

Niropon Hor.mo Tahe~n Babo_t Ja_rur_ak' jo_mak'ko

Hor.more ja~ha~ lekan rog birud ten'igo daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia.bo n'amdarekea. Noakanak' thor.a jo_m babotre latarre ta.lika.emena.

Se_ke_rkenda: Se_ke_rkenda re beta-carotene tahe~nok'a. End.ekhan noa jo_mak' hor.ak' hor.more bo_lo_kate Vitamin-A re pheraok'a. Noa reak' gun-man hor.more rog sa~oe la.pa.r.haia.

Ra_sun: Jo_to_ hor.ak' or.ak're ra.sun tahe~na. Ra.sunte ekal utu reak' sebel-so_r.o.me sarsaoa. Be_re_l ra.sunte bacteria, virus ar sealom (chotrak) oka do_ me~t'e ban' n'elo_go_k'kan nonkanak' birudrey ka.mia. Asokaete, hor.mo reak' harta se_chal napaeeye do_hoea.

Adhe: Jo_mak're jhan'j ja.sti la.git' adhe reak' ja~ha~n tula.uak'ge ba.nuk'anan'. Ente ona do_ anti-oxidant reak' ho~ mit't.en mon'j onor.kana. Pho_lmul se_ar.ak' sakam khonak' n'amak' Anti-Oxidant a.d.i tur.ighur.i hor.morey ka.mia.

Tormuj: Tormujre Gluthaione n'utuman Anti-Oxidant tahe~ bar.ak'a. Noa jo_mte hor.more rog birud asambher.e ka.mia.

Hako: Omega-3 ar Fatty Asid bhut.ela se_ganga.nia. jo_mak' je_mon hako jo_mte Immune system d.herok' kana.

Amlo_ki: Amlo_ki sa~o thor.a adhe ar khijur rit' gund.a mar.an'kate n'u lekhan hor.mo la.git' a.d.itet' bha.la.ianak'ge hoe bo_tec'kok'a honan'. Ente noare Vitamin-C menak' akada.

Toa ar Dahe: Toa ar dahe re zink menak'a, noa hor.more rog birud jaogei ka.mikana. Toa ban' hajam ta.nic'lenkhan toate benaoak' jo_mak' jo_m ja_rur. kana. Jao hilok'ge 100 grams dahe ban'khan mit' cup toa n'ui reak' kurumut.ui hoyok'a.

Mit't_en Ba_r_ic' Gate

Mit' atore barea gate kor_akin baso_k' kan tahe~kana. Nonka milkin tahe~kana je_, mit' hor_ ar mit' hor_ bego_r o_ho_kin tahe~dar_eak'kan tahe~kana. Enkathe a_d.i ga_hir so_mpo_k ar a_d.ikin biswa_sjon' kan tahe~kana. Unkin modre mit' hor_ ba_nij-bepar mente bahre diso_mtey se_njon'ana. Ado_ ac'ak' me~r.he~t' sunduk do_gateak' da_yik're do_ho ot_okada.

Ado_ thor_a cando tayome ruar_ hec'ena. Khan sunduk a_guia mente gate t_hene calaoena. Menkhan uni gatetae metadea, ban'ma sunduk do_n'indir ko jo_m akada. Un jokhen cet'ge bae ro_r_leda, eka_l nijhum or_ak'e rua_rena. Ado_ uca_t. cecet'ak'e emaea mente mone muruk'keda ar a_t'-opso_r n'am la_git' koyok' horrey tahe~yena.

Onkage mit' din gatetae ren gidra_ eskare khild_u-enejo_k'kane n'elkedeadea. Khange uni ho_po_n gidra_i kombr_okedeadea. Ado_ uni gatetae pust_auena, gatetin'ge nonkae ka_mi akada.

