

Migrain (Bo_ho_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a

Migrain bo_ho_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo_no_do_bo_s akan bises akhr.a 'Bo_ho_k' la_git' Bo_ho_k' Haso' reak' mo~r.e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho_n ban'cao n'am. Un hilok' per.a hisabte set_ere tahe~kana National Institute Of Neuroscience And Hospital reak' Neurology bibhag ren sa~oten professor Dr. Abu Nayim. Noa akhr.a do_e a.yurleda Sushmita Shruti Chowdhury.

Aema lekan Bo_ho_k' Haso:

Dr. Abu Nayim do_e bad_ae ocokeda, Me~t' cetan khon da.bi dha.bic' noa bhag do_ bo_ho_k' kana. Ar bo_ho_k' tahe~len khan bo_ho_k' haso do_ tahe~ngea. Me_nkhan ja~ha~tin ja~ha~tinre nia bo_ho_k' haso kho_nge me~t', lutur ar sinus reak' muskil hoe dar_eak'a. Pa_hil porjai reak' bo_ho_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo_ho_k' hasoge nonkanak' bo_ho_k' haso kana. Ar 2-5 percent re n'e_lok' kana, Bo_ho_k' haso sa~o me~t', lutur ar mu~ do_ jopor_ao menak'a. Noa ko bo_ho_k' haso reak' 70 percent arho~ a.d.i cinta. kho_n ho~ hoyogo_k'a. Noa do_ko metak' kana Tension Headache. Ar 30 percent do_ hoyok' kana Maigrain bo_ho_k' haso.

Cekatebo_n bujha_ukea je okt_ak' bo_ho_k' haso kana:

A.d.i at. cinta.te bo_ho_k' haso (Tension Headache) do_ mit' talaoge hasoa. E_t.ak' sec' Migraine bo_ho_k' haso do_ ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak'me bo_cho_rre mit' dhao ho~ hoe dar_eak'a. Ar cinta.te bo_ho_k' haso (Tension Headache) do_ cando ha_surlen khang haso ho~ d.her idik'a. Migraine reak' haso

do_ nonka a_ika_uk´a, menkeam bo_ho_k´ bhitrire okoe con´
cet´teko ha_net´ kana. Pulse sa~ote noa haso ho~ tal mila_u
kate rakap´ dar_eak´a. Ar Tension Headache do_ a_d_i
kajak´gea. Bo_ho_k´ a_cur dar_eak´a, dudr_umge a_ika_uk´a.
Bec´ bec´ at_karok´a. Seton´ reak´ ra~t ban´ sahaok´a, Katha
ror_re ho~ muskil hoe dar_eak´a.

O_koe do_ Migraine bo_ho_k´ haso n´am dar_eakoa:

Ja~ha~e hor_koak´ge Migraine hoe dar_eak´a. Emanteak´
bo_ho_k´ haso leka maejiu ko ba_r_ti Migraine n´amet´koa. 16
bo_cho_r kho_n e_hop´ kate 45 bo_cho_r dha_bic´ noa bo_ho_k´
haso do_ tahe~ dar_eak´a. Nia laha- tayomre ho~ hoe
dar_eak´a. Ba_r_tikaete n´e_logo_k´ kana, gogo-babawak´
tahe~kana. Ond_e kho_n ho~ hoe dar_eak´a.

Migraine karonak´te cet´ ja~ha~n muskilak´ hoe dar_ekea:

Ban´, Cinta_ reak´ ja~ha~n karonge ba_nuk´a. Secondary
bo_ho_k´ haso hoelen khan thor_a cinta_ reak´ kangea.
Me_nkhan pa_hilak´ re cinta_ reak´ karonge ba_nuk´a. Cedak´
je_, Bo_ho_k´ kho_n ehobok´ kan bo_ho_k´ haso do_ bo_ho_k´
reak´ cet´ ho~ bae loksana. Me~t´, mu~ ar lutur kho_n
ehobok´ bo_ho_k´ haso thor_a sensitive. Lahate ko dharonat´
kan tahe~na Migraine sa~o Stroke reak´ ga_hir sompok
menak´a. Me_nkhan, khond-rond (Gobesona) kate ja~ha~n
pormange ban´ n´am akana. Migraine reak´ cikit´sa lekhan
mon´jok´a. Me_nkhan aema o_kte ban´ mon´j uta_rok´a. Aema
din ran jo_jo_m joyok´a. Migraine re me~t´ tayom nakha
hasoa. Aema hor_ do_ me~t´ ren dactor t_henko senok´a. Cosma
ko ho_ro_ga. E_nre ho~ thor_a do_ mon´jok´, nirdae do_ ban´
mon´j ut_arok´a.

