

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´lena. 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´lena.

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.ueia. 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 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 Bholā 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 Bholā 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 katece 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 Bholā Mardi do UP Chairman Sohīdul Islam Tulu t hene na lisket reho jahan ror rua r ge bae namleda. Ona ia te cet e cekaea ohoge bujha uet te adisa cabaenae. Jahan upa i bae namlet te Lukhibar (19 January 2023) Bholā Mardi do Rajshahi Bibhagio Commissioner ar jila prosasok t hen mit t en olak ovijoge jomakeda. Ovijog nam 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 namkeda. Ona da yik nam 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 riak bad ae n amente ona bhit a rukhia katec Bholā Mardi ak tire jima yena. Bholā Mardi doe menkeda, nuna k din badre noa bhit an nam 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 nelteko 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 nelkedete bes muskile at karked, 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.ke. 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-gaan 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.aodem kurumut.u lekhan, amge ona muskilrem par.aok'a.

Ba .i Ba .ite D .herok' Kana Loŀo-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 Adivasi 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 Tudu, 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 lahatire 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.uenā. 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.

Hoe Pura .uena Raban´ Kic´ric´ (Kombol) Em Ha .t .in´ Akhr .a

17 January Mon´golbar bela 11 baja okte Chapainawabgonj sodor reak´ Amnura Mission re mit´ sae (100) got .en ren´gec´ nacar hor .ko talare raban´ nira .n kic´ric´ em ha .t .in´ hoyena. Rotary Club Dhaka reak´ bondoboste ar nond .en ko metak´me sthanio Amnura Rotary Community Core (RCC) ar NAGR (National Agency for Green Revolution) ak´ gor .o gopor .ote noa raban´ kic´ric´ em ha .t .in´ena. Em ha .ti .n´ akhr .are set .ere tahe~kana NAGR ren maran´ a .yuric´ Mn.Stephen Soren, RCC-Amnura sabha mukhia . Prodip Hembrom, Sompadok Promila Hasdak, 3

no. Jhilim Union Porisod ren 1,2,3 no. ward ren maejiu member Johra Begum, 2no. ward ren member ar Panel Chairman-01 Md. Masud Parvez ar ona saote set ere tahekana ato man'jhi Silip Soren.



Raban' kic'ric' em ha.t.in' akhr are NAGR ren maran' a.yuric' ar RCC ren Adviser Mn. Stephen Soren do noa Chapainawabgonj re Rotary reak' ka...mihora babotre la.i ha.t.in'at'koa. Uni doe menkeda je, noa jila. reak' sodor upa.jila., Jhilim union re Rotary Club Of Dhaka Kawran Bazar ar Rotary Club Of Dhaka ak' gor.ote ren'gec' nacar hor.koak' jion-jingi lahanti, maejiukoak' toa re cancer (breast cancer) ar Uterus Cancer babotre sontor ko, 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. ho~ emako hoyok' kana.

Ina. cha.d.a ho~ NAGR ak' gor.ote upa.jila. reak' noa ad.epase t.ot.hare sikhna.t gor.o ar niropon hor.mo se saota cehaona babotre ka.mi kana. Mucat're as doho katece' menkeda je, Darakan dinre noa songstha do tayom akan ren'gec' nacar hor.koak' jion-jingi lahantire arho~ nonkan bha.la.ianak' ka.mi ko naepete ka.mi idia mente.