End_ekhan onkage uni ho~ gate t_hene hec'ena, gidra_ rua_r_kae la_git'e neho~rae kana. Ado_ nonkae metawadea gidra_tam do_ ku~r.it' ko idikedeadea. Nonkanak' kathate gatetae a_d.itet'e mon dukena ar ac'ak' bhule an'go_c'keda ar uca_t. cecet'ak' ho~e n'amkeda. Ina_kate ona me~r.he~t' sunduk gatetaeye rua_r_adea khan gidra_ ho~ rua_r.e n'amkedeadea.

Sikha_una: Ja~ha~nak' ba_r.ic'ak'em ka_mi lekhan, ona reak' jo_ do_m n'amgea.

Rel ga_d.i re de_jo_k' la_git' Online hotete T_ikit. N'am Reak' Na~wa~ Nia_m

Ban'gladiso_mre laha khonge Rel ga_d.i re de_jo_k' la_git' Online hotete t_ikit. a_khrin'ok' kana. Diso_m hor_ko a_d.i algate railway se_re_l ga_d.i reak' website khon t_ikit.ko tuma_ljon' dar_eak'a. Ente 26 March khonge nawa nia_mte t_ikit. a_khrin' ehop'ena. E-T_ikit. system re nawa bhan'jte t_ikit. kirin' la_git' railway website re mit' dhao n'utum ol car_hao (registration) lekhang hoyok'a honan'.

Registration reak' Nia_m-

- Pa_hilre ban'gladiso_m railway website (www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.
- Bo_lo_tayom website (Registration) tab re click hoyok'a. Nonkate mit't.en page hijuk'a. Noa page re nijak' (Personal Information) jor_ha menak' or_ak'ko purun hoyok'a. Ina_kate mobile no_mbo_r re mit't.en OTP hijuk'a. End_ekhan ina_purunkate (Verify) bo_tamre click lagaok'a.
- Jo_to_wak' niphut.te hoe pura_ulen khang registration so_pho_l (Succesful) hoyok'a ar Bangladesh railway n'utumte nawa page hijuk'a. Ar end_ekhan nond_ege User Auto Log in nok'a.

T_ikit. kirin' reak' bhan'jtet'-

- Pa_hilre ban'gladiso_m railway website (www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.
- Auto jhic' (Log In) ban' hoelen khan panel re E-mail address ar Password purun mar_an'kate Log In bo_tamre click lagaok'a.
- Log In tayom okat.ak' page hijuk' onare dar_an (journey) reak' ta_rik', pa_hil st_eson, muca_t' metak'me oka st_eson rem_phed_o_k', purukkate Find Ticket bo_tamre click hoyok'a. Tayomak' page re te_l ga_d.i reak' n'utum, dur_up'ak' jaega menak'a se ban'a, ar ga_d.i tin jokhen calaok'a ona do_e uduga.
- Ado_onka leka view seats (dur_up'ak' n'eljon'me) bo_tamre

click kate kusi-sanaleka dur.up'ak' seat bachaojon' (Select) kate Continue Purchase click hoyok'a.

- VISA card, MASTER card se_ Bkash payment tayom E-Ticket Auto Download hoyok'a. Ona sa~o sao~te ja.tri ak' E-mail re t.ikit. reak' copy calak'a.
- E-mail inbox khonak' t.ikit. print kate photo ID selet' Ticket Print Information te jonor.ao akan source st.eson khonak'ge jatra metak'me calak' lahare chapao akan t.ikit. tuma.l hoyok'a.

Santal Casa Goc'enkin Reak' Bica_r La_git' Manwa Tonol

Santal casa Avinath Mardi ar Robi Mardi goc'enkin sa~o jopor.ao menae d.ip cak'laaic' Sakhawat Hossen giripter ar bica_r la_git' Rajshahi re manwa tonol hoe pura.u akana. Ona sa~ote Godagari thanaren OC Kamrul Islam birud katha rakap'akante a.d.i usa.ra da.yik khon ocoge reak' da.bi emakana.

Jatiyo adivasi porisod Rajshahi jila. sabha mukhia. Bimol Chondro Rajoar ak' a.k'yurte So_mbar (28 March) adivasi porisod Rajshahi jila. bibha.g reak' bo.ndo_boste Sahebbajar Zeropoint re noa manwa tonol re adivasi mukhia.ko sa~o aema lekan huda.ren hor.ko selet'lana. Manwa tonol khonak' da.yikre ga.phla.t-hela hili karonak'te OC ocoge reak' da.bi akana.

