

# Tin Ghar, ic' em Tar, ama

Tar, am do\_ jo\_ to\_ kho\_ n alga hor\_ ma bhan' jao (biyam) kana. Jo\_ to\_ umer ren hor\_ ko la\_ git' a\_ d\_ i ja\_ rur\_ ak' ho~ kana. Me\_ nkhan tin gha\_ r\_ ic' tar\_ am hoyok' a se\_ tar\_ am reak' speed cet' hoyok' ja\_ rur\_ , ona babotre d\_ her hor\_ ge babon pust\_ a\_ ua. Hor\_ mo bhan' jao hisa\_ bte tar\_ am reak' po\_ rho\_ do\_ cet' kana ar tin gha\_ r\_ ic' tar\_ am lekhan po\_ rho\_ n' amok' a ona babotre bad\_ ae ocoakada physiotherapy consultant Umme Sayla Rumki. Din hilok' tar\_ am lekhan kor\_ am reak' rua\_ , Diabetes, jan' khoy (Osteoporosis) rog rean' jiwí ko\_ t\_ o\_ k' ko\_ m n' o\_ ~ go\_ k' a. Din hilok' tar\_ am lekhan jel sir reak' dar\_ e ar sahao dar\_ e ba\_ r\_ tik' a. jan' rean' got\_ hon ho~ ket\_ ec' jo\_ k' a.

## Tin okto tar\_ am ja\_ rur\_ a:

Dina\_ m din komkate 30 minit\_ tar\_ am ja\_ rur\_ a. Diabetes rogíko do\_ ina\_ oktete 40 kho\_ n 45 minit\_ tar\_ am hoyok' ja\_ rur\_ kantakoa. Bha\_ rti ho\_ r\_ mo\_ tahe~n okte pa\_ hil pe\_ cando 15 minit\_ katec' , dosar pe cando 20 minit\_ katec' ar muca\_ t' pe cando do\_ 10 minit\_ tar\_ am ja\_ rur\_ a. To\_ be\_ okoekoak' umer 40 bo\_ ho\_ r kho\_ n cetan ar aema din kho\_ nak' ja~ha~n hor\_ mo bhan' jao se\_ hor\_ mo khat\_ ao sa~o jo\_ po\_ r\_ ao ba\_ nui, onkan hor\_ ko do\_ tar\_ am lahare bissegoggo ak' solha hatao hoyok' takoa. Arho~ e\_ t\_ ak' se\_ cbon n' e\_ lle khan, Okoekoak' hor\_ mo\_ reak' o\_ jo\_ n d\_ herge, onkoko ho~ tar\_ am e\_ hob lahare stretching kate, jel reak' sir jira\_ u n' o\_ ~ k' hoyok' takoa. Ban' khan stretching babotre bad\_ ae hataojo\_ n' la\_ git' physiotherapy koak' solha hatao hoyok' a.

Ja~ha~e hor\_ koge hor\_ mo se\_ c' kho\_ n napae tahe~n la\_ git' haptare ko\_ mkate 150 minit\_ tar\_ am hoyok' takoa. Haptare 30 minit\_ kate 5 din ho~ bon tar\_ am dar\_ eak' a. Okto ban' tahe~len khan dinre 10 minit\_ kate pe\_ dhao tar\_ am lekhan ho~ hoyok' a.

## Jogging:

30 minit\_ tar\_ am tayom 10 minit\_ jogging dar\_ eakabon. Jogging reak' bhe\_ d do\_ mit' jaegare ten' go kate pa\_ hilre jo\_ jo\_ m jan' ga, ina\_ tayomte len' ga jan' ga tulkate do\_ n hoyok' a. Jogging la\_ git' a\_ d\_ i maran' jaega rean' ja\_ rur\_ do\_ ba\_ nuk' a. Or\_ ak' re ja~ha~ t\_ hen mit'

jaegare ten'gu kategebon jogging dar\_eak'a. Pa\_hilre do\_ba\_i ba\_ite ,  
ina\_tayom do\_usa\_ra usa\_ra. Okoe koak' do\_ba\_r.ti o\_jo\_n onko do\_  
pa\_hilre adha minit. kate jogging ako. Ina\_kate hor\_mo reak' halot  
bujha\_u kate ba\_i ba\_ite okto do\_ba\_r.ti idiy hoyok'a.

