra_ska capeadea. Ado_ ha_t_i sa~oe mohnd_ayena. Ina_ tayom ha_t_i do_ gad_ae paera paromkeda. Ha_t_i mon montey khondron'keda, nui ka.t.ic' Toyo gad_ae paromen khan end_ekhan cedak' in do_ ba_n' dar_eak'a? Jo_to_ khonge maco_n' se~r.a ar dilange. Tinre gad_ae phed_ena hamal hor_mo karonak'te unumok'e dhura_uena. Ado_e karajok' kana ma rukhia.in'pe, menkhan celege bako rukhia_ledea, bickom sanamko ra_ska_ko bujha_ukeda. Arko memenkana, nit do_le sa_dhinena ar hesec' sek'rejo_k'ko portonkeda.

Sikha_una: Nijte go_ro_bok' do_ ban' bogea.

Me_skoc'

Me_skoc'

Bubulak' kho_n sa_n'gin're tahe~n reak' upa_i:

Bar gate kor_akin gapalmaraoak' kana-

Pa_hil gate: Mase_, nuna_k' maran' jelen' no_l mon'grate cedak' cut_i-bir_im n'un'u kana?

Dosar gate: D_aktare me_nakat'a, dhu~a_ metak'me n'un'uak' kho_n 10 moka sa_n'gin're tahe~n hoyok'a. Ona kha_tir noategen' n'un'u kana.

Cet' Lekate Migraine (Bo_ho_k' Haso) Kho_n Rukhia_bo N'amkea

Migraine mit' lekan bo_ho_k' haso kana. Bo_ho_k' re ja~ha~ mit' ar_e kho_nak'ge noa haso ehop'a. Migraine bo_ho_k' haso a.d.i gha_r.ic' do_ tahe~na. Okoe ak' nonkan et_ket_or_e~ menak'tako, Onko do bo_ho_k' haso sa~o be_c' be_c'ko at_kara. Noa haso a.d.i algate ban' maraoak'a, thor_a din do_ hasoa. Onate tina_k' hor_koak' noa haso menak', noa haso cet' kha_tirte ehop'a ona babotre bad_aejon' ja_rur_ menak'a. Nonkate Migraine khonak' pharak'bo tahe~ dar_ekea.

1. Ren'gec'te tahe~n:

Ren'gec'te tahe~len khan Migraine bo_ho_k' haso ehop'a. Ente ren'gec'te tahe~nre gastric reak' muskil n'elogo_k'a, oka do_ bo_ho_k' haso d_her dar_eak'a.

2. Hoe-dak' bichna_u (abohaoa):

A.d.i ba_r.ti seton're na_curle kxanho~ bo_ho_k' haso ehop' dar_eak'a.

Ina.kate lo_lo_ seton' kha.tirte hoe dar.eak'a.

3. Mo_nre uca.t.:

Okoe do_ asambher. se_ a.d.i ba.r.ti uca.t.teko ka.mikan, ar jo_m-n'u rean' ja~ha~n nit. akan okto ba.nuk'tako se_ ban'ko manaoet' kan, onkanko hor.ge ba.r.ti noa bo_ho_k' haso n'amet'ko kana.

End.ete nonkanak' mo_nak' uca.t. dea gid.ikak' reak' kurumut.ui hoyok'a.

4. **Ja~ha~nak' sad_e:** kajak' rir.a.n' r.ar.an'te seren' an'jo_m emanteak' kha.tirte Migraine bo_ho_k' haso n'an'ama. A.d.i rir.a.n' r.ar.an' kha.tir amdaj bar din dha.bic' haso tahe~ dar.eak'a.

5. A.d.i ba.r.ti ja.pit':

Okte na.pitre ja.pit' sanamko la.git' a.d.i ja.rur.a. Ente oktere ban' ja.pit'le khan hor.more aema lekan et.ket.o~r.e~ n'elogo_k'a. Okoe do_ jao hilok' 5-6 ghont.a ko ja.pit', Ackage mit' okte onkanko hor. d.herko ja.pit' lekhan bo_ho_k' haso ehop' dar.eakoa. Onate sanamko sontor ar aodhan tahe~n hoyok'tabona.

Ukraine Reak' La_r_ha_ire Bar Phut_bol_khelwar_kin Gurena

Ukraine ar Russia talare mit' la_r.hai do_ calak' kana. Calaoen 24 February an'ga paha-poho kho_nak'ge noa dhawa jhapt.ao do_ ehop' akana. Tehen' Lukhibar dhawa jhapt.ao rean' ira.l ak' din. Russia-Ukraine talare oka la_r.hai noa do_ dosar dhaoak' Gulmal tayo_m Europe rean' jo_to_wak' kho_n maran' ka.pha.ria_u-la.ihaiko metat'kana.