Jatiyo adivasi porisod ren sabha mukhia. Robindronath Soren do_e menkeda, goc'enkin reak' bica_rle khojkana. D.ip cak'laaic' (Driver) sa~o okoeko jopor.ao menak'ko a.n lekate onkoak' bicar hoyok'ma. Ar OC Kamrul Islam ho~ mamla hatao a.d.itet'e d.hilisili akada, uniak' ho~ sa.ja.ile khojkana.

Onkaleka jatiyo porisod bharapon sa.da.i sompadok, jatiyo adivasi

porisod Bimol Chondro Rajoar ar Rajshahi mohila porisod ren sabha mukhia. Kolpona Ray noko ho~ko la_i so_do_rket'a, je_nukin boehawak' gujuk' reak' bica_rko khojkeda. Ar Godagari ren OC nui do_ adivasi hor_ko birudren kanae. Ente nukin babot ba_r.ic' ba_r.ic' kathae menakada. Ban'ma tar_i-ha.nd.i n'ukatec'ge nonkakin goc'ena. Maran' da.yik'an hor_ cekate noa ga_r dinre nonkanak'e men dar_ekea? Cekate ren'gec'-ore_c' hor_ko nonkae nistr_auet'koa? Nonkan OC o_ho_ge ja_rur.a. Onate ac'ak' da.yik' khone ocog ocok'ma.

Manwa tonolre arho~ kathako ror_keda, Jatiyo adivasi porisod ren bharapon sa.da.i sompadok Gonesh Mardi, Daptar sompadok Suvash Chondro Hembrom, Rajshahi mohanogor adivasi porisod ren sa.da.i sompadok Alindorai Bisas, Godagari upa_jila_ ren sabha mukhia. Robindronath Hembrom, Nator jila_ ren San'gothonik sompadok Raghunath Ekka selet' arho~ samajik ar rajnitik a_kyurko.

Tehen' IPL Khila_d_re Nawa Bar Do_lkin Tapamok'a

Nia_ dhao IPL khila_d_ haparaore ge_l got_en do_lko selet'akana. Nawa bar do_lkin selet' akan do_ Gujarat Lions ar Lucknow Super Giants. Tehen' nukin nawa do_lkin tapamok'a.

Ban'gladiso_m okto lekate n'inda_ 8:00 baja jo_khen khila_d_ ehop'a. Mumbai reak' Wangkhede stodium khon noa khila_d_ porcarok'a. Onka leka Gujarat Lions do_lren a_k'yuric' do_ Hardik Pandya. Ar Lucknow Giants do_l ren matha se_ a_k'yuric' do_ Lokesh Rahul.

Muskil Dosare Sri Lanka, Mit' Cup Ca Reak' Dam 115 T.aka

Itihas reak' jo_to_ khon maran' uta_r metak'me muskil dosare par_ao akana Asia reak' Diso_m Sri Lanka. Ona diso_mre nit jo_to_ lekan jinis-pa_ti dam a_d_i d.herakana. Muskil dosa khonak' ban'caok'a mente hor_ko ad_epase disomteko parom calak'kana.

Sri Lanka re nebetar mit' kg caule reak' dam 1106 t.aka, Ban'gladisom reak' ka_ud_i sec'te 330 t.aka. Cini reak' dam ho~ nonkage. Ar onka leka 400 gram peket_ toa reak' dam 3 hajar rupi se_ t.aka. Ban'gladiso_m lekate amdaj 900 t.aka. End_ekhan Toa ar Cini dam d.her akante mit' cup Ca reak' dam 380 t.aka, Ban'gladiso_m lekate 115 t.aka. Arho~ onkage Chapa kago_j reak' t_ont_ate sikhna.t t.ha~onare bid_a_u ho~ ba_til akana. Enkathae ona diso_mre 21 March kho_n bida_u ehop' reak' katha tahe~kana. Menkhan ehop' bar din lahare bida_u n'eljutic' bida_u bo_nd reak'e ja.hirakat'a.