### Tar\_am calak' lahare:

Tar\_am okte sukra\_j (aramdayok) ca\_t.ki ho\_ro\_k' hoyok'a. Ho\_ro\_k'  
bande\_kicric' ho~ thor\_a sukra\_j ar d.hila.n' dholon' n'o~\_k'  
ho\_ro\_k' ja\_rur.a. Seton' kho\_n e\_ran'ok' la\_git' setak' paha- poho  
okte ar a.yupbela cando ha\_sur tayom tar\_am la\_git'bon od.ok  
dar\_eak'a. Tar\_am tayom thor\_a stretching jarur.a; je\_mon jan'ga  
ka\_t.up' cetanre ten'golen khan tayom reak' jel sir ko hasua. To\_be\_  
o\_jo\_n ko\_m la\_git' tar\_am se\_jogging do\_aso\_lak' ban' kana. Balance  
thik do\_ho\_e ja\_rur.a. Nia\_m kate nit. akat' oktere hor\_mo reak'  
kelori hisa\_bte jo\_m hoyok'a.

Source: Ajkerpatrika

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**Nia Serma Pa\_thua**  
**Gidra\_koak' JSC Ar JDC**  
**Bid\_a\_u Ban' Hoyok' Kana**

Nia\_serma pa.t.hua.gidra.koak' Junior School Certificate (JSC) ar  
Junior Dakhil Certificate bid\_a\_u ban' hoyok'a menteye bad\_ae ocoakana  
Sikhna\_t Muntri Dr. Dipu Moni. Uni do\_e aeho~ye me\_nkeda, pa\_thua.ko  
do\_akaok' kelas reak' tojbij talatege cetan kelasreko rakabo\_k'a.

Hola Mon'golbar (28 September) Rajdha\_ni reak' Gonobhobon High School  
re Maran' Muntri Sheik Hasinawak' 75 serma janam ma~ha~ n'utumte  
sa\_ibut akan dare ro\_ho\_e ka\_mihora akhr.a muca\_t're kho\_bo\_ria.koak'  
aema lekan kukli reak' ro\_r. rua\_r. okte noa kathae metawat'koa.

Sikhna.t Muntri do\_e arho~e me\_nkeda, kha.li kha.li GPA- 5 tayo\_mre da.r. lekhan ban` hoyogo\_k'a. Me\_nkhan, Pa.thua. kodo\_ aso\_l bud-a.kil hamet.jo\_n` lagaoakoa. Aso\_l sikhna.t hamet.jo\_n` talate je\_monko hara buru dareak.

Tuma.l- Bss news

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## **Tehen´ Do\_ Maran´ Muntri Sheik Hasinawak´ 75 Serma Janam Ma~ha~**

Aema et.ket.o~re~c´ paro\_mkate 75 serma umer re lebetkeda disom ren Maran´ Muntri Sheik Hasina. Uni do\_ 28 September Gopalgonj reak´ Tungipar.a atore tehen´ak´ dinre do\_e janamlena. Sa.dhin ban`gladisom ren maran´ bandhae ja.tia.ko ren baba Bon`gobondhu Sheik Mojibur Rahman ar Bon`gomata Fazilatunecha ren maran´ kur.i kanae Sheik Hasina. Uniak´ a.k'yurte 1996 sermare 21 bo\_cho\_r tayo\_m arho~ rastro do\_kho\_lreko he\_c'ena Awami league. Sheik Hasina nit ponak´ dhapte ban`gladisa.m reak´ da.yike manaoda. Nit ha.bicte 2009 serma kho\_n mit´ lagaote pe\_ dhao Maran´ Muntri reak´ da.yikre menaea uni. Disom reak´ itiha.s re nonkan record do\_ okoeak´ ho~ ba.nuk´anan´.