Migraine reak´ cikit´sa:

Diagnosis ocoe hoyok´a. Ina_ chad_a ho~ gharon´j reak´ nagam
tahe~n khan, jo_to_ cinha_ko mila_u katec´ ale do_ thor_a
ranle e_mogo_k´a. Mone re do_ho_e hoyok´a, Cando re judi
bar-pe dhao nonka a_d_i kajak´ bo_ho_k´ haso hoyok´,

e_nd.ekhan e_t.ak' ran do_le emakoa. Haso e_hop' torage ran jo_m lekhan una.k' do_ban' hasoa.

Maejiu kodo_cet' lekate Migraine ko sambr_aoa:

Bha_rti hor_mo tahe~n o_kte Migraine do_sabhabik ghot.na kana. Arho~ ale Migraine reak' oka lekan ranle emako, ona do_bha_rti hor_mo tahe~n o_kte emok' ban' ganok'a. Nond.e mit't.en ha.si reak' ghot.na menak'a. O_koe koak' do_laha kho_nak'ge Genuine Migraine tahe~n, bha_rti hor_mo tahe~n o_kte ona do_50 percent belare do_mon'jok'a. Ar o_koe koak' Migraine reak' nagam banuk', Onkoak' 16 percent belare do_bha_rti hor_mo okte Migraine hoyok'a. Arho~ gidra.janam tayom mon'jok'a.

O_koeak' ghane ghane Migraine hoyok', uniak' judi Tension Headache hoyok', unre?

Mit' hor.ak' nonkan bar lekan bo_ho_k' haso hoe dar.eak'a. Unre okako ran do_bar lekan hasorey ka.mia, onkan rangele emakoa. Migraine bo_ho_k' haso me_nak'tae rogi do_sabhabik leka bako ka.mi dar.eak'a. Je_mon Skul, College se_Office calak', olok' par.haok'- noako ban'ko dar.eak'a.

Hor_mo khat_aok' sa~o sa~ote Migraine reak' sompok:

A.d.i cinta. tahe~len khan, ja.pit' ko_m hoylen khan, mit' san'j ban' jo_m lekhan, ackage ba_r.ti hor_mo khat.ao lekhan Migraine hoe dar.eak'a. Migraine kh_on sa.n'gin're tahe~n la.git' hor_mo ar mo_n niropo do_hoe ja.rur.a. Jaoge hor_mo khat.ao, tar.am, bhan'jao (beyam) ja.rur.a. Migraine do_bo_ho_k' hatan' reak' rua.kana. Hatan' reak' cet' ho~ bae loksana. Cikit'sa lekhan aema okte mon'j ho~ mon'j ho_do_k'a. Me_nkhan mon'j ho~ ban' mon'j dar.eak'a. Ban' mon'j lenkhan sambr.aote do_hoe hoyok'a. O_kte na.pitre ja.pit' hoyok'a. O_kte na.pit're jo_m hoyok'a. Dak' n'u~i lagaok'a. Ar ona sa~ote thor.a hor_mo bhan'jao kate apnarte napae tahe~n ja.rura. Migraine se_bo_ho_k' haso do_ja~ha~n maran' muskilak' cet' ho~ ban' kana.

Source: Prothom alo

Messi Do_ 'Sona ren Jel' Lekanae

Lionel Messi lekan suka_r (superstar) do_ seton' din re_ be_go_r uca_r.te do_l reko n'am akadea PSG. Argentina superstar la_git' Champion League re kukmu~ reko matao akana phorasi club. PSG Messi ko n'amkedete aema po_rho_ ko n'amet'kana mat_h bahreko reho~. Barcelona ren sa_bik a_k'yuric'e selet'en tayom khonge league 1 ren brand value rean' aema lahanti hoy akana.

Metak'me, Messi ko n'amkedete ko monejon' kana ban'ma 'Sona ren Jel' ko n'am akadea. PSG ar Messiwak' kago_j-ko_lo_mte chukti oktege Argentina Superstar ak' n'utum ol menak' Ja_rsi mit' ghur_itege a_khrin' cabayena.