Calaoen eyae dinre Russia ren pha.d ar palt.onko Ukraine reak' mimit'

t.ot.hare kur.par.ko calaoet' kana. Russia nit' dha.bic'te a.d.i uta.r nagrahakoe do_kho_l akat'a. Noa la.pa.r.ha.ire disomren barea phut.bol khelwar. ho~ jiwikin alaeket'a.

Noako dinre 10 lakh kho_n d.her hor. Ukraine nagrahako ba.giada. Disom ko ba.giakat're ho~, Russiawak' nonkan kur.par. birudre disom hor.ko ha.tia.rko sap'jon'ana. Janam disom rukhia.i kha.tir haron dinre disomren khelwar. ho~ thir ba.nuk'koa, bickom la.ihaireko so_ho_t set.erakana. Ar sa.rige noa gulmal la.pa.r.ha.ire barea phut.bol khelwar. Vitali Sapylo ar Dmytro Martynenko ho~kin gurena.

Nukin babar got.en phut.bol khelwar. ak' International Federation FIFPRO Ukraine re Russia reak' kur.par.re noa kho_bo_re bad.ae ocoakada.

21 serma umerren Sapylo dosar bibha.g do_l Libhib se_c' kho_nak'e e_ne_jok'kan tahe~kana. Ado_ noa la.pa.r.ha.ire Tank commander hisa.btey jo_po_r.aolena. Uni do_ Kyiv reak' mit't.en kur.par. gulma.lre gurena.

Ar onkage Club FC Gostomel sa~o la.phua. khelwar. hisa.bteye e_ne_cjok' kan tahe~kana Martynenko. Ukraine Rajdha.nire nijak' Apartmentre en'gatet' sa~o 25 umerren nui khelwar. girobasok' kan tahe~kana. Nui ho~ Russia pha.dkoak' boma ha.ntey gur ocoyena. FIFPRO bad.ae ocokeda, Nukin jua.n khelwar. Vitali Sapylo ar Dmytro Martynenko takinak' gharon'j, per.a ar gateko la.git' ma~ya~ mohle so_do_ret'kana. Noa la.r.ha.ire pa.hil ja~ha~e phut.bol khelwar. ak' gur kho_bo_r bad.ae n'amina. Nukin bana hor.ge suluktekin ja.pit'jon'ma.

La.r.ha.ire gur tayom Sapylo do_ 'Mahabir' hisa.bteko cikhna.kedea acak' club Carpati. Nui do_ calaoen So_ko_lbare gur akana me_nteko pust.auteko bad.ae ocoakada. Ale do_ jaoge nui Mahabir ak' jaejugak' dik'sa.wak' thuti ko porbosto pos idia.

Mit't_en Kul, Toyo Ar Gadhawak' Go_lpo_

Mit't_en Kul Toyo sabea mentey dho_mkaokedea. Toyo do_ ekal Kule neho~rae kana, E maharaj nia_ dhaotec' ika_ka_n'me. In'ak' sarec' jin'gi am sebaren' jamar_kok'a honan'. Jo_to_wak'gen' ka_mitama. Ja~ha~n kamkajre ba_n' ek'r_e botec'kema. Toyo ak' nonkan se_be_l-so_r_o_m kathatey khalas kadea.

Ina_ tayom Kul do_ Toyo batlaoadea, Calak'te in' la_git' mit't_en janwar sap' a_gua_n'me. Kulak' batlao leka bir sendrae mohnd_ayena. Me_nkhan celege bae n'amlet'koa. Ackage ac' saman're mit't_en Gadhae he_c'ena. Ado_ Toyo do_ uni Gadhae metadea, ' E Gadha boeha un kho_n amge co_n' n'am bar_aet'me. Bir-gajar_ren maharaj am la_git' kur_a.i ante ta_n'gi ta~r_a~k're menaea. Onate ne~otame la_git'in' he_c'akan do_.

End_ekhan Me dela in' sao~, amtet'ge kur_a.i atan'me. Ado_ Toyo ak' kathate ma_lun'kate Gadha do_ uni sa~oe mohnd_a mar_an'ena. Kul t_hen mohn'jam torage ekal jhapt_aoate sap'e dilkeda. Me_nkhan Gadha do_ bo_to_rtey tharbasaoena are da_r_ pharakkeda. Nia_ dhao Kul do_ Toyo cetanre a_d.i a~t_e edreyena. Cet' lekanic'em a_gukedea. Bad_agiri! Ma muca_t' dhao a_tin' emamkana. Do_ calaojon'me, Gadha rua_rem. Arho~m ka_i lekhan ba_n' ika_mea. Ado_ sa_rige Toyo arho~ Gadha t_hene calaoena are metaekana. E boeha, Kul mama ma co_ am ha_r_ube mo_nelet'. Cedak' bacham d_a_rkeda. Gadhae me_n go_t'keda, Mase_sa_rige ado_! In' man' hudislet' pase_c' jo_men' la_gi'te nonkak' kan tahe~kana.