Jatison`gho reak´ sadharon porisodre 76 dhao reak´ ba.isire (odibeson) seledok´ la.git´ Maran´ Muntri nit do\_ Juktorastrore menaea. Uni ba.nuire ho~ nia. din a.d.i ra.ska salak´ko manaoda Awami league selet´ aema rajnoitik, sa~ota ar legcar ga~otako.

Source: Prothom alo

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# 14 November Kho\_n SSC Bid\_a\_u Ar HSC Do\_ 2 Disember Kho\_n Eho\_bo\_k´a

Nia\_bo\_cho\_r reak´ (2021) Secondary School Certificate (SSC) ar Higher Secondary School Certificate (HSC) bida\_u reak´ okto Sarkar do\_e so\_do\_rkeda. Darakan November cando reak´ 14 ta\_rik kho\_n SSC ar Disember reak´ 2 ta\_rik kho\_n do\_ HSC bid\_a\_u eho\_bo\_k´a. Ko\_ro\_na ma~ha~ma\_ri ka\_tirte hor\_mo ha\_t.in´ reak´ jo\_to\_ lekan a\_n a\_riko manaokate bid\_a\_u do\_ hoyok´a.

Bid\_a\_u eho\_bo\_k´ (30 minit.) adha ghont\_a lahare bid\_a\_u e\_mok´ko do\_ bida\_u or\_ak´re bo\_lo\_kate nij nij dur\_upak´re dur\_up hoyok´ takoa. Bid\_a\_u reak´ okto do\_ hoyok´ kana mit´ ghont\_a tala. Ar bid\_a\_u do\_ hoyok´a 10 baja kho\_n 11 baja tala ha\_bic´. MCQ ar CQ ha\_t.in´ reak´ bida\_u talare ja~ha~n jira\_u ban´ tahe~na.

Source: Korotoa

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# September reak´ 28 Ta\_rik Kho\_n Disom Ren Jo\_to\_ Ho\_r. Ko\_ro\_na T\_ika\_ Ko N´ama

Sasthomontri Jahid Malek do\_e me\_nkeda, Maran´ Montri Sekh Hasinawak´ janam ma~ha~ n´utumte darakan 28 September kho\_n ko\_ro\_na ma~ha~ma\_ri birudre ten´go daram la\_git´ arho~ t\_ika\_ ka\_mihora do\_ ehbo\_bok kana. Mit´ hapta la\_git´ noa camp do\_ calak´a.

E\_nte 28 September do\_ Maran´ Montriwak´ janam ma~ha~ kana. Ona ia\_te uniak´ janam ma~ha~rege nia\_ t\_ika\_ ka\_mihora ho~ eho\_bok´a. Got\_a

disomre amdaj 6 hajar t.ika. centre kho\_n ko\_ro\_na t.ika. do\_e mo\_go\_k'a. 28 September setak' kho\_nak'ge t.ika. e\_m do\_e ho\_bok'a. Nia. dhao do\_din hilok' 80 lakh doge t.ika. e\_mok' reak' bejha (target) do\_me\_nak'a. Nia. bejha a\_uri pura\_u dha\_bic' din hilok' reak' t.ika. ka\_mihora do\_calao idik'a.

Source: Prothom alo

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## **Babud\_an' A\_diba\_si Alor Pat\_hsalare Bego\_r Ka\_ud\_ite Cikitsa Seba Emena**

Badud\_an' A\_diba\_si Alor Pat\_hsala reak' pind\_a\_re (25 September) bela 11 baja kho\_n a\_yup' bela 3 baja dha\_bic' bego\_r ka\_ud\_ite cikitsa seba ko\_n'amkeda (98) are gel ira\_l got\_en a\_diba\_si ar Diko ko. Rajshahi reak' Godagar\_i upa\_jila., Mohonpur union reak' Babud\_an' skul pind\_are Chapainawabgonj reak' samajik son'gothon ' sompritir' Benarre noa sebae e\_mat'koa Dr. maruf Hasan. Nia. okte rogiko do\_bego\_r ka\_ud\_ite ranko n'amkeda.

