01' ia;%S" mqreI Ndjh

ia;%S

mqreI

02' újdyl" wújdyl Ndjh

újdyl

wújdyl

03' jhi

25 g wvq

25 - 35

35 - 45

45 g jeä

04' mÈxÑ m%foaYfha iajNdjh

.%dóh

w¾O kd.ßl

kd.ßl

05' wOHdmk uÜgu

m%d:ñl wOHdmkh olajd mu‚

w'fmd'i idukH fm< olajd mu‚

w'fmd'i Wiia fm< olajd mu‚

WmdêOdÍ

mdi,a fkd.sh

06' Tnf.a /lshdj

YsIH

f.dú;ek

iajHx /lshd

rcfha /lshd fyda fm!oa.,sl /lshd

fjk;a /lshd

07' Tn wka;¾cd,h iy kj udOH ms<sn|j oekqj;a o@

Tõ

ke;

;rula ÿrg oekqj;a

08'Tn úiska wka;¾cd, myiqlï Ndú;d lrkafka o@

Tõ

ke;

;rula ÿrg

09' Tn wka;¾cd,h Ndú;d lrkafka flfia o@

iaud¾Ü ÿrl;kh uÕska

mß.Klh uÕska

fjk;a WmlrK uÕska

10' Tn wka;¾cd,h jeä jYfhka Ndú;d lrkafka lskï wruqKla i|yd o@

iudc udOH Ndú;hg

f;dr;=re oek .ekSu i|yd ^mqj;a fjí wvú mßYS,khg&

ùäfhdmg kerôu i|yd

fjk;a

11' Tn úiska kj udOH Ndú;d lrkafka o@

Tõ

ke;

12' tfia kï Tn jeä jYfhka Ndú;d lrk kj udOH l=ula o@

f\*ianqla

hQ áhqí

Üúg¾

fjk;a

13' Tn f\*ianqla udOH jeä jYfhka Ndú;d lrkafka kï ta i|yd Tnf.a ojiska l=uk ld,hla jeä jYfhka fjkafõ o@

WoEik ld,h

oyj,a ld,h

ijia ld,h

rd;%S ld,h

14' f\*ianqla udOH Ndú;d lsÍug yqreùfuka Tnf.a we÷fuys fjkila jQjd o@

Tõ

ke;

15' f\*ianqla udOH Ndú;d lsÍug yqreùfuka Tnf.a NdIdfjys fjkila jQjd o@

Tõ

ke;

16' Tn is;k wkaoug f\*ianqla udOH Ndú;h;a iuÕu Tn úiska my; l=uk foaj,a i|yd fjkialï olajkafka o@

l;kfha fjkialï

yeisÍfï fjkialï

reÑl;ajfha fjkialï

wdydr rgdjka j, fjkialï

by; ish,a,u

17' Tnf.a tÈfkod m‚jqv yqjudrej i|yd kj udOH Ndú;d lrkafka o@

Tõ

ke;

18' Tnf.a jHdmdr lghq;= i|yd kj udOH Ndú;d lrkafka o@

Tõ

ke;

19' uE;l § Tn y÷kd.;a f\*ianqla wdY%s; /<s fudkjd o@ (Face Book Trends)

ta ms<sn|j wjfndOhla ke;

hï wjfndaOhla we;

iïmQ¾Kfhkau wjfndaOhla we;

20' tfia kï ta /<s fudkjd o@