Nia_ ko din talatege PSG sec' kho_n enec' la_git' Messi ko o_jo_k' kadea. Jel, Cricketer leka namd.ak jo_to_ ga~ota sa~o chukti hoy akantaea PSG wak'. Cricketer ko sa~o pe serma reak' oka chukti, ona kho_n PSG dharonat' kana 25-30 Milion Euro do_e ka_mai jon'a

Source: Bangladesh protidin

Chin Kho_n 54 Lakh Sinopharm Ko_ro_na T_ika Do_ Hec'ena

Chin kho_n kirin akan Sinopharm reak' arho~ 54 lakh ko_ro_na t_ika disa_mre hec'ena. Hola Sokolbar tala n'inda. 12:45 baja okte mit't_en ud_a.uk' ga.d.ite noa t_ika do_ Dkaka reak' Hazrat Shahjalal Antorjatic Bimanbo_ndo_rre hec'ena. MNC&H ren Line Director Dr. Md. Shamsul Hoge noa t_ika hatao se_atan' la_git' bimanbo_ndo_r rey tahe~kana. Nia dhao do_ 54 lakh 1 hajar 350 doge t_ika do_ hec'ena.

Source: Banglar Jonopod

Internet Be_go_r Google Drive Beohar

Markin Search Giant Google akoak' Storage seba google drive do_internet begor beohar reak' phaeda do_ko a.gukeda. Cedak' je_, phone se_internet ban' tahe~lenre ho~ Offline re Google Drive re do_ho akan nothi se_chubi jhic'ate n'e_l reak' a.t menak'a. Ne_so_do_r akan mit't_en Blog post re Tech Giant gaota do_noa katha ko bad_ae ocokeda. Aso_kaete PAN card, Voter card se_Driving Lisence lekan nijak' kago_j (file) , Office reak' PDF file chad_a ho~ ja_rur.ak' ko Google Drive re do_hok'a. Je_mon ja_rur. okte ona t_un' ghur_ite n'e_lgo_k'.

Me_nkhan digital nothi se_kago_j okte maran' muskil do_noage, Internet bego_r beohar reak' ja~ha~n upa_ige ba_nuk'a. Aema okte sa_n'gin' t.ot.hako re Network t.ont.ate muskilre par_aok' hoyok' kana. Noa muskil cabae la_git'ge

na~wa~ Projukti (Technology) do_e a_gukeda. Noa ia_te Google do_e bad_ae ocokeda, nit kho_n Offline reho~ Google Drive re PDF file, Office reak' ja_rur.ak' kago_j ko n'e_l n'amok'a. Arho~ bad_ae n'am akana, Drive re digital file kha_li save lekhangé noa phaeda do_ban' n'amok'a. Internet bond tahe~n okte Google Drive re digital nothi se_file n'e_l jo_khe_n jo_po_r_ao menak' nothire ' Right Click' kate 'Available Offline' option re Click hoyok'a.

2019 serma kho_n na~wa~ projukti reak' mo_ho_r_a ko calaokeda Google. Aema hatao Milan hor_ko selet'léna ona mo_ho_r_a re. Onare po_rho_ n'am tayom nia_ dhao sanamko la_git' a_guyena se_so_do_rena noa projukti.

Source: Korotoa

A_diba_siko ren A_yuric' Sagram Ma_jhiwak' Gur Ma~ha~ Disa_ Rua_r_

Sagram Hasda (Ma_jhi) do_a_diba_siko ban'cao reak' kukmu~ye uduk'at'koa soman hasaren girobas akan Santal, Urao selet' aema adiba_siko. Santalko ren nui maran' a_yuric' do_1901 se_rmare Rajshahi jila_, Godagar_i upa_jila_ reak' Malkomola n'utuman t_olare (Ne_be_tar do_uniak' n'utum lekate 'Sagram Par_a) rey janam akana. Ako t_ola khon amdaj 20 kilometer sa_n'gin' re menak' skulrey par_haok' kan tahe~kana. Bad_ae n'am akana, Secondary bid_au e_mok' laharege par_haok' do_e ba_gi akada.

Nuna_k' sa_n'gin' hor calak' hijuk' oktere a_diba_siko

la.git' thor.a ka.mia mentey at.karkedā. Rajnoitik
gharon'jre bae janam akan reho~, a.diba.si hor.koak' duk-
kost.o n'e_lte Rajnitigey bachaoana. 1954 sermare hoylen
bachao tot' (nirbacon) re Juktofront khon bachao ocolena ar
Member Of Lagislative Assembly. Rajshahi Sagorpar.a re
1956 sermare ba.isa.uleda ' Sagram Majhi Adibasi Chatrobas'.
1 January 1957 sermare 40 t.aka reak' bhar.a or.ak're 19
pa.t.hua.koante noa hostel do_e ehop'leda. Ac'ak' noa kukmu~
lekate benao akan hostelre tahe~kate aema a.diba.si kor.a
sikna.t ko hamet'jo_n' akana ar akoak' jionre marsal do_
bamber akana.