Maran' per\_a hisa\_bte cikitsa d\_era do\_e ud\_ha\_uket'a Babud\_an' A\_diba\_si Alor Pat\_hsala ren ka\_mi kho\_n jira\_u akan benaoic' Maran' Mahasoe Kanai Chondro Das. Ar ona okte set\_erko tahe~kana son'got\_hon ren sabha mukhia. Nahidul Hoqe, Sadharon sompadok Ziaur Rahman, Member Sohidul Hoqe, Yusuf Ali, atoren ma\_n'jhi Kartik Kol Tudu, Madhob Kol Soren, Toriqul Islam, Skul ren maran' mahasoe Ali Uzzaman Nur, Sa~o gor\_oic' (Assistant) maran' mahasoe Sonkor Chondro Das, Luis Murmu selet' jo\_to\_mahasoe ar songot\_honren memberko. Bego\_r ka\_ud\_ite cikitsa seba n'am kha\_tir mimit' ho\_r. a\_d\_i a~t. ra\_ska. ko bujha\_ukeda. E\_nte bego\_r ka\_ud\_ite mon'j seba ar ranko n'amkeda. Ona ia\_te Doctor a\_d\_i johar ko emadea. Songot\_hon ren Sabha mukhia do\_e me\_net'kana, Ale do\_sa~ota reak' seba ka\_mikole ka\_mi bar\_aea. Nia.

t.ot.ha ma je\_leka jo\_to\_lekan subita. kho\_n e\_r.an'gea. Ona ia.te ale do\_nond.e bego\_r ka.ud.ite seba ka.mi reak'le got.a akada. Dr. Md. Maruf Hasan do\_e me\_nkeda, sa~ota reak' da.yik ka.miko kho\_n abo laha hijuk' hoyok'tabona. Onako mo\_tlo\_b kho\_nge onkoko ho\_r.ko t.hen he\_c' hoeakana. Onkoak' niropon hor.mo aodhanok' la.git'le uskurakat'koa. Asle do\_ho\_et'kana, candore mit' dhao katere ho~ noko ho\_r.ko talare he\_c'kate cikitsa sebale e\_makoa.

Tuma\_l- Adivasinews

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## **Mon'golbar Kho\_n Ud\_a.uk' Ga\_d.i reak' Gha.t.ire Ko\_ro\_na Bid\_a.u E\_hobok' Kana**

Darakan Mon'golbar (28 September) kho\_n Hazrat Shahjalal Antorjatic (Bimanbondor) ud\_a.uk' ga.di reak' gha.t.ire tearen RT- PCR Lab re e\_t.ak' disomre tahe~n kanko la.git' ko\_ro\_na bida.u hoyok'a me\_nteye ba\_d.ae ocoakana Besamorik Biman poribohon ar porjoton Protimontri Md. Mahbub Ali. Tehen' setak' okte Socibaloyre porjoton ma~ha~re gapalmarao tayo\_m uni do\_noa kathae me\_nket'a.

Ina.chad.a ho~ Civil Surgeon Dr. Moinul Ahsan do\_e bad.ae ocokeda, Trial la.git' tehen' 96 hor.koak' na.muna hatao hoeakana. Pe khon pon ghont.a bhitriregge Test reak' result do\_e mo\_go\_k'a me\_nte as menak'a. Nit habic'te jo\_to\_wak' sasap'r.ao kodo\_pura.u akana. To\_be\_fee tina.k'kate e\_mok' hoyok'a ona rean' do\_nit dha.bic' a.uri got.ae hoyok'a.

