

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. At_hwar 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 Fubruary 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'a. Bad.ae abon je, calaoen 6 November got.a disomre HSC ar ona man reak' bid.a.u 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.a.ureko 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'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 niropon tahena.

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-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.uea. 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 Bhola 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 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 hapta lahare 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,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) 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' 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.

Kaharol Re A_diva_si ko Talare Raban' Kicric' Emena

Sa_nicar hilok' (21 January 2023) setak' 10 baja jokhen Ishanpur
(Pakortola) a_d_iva_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 Tudum, 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'koa. 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 lahathire phaelaote asambher.e ka.mia mente.

Naogare 60 Got.en Harak'kan Kur.i Gidra.ko Talare NAGR Dumur Rasa Emena

Sokolbar 20 January 2023 setak' 10:30 baja okte Nozipur Mission Girls Hostel re turui gel (60) got.en harak'kan kur.i gidra.ko talare n'ele dumur rasa em ha.t.in' akhr.a hoe pura.ueno. Noa em ha.t.in' akhr.a doe bondobosleda Amal Foundation ar gor.o gopor.ore tahe~kana (NAGR) National Agency for Green Revolution ar Marico.

NAGR ren a.yuric' Mn.Stephen Soren doe menkeda, noa niron rear.-raban' dinre kur.i gidra.ko talare n'ele dumur rasa emok' reak' ta.n'khi se motlob do kana, noa rasa do hor.mo la.git' a.d.i upka.r ar bha.la.ianak' kana. Cedak' je, noa rasa n'ulere hor.mo do urgum se lologe tahe~na. Ar onkate hor.mo niropon tahe~na. Onatey udga.uket'koa jemon din hilok' setak' jokhen lolo dak' sa~o thor.agan dumur rasa

mesal katec'ko n'ui ma. Ar nonkate sanam ko niropon hor.mo ko a.ida.rijon'ma.



Ina chad.a ho~ set.ere tahe~kana Nozipur Girls Hostel ren Manager Minoti Murmu, Nozipur Mission Primary School ren maran' mahasoe Romesh Hembrom ar ona sa~ote set.ere tahe~kana Adompur Lutheran Mission Clinic ren Manager Rusel Hembrom. Nozipur Lutheran Girls Hostel do 2013 serma khon NAGR hotete a.yur idik' kana ar nond.e khon kur.i gidra.ko thor.a khorcate napae tahe~kate mon'j a.kil bidia.ko hamet.jonkana. Nia. 2023 serma re 63 got.en kur.i gidra. kodo noa hostelre menak'koa.

HSC Bid.a.u Reak' Jo_ 12 February Bhitrite So_do_ro_k'a

Ne~k'e thor.adin lahare muca.t' akan HSC (Higher Secondary School Certificate) bida.u reak' jo_ do_ darakan ma.hna 12 February bhitrite so_do_ro_k'a. Bid.a.u reak' jo_ so_do_r la.git'te ta.rik ko nend.a bahkra An:Sikha board somonoy komit.i khon file ko kol akat'a Sikhna.t Montronaloy te. Dhaka sikhna.t board ren Chairman Professor Topon Kumar Sarkar-e bad.ae ocokeda, HSC bid.a.u reak' khata ko n'el reak' ka.mihora do_ muca.t' akana. Nit do_ eken bid.a.u so_do_r reak' ka.mi calak' kana.

Ente a.n lekate bid.a.u muca.t' 60 din badre jo_ so_do_ro_k'a. Ona ia.te 8-12 Eebruary bhitrite jo_ so_do_r la.git' ror. od.ok akana.

Menkhan pa.hilte jo_ reak' summary do_ maran' monti ak' tire
soprotok'a. Onate Maran' montri tise oposorok'a se dine nend.aea
enhilok'ge bid.a.u reak' jo_ so_do_ro_k'a.