Arho~ 1957 sermare Union Porisod re ad.e-pase (Sthanio
Sarkar) got.hon okte Chairman huda.re do_e bachao ocolena.

1958 sermare ac'ak' ka.mi t.ha.~i Program re Sastho
Complaint Benaore go~rto~r.o~c' do_e do_ho akada. 1962
sermare Nap reak' center committee sodosso se_ member po_d
do_e n'amkeda, 1970 sermare do_ nirbacon rey selet'lēna.
Me_nkhan nirbaconre Awami League hor.ko t.hene bhagao
ocoena. Ar 1962 sermare Dhaka selet' got.a Ban'gladisa.mre
hulmal eho_p'en khan santal hor., urao ja.ti-gost.hiko modre
aema do_ disa.m ko da.r. ba.giada. E_nreho~ Sagram Ma.jhi
do_ sanam hor.ko dil ar sa.huse em akat'koa, janam disa.m
Ban'gladisa.re a.ida.ri salak' girobasok' la.git'e
udga.uket'koa. E_ken ina. mo_to_ do_ ban' 1974 sermare
sa.dhin Ban'glsdisa.mre Program Union Porisod re Chairman
po_drey bachao ocolena.

1971 sermare maran' la.r.ha.i e_hop'en khan aema maejiu-baba
hor.ko ad.epase disa.mre asraiko hataokeda. Uni ho~ mit'
okte sima.na do_e paromleda. E_nre ho~ thir se hape do_ bae
tahe~kana. Jo_to_ okte a.diba.siko bujha.uako monejon'leda,
disa.m do_ rukhia.i la.git'e udga.u akat'koa. Acren ka.t.ic'
hopontet' Sudhir Hasda (Ma.jhi) ho~ la.r.ha.i la.git'e
kulledea. Rajshasi jiwi but.a.rire hostel benao talate
a.diba.siko talare sikna.t reak' diuha. jolok' ia.te a.d.i
a~t.e kurumut.u akada. Uniak' nonkan kurumut.u ar jhu~k' mon

kha.tir Godagari Upa.jila.re ‘ Bot.toli Adibasi Prathomik Biddaloy’ benao akana, Modhumath re benao akana Bir.la Prathomik Biddaloy. Ina.chad.a ho~ Sitolpur A.diba.si bo_so_k’ kan t.ot.hare ar mit’t.en Skul do_e benao akada, Ne_be_tar do_ ona skul do_ Sarkari kedako.

Arho~ Sagram Ma.jhi do_ ac’ren thor.a gatiko jor.aokate un okte reak’ Ojopar.a t.olare 1945 sermare benao rakap’ kedae ‘ Panihar Public Library, Panihar t.olare. Bad.ae n’am akana nitok’ ona library re pe ge_l (30) hajar khon ba.r.ti puthi, magazine ko tuma.l menak’a. Disa.m ren namd.ak onolia., kobi, sa~ohet’ Gobesona koak’ ja.rur.ak’ ko jagaokate library do_ calak’ kana. Polli Kubi Josim Uddin, Kubi Bonde Ali Mia ho~ nia. library member re tahe~kana. Unige pa.hil t.olare murukh je_no aloko tahe~n ona reak’ ka.mikoe a.yurlada. Ad.epase ren’gec’ nacar, murukh gharon’j khon gidra.ko sap’ a.gukate skulrey bhurti reak’ bebosthaet’kan tahe~na. Ra.sika a.diba.siko la.git’ 1976 sermare Ban’gladesh Betar Rajshahi khon akhr.a ucha.n reak’e bo_ndo_bo_set’kan tahe~na.

1976 sermare 6 June khon sa.bik lekate santal ar urao ko la.git’ ‘ MADOL’ ucha.n ehop’ena uniak’ likho_n go_r.ho_n.te. A.diba.si koak’ ka.ud.i ar sa~ota lahanti la.git’ uni do_ ac’ apatak’ bhit.a ho~ Sarkar kut.ir silpa. benao la.git’e ar.ak’ade tahe~kana. Nagar sa~ota somaj do_ Mr. Ma.jhi do_ Rajshahi ren gunan gidra. hisa.bteko cinha. akadea.