Source: Jamuna news

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# Asian Women University re Santal kur i gidra koak' par haok' reak' A t

Khagr\_achor\_i Mong Rajak' Office reak' kur par te Parbotto Chottogram re girobasok' kan " Khumi, Mro, Bom, Lusai, Pankhoa, Kheyang, Chak ar Santal" ja ti-gost hi khon Ban'gladisa\_m reak' mit't\_en International mananak' Bissobiddaloy Asian University For Women ( AUW) re pura te Scholarchip Undergraduate se Graduate re par haok' reak' mit't\_en maran' a t' do\_ n'amakana. 2008 sermare bandhao akan Asian University For Women (AUW) Ban'gladisa\_m reak' Chottogram re me\_nak' mit't\_en sa dhin, Inaternational man reak' Bissobiddaloy oka do\_ Asia re na~wa~te na~ha~k' jugren a\_k'yurko la git' sikna t hamet. jon' reak'e kurumut uet' kana.

Nit\_ akat' Scholarship rean' bha\_la etet' do noa: Tuition fee, Hostel subita\_, Jo\_mak', Prathomik sasthoseba ho~ n'amok'a.

Ardas reak' muca\_t' ta\_rik' do\_: 30 September, 2021.

O\_koe do\_ noare ard\_as em se ond\_e par haok' sanakanko la git' ardas do\_ Mong Rajak' Office re ja\_r.ur.ak' kago\_jko sa~o jo\_mae hoyok'a ar ban\_khan Email kate kol hoyok'a (Office.mongraja@gmail.com ) noare.

1. National NID ban\_khan Circel Cheif rean' Certificate Ar ban\_khan Passport reak' Photocopy ( ja~ha~t.ak' mit't\_en jo\_ma lekhangе hoyok'a)

Ardas la git' kago\_j do\_ noa link khon download tabonpe.

[https://drive.google.com/.../1xRuYAPllkD1jd0dC\\_JH...](https://drive.google.com/.../1xRuYAPllkD1jd0dC_JH...)

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# November re SSC Ar Disember re HSC Bida\_u Hoeda\_r\_eak´a

Sikhna\_t Montri Dipu Moni do\_e me\_nkeda, Calak´kan serma reak´ November baraba\_ri se\_c´ SSC bid\_a\_u ar Disember reak´ pa\_hil se\_c´ do\_ HSC bida\_u hatao reak´ hudis me\_nak´a.

Ina\_chad\_a Arho~ uni do\_e me\_nket´a, pe\_hapta tayo\_m Pre- Primary ren pa\_t\_hua\_ko iskul calak´ reak´ babotre got\_a hoyok´a me\_nteye bad\_ae ocokeda. Tehen´ (25 September) setak´re Silpokola Academy re Bon´gobundhu- Bapu Digital Exhibition akhr\_are selet´kate noa khobor do\_e la\_iket´a.

Source: Padmatimes

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# Bo\_cho\_r Muca\_t´re Arho~ Ira\_l Gel Are (89) Lakh T\_ika Hijuk´ Kana

Calak´kan bo\_cho\_r muca\_t´ se\_c´ disa\_mre arho~ 89 lakh doge ko\_ro\_na t\_ika do\_hijuk´kana. Noa modre me\_nak´a, 71 lakh doge Pfizer ar 18 lakh doge Moderna t\_ika. Juktorast\_ro ar Covax po\_rho\_reak´ ta\_ritege Ban´gladisa\_m do\_noako t\_ika\_ye n´am akada. Arho~ note 19 September dha\_bic´ disa\_mre t\_ika he\_c´akana 4 karor\_ 95 lakh 85 hajar 80 doge.

Nit´ dha\_bic´ T\_ika\_ko hataoakat´ ho\_r\_koak´ son´kha 3 karor\_ 73 lakh 15 hajar 7 got\_en hor\_ko. Noko modre pa\_hil dogeko hatao akat´a 2

karor. 24 lakh 94 hajar 565 got.en hor.ko. Ar dosar dogeko hatao akat'a 1 karor. 48 lakh 20 hajar 442. Niako oktere disa.mre Astrazeneca, Moderna, Pfizer ar Sinopharm reak' t.ika.ko emako kana.

Source: Korotoa