Ente kago_j ho~ kirin' lagaoakoa, ka_li ho~. Antorjatic kho_bo_rre menakana, Sri Lanka sikhna.t daptar bid_a_u hatao la_git' kago_j ho~ ban'ko kula_u ant_ao dar_eak' kana . Ko_ro_na mahama_ri kha_tir Sri Lanka ba_r.ic' dosarey par_ao akana. Noa kha_tir diso_mren maran' montri Mahinda Rajapaksa ko dusiedi kana. Ente ad_epase Ban'gladiso_m ar Bharot do_ noa hal-halot a_d_i ga_khur_ salak'kin muka_bela akada. Ar note Sri Lanka ko_ro_na ehop' khonge ka_ud_i sec'te a_d_i ont_on-obhab dosarey par_ao akana. Menkhan re_n'ge_c'-ore_c' hor_koak' gharon'jre nonkan dosa dukanak' kangea. Noa muskil dosa cabae la_git' kurumut_ure menak'koa.

Barea Ghar_wa Ce~r_e~

Mit' Rajak' baganre babar got_en ghar_wa ce~r_e~kin tahe~kana. A_d_i mil ar gatekin tahe~kana. Ona darere e_t.ak' ce~r_e~ ho~ko basok' kan tahe~kana. Et.ak' ce~r_e~ sa~o onkinak' mon'j so_mpok tahe~kanta_kina. Onkin do_jao hilok'ge Rajak' or.ak' chadre tase akan ho_r.o_kin jo_mjo_n'kan tahe~kana. Nonkate dinkin khemaoet' tahe~kana.

Onkin modre Ackage mit't_en ghar_wa Rajak' pha~ndrey at_kaoena. Becaria_ar mit' ghar_wa gatetae bego_r mon asket'entaea. Ado_ban'caoe reak'e kurumut.uket'a. Rajak' gharon'jren hor_ko ja~ha~tinre ghar_wa ce~r_e~ khan'ca kho_nak'ko od.ok'kaea. Mit'din ghar_wa do_et.ak' ghar_wako tuluc'e gapalmaraoena, ar ban'caoe reak' ho_rko sendra od.ok'keta.

Enkathae dosar hilok' aema uta_r ghar_wa mit'te Raj gharon'jko sa-calaoena. Un jo_khenge Raj gharon'j hor_ko ghar_wako od.ok' mar_an'kedeo. Khange sanam ghar_wa mit'te uni ho_r.ak' me~t'ha~ko t_hot_raokedeo. End_ekhan bo_to_rte tharbasaoente ghar_wae ar.ak'kedeo. Ado_gatetae n'amkedete a_d.itet'e ra_ska.yena. Enkate khula_sate or.aktkin uda_u rua_rena.

Me_skoc'

Me_skoc'

Sa~_he_t'em Hir_in' Lekhan-

Or.ak' ma_like go_c'ena. Ado_ona dukte cako_r ma ekal ka_uu.ra_uu.e rarak'kana. Kho_bo_r an'jo_mte ad_epaseren hor_ko he_c' jarwayena. Khan mit' ho_r_uni cako_re kuliyyede kana-

Ad_epase hor_: Ma_lik tam do_e cekalena bacha?

Cako_r: A.d.i disa. hara hor.e tahe~kana. Pase_c' calaoen n'inda. sa~he_t'e hir.in'leda.

Ro_ho_e Akat' Ho_r.o_ Khetre Dak' Ban' N'amte Bar Boeha Bis Jo_mtekin Gurena

Ho_r.o_ khe_tre dak' ban'kin n'amet' birud ten'go daram kha.tir bar boeha bis jo_mtekin gurena. Budhbar (23 March) n'inda. Godagari reak' Isanipur t.ot.hare noa ghot.na ghot.a0 akana.