Jatiyo Bissobiddaloy re

Honors Pa_hil Bo_cho_r Professional Course re Bhurti

Jatiyo Bissobiddaloy re 2020-21 sikhna_t serma reak' pa_hil bo_cho_r snatok se_ graduation (soman) professional course re bhurti do_ eho_pok' la_git'. Online re pa_hil ardas do_ darakan 12 September a_yup' ber 4 baja okte eho_bok'a. Ar noa ardas do_ 28 September n'inda_ okte 12 baja dha_bic' calak'a. Ona course re bhurti reak' ja~ha~e pa_t_hua_koak' kusi-sana menak' khan, Jatiyo Bissobiddaloy reak' bhurti babotre menak' Website (www.nu.ac.bd/admissions khon Form do_ purun hoyok'a. Ardas la_git' fee do_ College hotete nit_ akat' mobile Banking talate 29 September bhitrire joma e_mok' hoyok'a. Nia_ sikhna_t sermare bhurti kan pa_t_hua_koak' online kelas do_ 20 October khonge eho_bok'a.

Source: Prothom alo

Khat_o Selebaste PEC Bida_u Do_ Hoyok'a

Ko_ro_na okto reak' hal halot ko_m n'o_k'lenkhan sajao dor_ha akan selebas (syllabus) re darakan November muca_t se_ Disember cando reak' ehop're PEC bida_u hoyok'a. Prathomik ar Gonosikkha Protimontri Md. Jakir Hosain noa katha do_e me_n akada.

Kho_bo_ria_ koak' kukli tahe~kana, 12 September khon mo~r_e~ak' kelas ren pa_t_hua_koak' do_ din hilok' kelas hoyok'a, end_ekhan nia_ serma reak' PEC bid_au do_ hoyok'a? Unre uniak' ror_ rua_r_ tahe~kana, He~ hoyok'gea. Sajao

dor_haoakat' selebas lekate hoyogo_k'a. Arho~e me_nkeda, ko_ro_na okte nia. ko din reak' hal halot n'el se_bujha_u bar_akate turui got_en bosoi reak' bid_a_uge hatao hoyok'a ar Primary reak' ba_rsik bida_u ho~ hoyok'a.

Source: Prothom alo

November Khon 43 Got_en Model Reak' Phone re WhatsApp Bae Ka_mia

November cando reak' 1 (pa_hil) ta_rik khon 43 got_en model reak' Smartphone re bae ka_mia 'WhatsApps. Jo_to_ hor_ko kusiak' nia. Messaging App do_bondok'a. WhatsApps to_ro_p' reak' report khon bad_ae n'am akana, Android 4.0.4 se_ona lahatenak' Operating System re menak' phone ar IOS 9 se_arho~ ona lahatenak' Operating System re menak' phonere ar bae ka_mia WhatsApp.

Jo_to_phone tearko songstha noa kho_bo_r do_e bad_ae ocokeda. Samsun galaxy Trend lite, Galaxy S3 mini, GalaxyTrend2, Galaxy X cover 2, Galaxy core ar Galaxy As 2. LG Lucid 2, Lg Optimus F7, Optimus F5, Optimus L3 dual, Otimus L 7, Optimus L7 2 dual, Optimus F6, Optimus L4 dual, Optimus F3. ZTE grand S flex, ZTE V956, Grand X quad V987 ar Grand Memo. Sony Xperia Mero, Sony Xperia N0 L, Xperia Arok S. HTC Dsayer 500, Lenovo A820. Huawei Ascend met, Ascend D Oi, Lcatel 1 Tuch Ivo7 Apollo Iphone SE, 6S ar 6S Plus re WhatsApp bae ka_mia mente bad_ae akana.

Calaoen serma khon WhatsApp reak' nirapokta re aema lekan muskilteak' do_ehop' akana Noa kha_tirte hor_koak' kusiak' nia. messaging App re beoharet' kan hor. do_ko ko_m akana mente bad_ae akana. Tobe App reak' nirapokta reak' ja~ha~n et_ket.o~r.e~c' do_ba_nuk'a mente bad_ae oco

akana WhatsApp do_. Nond.e e_makat' message ar chubi jao oktege nirapokta menteye da.bi a.gu akadakko.