Dela end_ekhan, ina_ tayom arho~kin calaoena. Nia_ dhao Kul ac'ak' kusi-sana leka Gadha sap kate raktaoate cusa_u go_c' kede. Ado_ Toyo metadea, tin dha_bic' ba_n' hijuk' ma pahra hatar_em nahak. Toyo menkeda, T_hikgea maharaj.

Tehen´ak´ Khila_d Ko

Criket

Bangladesh-Afghanistan

Pa_hil ak´ T20

Dhina_n 3:00 baja okte

Channel T sports, Gazi Tv.

Phut_boł

English FA Cup

Everton-Boreham Wood

N´inda_ 2:15 minit_

Sony Ten 2 channel re.

ISL

Chennai-Mohunbagan

N´inda_ 8:00 baja okte ehop´a.

Star sports channer re porcaro_k´a.

Pa_hil Doge Hatao Rean´ A_t

Niton' Ho~ Menak'a: Sastho Odhidaptor

Calak kan ko_ro_na mahama,ri re a,d,i aema lekan et,ket,o~re~ disom ar dha,rtire hec' par,ao akana. Noa mahama,ri sa~o la,iha,i se_ rukhia,k' la,git' sanamko t,ika, hatao a,d,ige ja,rur,abon kana.

Tina,k' hor_ pa,hil doge ban'bo hatao akat' nit' ho~ Sarkari-besarkari ni,t akan t,ika, t,ha,~re n'utum ol car,hao se_ ja,rurak' kago,jko son'ge idi lekhangе tika, bon hataojon' dar,eak'a.

Ente tehen' Budhbar (2 March) Sastho Odhidaptor virtual Sastho bulletin, zoom conference re Sastho Odhidaptor re_n t,ika, ka,mihora a,k'yuric' Dr. Md. Shamsul Hoqe noa kathae ror_ so_do_r akada.

Me_skoc'

Me_skoc'

Bar boeha mit'te d,hil capat'lekhan-

Hablu ar Bablu, bar boeha Ul kin capat'kan tahe~kana-

Hablu: E boeha, Un gha,r,ic' kho_n capat'tege menak'lan'a, enreho~ Ul o_ho_ n'u~rlena. Pase_c' nit' ho~ berel machagea.

Bablu: Sa_rige pase_c', Mase_ micha,lan' haronena? Ban'khan dare dejo_k' talan'mme.

Hablu ekal harephare dare de_c'ena. Ado_ Ule tunum a,ika,ukeda, ar kikia,uate Bablui metawaekana;

Hablu: E boeha, Ul ma co_ bele akan!

Bablu: A.d.i boge! Ma end.ekhan usa.ra phed. ho_do_k'me. Banar boeha mit'telan' capat' lekhang a.d.i algate n'ũrok'a hape_n.

Horo Ar Ce~r_e~ Ak' Go_lpo_

Mit' dhao mit't.en horo dare umulrey jira.ujon' kan tahe~kana ar ona darere mit't.en ce~r_e~ ak' tuka. tahe~kana. Un jo_khenge horo do_ ce~r_e~ metaekana, 'Cet'lekan tuka_m benaojon' kana? Noare ban'do menak' cal-cha.uni ban'do ja~ha~n co~_ho~_k'! Amak' tearak' tuka. kho_nak' in'ak' or.ak' oka do_ deare menak'tin' n'elok'te ho~ napaegea.

Ado_ ce~r_e~ ror. rua.r.adea, " Sa.rige n'elok'te a.d.i ba.r.ic'gea, Me_nkhan in'in' tearakat' or.ak' a.d.igen' dula.r.eda. Ado_ Horo ho~e menkeda, Or.ak'tam metak'me tuka. nonka ba.r.ic', pase_c' in'ak' bin' ka.n'cur t.hap'rak'em lalocak' kana".

Ado_ onka leka ce~r_e~ye menkeda, Or.ak'tin' ba.r.ic'gea, Menkhan noare in'ren gharon'j hor.ko sa~o gateko ho~ko tahe~ dar.eak'a. Ar amak' t.hapr.ak' n'elok'te napaegea, Enreho~m eskargea. E_nte am sa~o okoe ho~ ban'ko tahe~ dar.eak'a.