Nia. ghot.na khan Borendro Unnoyon ma.liki ren ga.hir no_l ren operator -e n'ir pharak' akat'a. Ona t.ot.ha ren A.diba.si santal talare kurud-edre do_janam akana mente bad.ae n'am akana.

Gur akan Avinath Mardi (30) do_upa.jila. Deopara union reak' Nabaibottola Nimghutu t.ot.ha Babu Chand Mardi ren Hopon kanae. Ar uniren Kaka khur.a boeha Robi Mardi (32) ho~ Ramek Haspatalre cikitsa. hatao oktegey gurena.

Ad.epase hor.ko bad.ae ocokeda, Budhbar (23 March) Khetre dak' hataoa mente bar boeha BMD ren operator t.henkin se.nena. Dak' tayom biskin chit.a.ua mentekin bad.ae ocokedea. Menkhan Operator do_nonkae ror.rua.r.atkina, o_ho_ge dak'in' emkebena. Ma abenge noa bis jo_m bar.akak'ben. Ar sa.rige edrete ran'gao ban'kin sambr.aolet'te banar boeha biskin jo_mket'a.

Godagari thanaren bharapon a.piser (OC) Kamrul Hasan bad.ae ocokeda, Noa ghot.na tojbij la.git' a.n lekate beboatha hataok'a.

Onka leka ad.epase hor.ko modre Unnoyonkormi Catherine Hasda, prosason t.hen nonkae la.i so_do_rket'a. Dak' hataoa mente 10-12 din khonak'kin a.curok'kan enreho~ ghane ghaneko rua.r.kakin kana. Nonkan

duk-da.ndi ban'kin sahaolet'te biskin jo_mket'a. Noa ghot_na rean'
bica_rle kho_j kana. Tayom daram nonkanak' alo hoyok'ma.

Arho~ onkage ona atoren casa Habil Murmu ho~e bad.ae ocoket'a, Ho_r.o_ ro_ho_e 50 din hoyena. Menkhan mit' din ho~ dak'ge bae em legaleda dekbhalic' (operator) Sakhawat. Ente dak' emok' reak' ja~ha~n seria.lge ba.nuk'taea. Enkathae onate ac' ho~ et.ak' no_l khonak' dak'e hatao akat'a.

Sakhawat birudre casa Sagor Mardi ho~ nonkae menet'kana. Hape Tehen', gapa, mean' nahak'in' emapea nonka menkatec'e ek'r'e bot ec'kakoa.

Khet n'en'el ko calaoenma cehel-cepel dak'. Ente Sakhawat do_ Avinath
Mardi ak' Gujuk' kho_bo_r an'jo_mte harephare khet'e dak' akat'taea.
Menkhan nit ho~ ghot_na reak' tojbij calak' kana. Noa aso_l karontet'
d und ha u od ok la git'.

Ban`gladiso\_m Reak`
Sa_dhinota Ma~ha~ Manao

Ban'gladisom reak' Sa,dhinota Ma~ha~ ko manaokeda Chapainawabgonj jila. Reak' Amnura Mission reak' Tabitha Kindergarten School. Tehen' ona n'utumte gapalmarao , gidra,koak' chobi a~kao ar enec'-seren' ko hoe ocokeda. Sa,dhinota ma~ha~ babotre Mahasoe do_ mit' bar disa, dohr,ae la_git' sikha,una kathako gapamaraoat'koa. Ina_ tayom do_ Gidra,ko talare haparao reak' sap'r,aolena metak'me Mimit' kelas ren gidra_ la_git' mimit' lekan chobiko a~kao ocoket'koa. Ar enkate gidra,ko a,d,i kusi -ra,skate akoak' mo_ne lekako a~kao so do rket'a.



Menkhan hud.in' machate hoeyen reho~ akhr.a talate gidra.ko
a.d.itetet'ko ra.ska.yena ar aema lekan cecet'ak'ko n'amket'a.
Ina.kate Mahasoe ko do_ akhr.are bachao n'amen gidra.ko talare kur.a.i
ko em hat.in'ket'a. A.d.i naepaete noa akhr.a hoe pura.uenā.