Source: IP News

Tehen' Do_ Bisso Mahasoe Ma~ha~

Got.a dha.rtire tehen' Sokolbar 'Bisso Mahasoe Ma~ha~ko manaoet'kana. UNESCO nia. dhao nisa.nako doho akada, Sikhna.t reak' a.ida.ri mane do_ hoyok' kana, gun-punte perec' akan mahasoe n'ame reak' aida.ri. Nia. talate got.a dha.rtiren hor.ko men ocok'kana je_ sikhna.t reak' a.ida.ri ga.khur. ar le_kman mahasoe n'ame reak' a.ida.ri chad.a hamet. do_ o_ho_ge hoelena. Mahasoe do_ko hoyok'kana hor.ko benao rakap'kko ren ka.rigol. Bisso mahasoe ma~ha~re sikhna.t ar lahanti la.git' mahasoekoak' mon'j ka.mi ar gor.o ko emok'kan an'goc' lekate noa ma~ha~ do_ manaok' kana. Nia. serma songstha reak' soddosobhukto 100 disa.mre 401 got.en mahasoe songthon ma~ha~ ko manaoet' kana. Got.a dha.rtiren mahasoekoak' mon'j ka.mi ar gor.ko emok' kan n'utumte onko disa. salak' Jatisongho Ongo songstha UNESCO ak' hohote noa ma~ha~ do_ manao hoyok' kana. 1994 serma kho_n jao serma 5 October got.a dha.rti reko manao a.guieda Bisso mahasoe ma~ha~. UNESCO ko menet'kana, Got.a dha.rtire nitok' 26 karor. 40 lakh 40 lakh gidra. sikhna.t ga~otako reak' sikhna.t khon ko barkhas akana. 2030 serma bhitrire jo_to_ hor_ la.git' Primary ar High School sikhna.t reak' bejha set.er la.git' got.a dha.rtire amdaj eyae karor. nawa mahasoe hatao ja.rur. kana. Ka.t.ic' kur.i gidra., nijor gidra.ko, refugee ar ren'gec' nacar hor.ko talare nuko pa.thua. gidra. ar mahasoe ko talare a.d.i ba.r.ti pharak

me_nak'a. Nia pharaktet' ocog la_git' jo_to_ko laha hijuk' hoyok'a- noageko moneak' kana UNESCO do_.

Got_a dha_rti leka ban'gladisa_mre ho~ manot salak'ko manaoeda Bisso mahasoe ma~ha~.

Source: Prothom alo

A_diba_si ko Ko_ro_na T_ika reak' buth ko n'amkeda Amnura re

Ba_rin t.ot_haren a_diba_si se_ ren'gec' nacar gharonjren hor_ko covid-19 reak' t_ika. e_mako kha_tir booth se_ centre ud_ha_u do_ hoyena. Tabitha Foundation ar Amnura Rotary Community Core reak' gor_o-gopor_ote hola (03.09.21) Sunibar setak' 10 baja okte Chapainawabgonj Sodor Upa_jila. reak' 3 namber Jhilim UP re Amnura Lutheren Mission Haspatal re Covid-19 Vaccine booth do ud_ha_ukedae Capainawabgonj sodor upa_jila Sastho ar Poribar Porikolpona Offier (TS) Dr. M A Martin. Nia okte set_erko tahe~kana, Amnura Lutheren Mission Haspatal ren Maran' Mukhia. Stephen Soren, Sodor Upa_jila Sastho Complex Medical Officer Dr. Aslam Hosain, 3 namber Jhilim Union Porisod ren Chairman Md: Asraful Hoge (Motu), Amnura Rotary Core ren Sobha mukhia. Prodip Hembrom, Mission Haspatal ren Manager Markus Murmu. Ud_ha_u akat' pa_hil hilok' Holage mit' sae turui gel mit' (161) got_en a_diba_si maejiu ar baba hor_ko t_ika. em hoyena. Amnura Lutheren Mission Haspatal ren Maran' mukhia. Stephen Soren do_e menkeda, Ba_rin t_othakore menak'ko a_diba_si ren'gec' nacar hor_ko a_d_iko nistr_a_u ocok'kana. Nia Mission Haspatalre noa t.ot_haren ren'gec'-nacarko thor_a khoroc'tege sebako n'amet'kana. Ale

do_ sanam a.diba.siko vaccine se_ ko_ro_na je_mon doko hatao
dar.eak' ona ia.te Sarkar t.hen mit't.en t.ika. Centre le
khojleda. Tehen' aleak' ona khojok'teak' do_ hoe pura.u
akantalea. Aema a.diba.si gharonjren hor.ko nitok' noa Mission
Haspatltre ko_ro_na t.ika. selet' jo_to_ lekan seba a.d.i
algateko n'am dar.eak'a. Ona kha.tir Manotan Maran' Montri
aema aema Joharle emaekana.