nv‡d¾x ûRyi in.wndRyj †KviAvb gv`ivmv

*ZvÔjxgy` Øxb GKv‡Wwgi kvLv cÖwZôvb*

*310,* jvjevM †ivW (Lvb gynv¤§` g„av gmwR‡`i cÂvk MR c~‡e©) XvKv-1211

wKQz K\_v

Avjøvn iveŸyj Avjvwgb gnvMÖš’ Avj-‡KviAvb bvwhj K‡i‡Qb gvbe RvwZi wn`vqv‡Zi Rb¨|Gi gv‡S †i‡L‡Qb gvbeRxe‡bi mvwe©K wel‡qi myôz mgvavb| gvby‡li `ywbqv I AvwLiv‡Zi mdjZvi Rb¨ KziAv‡bi weKí †bB| ZvB gnvb Avjøvn wb‡RB KziAvb msiÿ‡Yi `vwqZ¡fvi wb‡q‡Qb|

Avjøvn iveŸyj Avjvwgb cweÎ ‡KviAvb‡K msiÿY K‡i‡Qb AmsL¨ ewb Av`‡gi †QvÆ KwP ey‡K| Avi Zvi cÖmvi NwU‡q‡Qb GK eyK †\_‡K Av‡iv AMbb ey‡K| cweÎ ‡KviAvb msiÿ‡Yi MwZkxj I eiKZc~Y© GB aviv Av‡Rv Pjgvb| Avi G aviv‡K MwZkxj I cÖvYešÍ ivL‡ZB eZ©gvb we‡k¦i ***wndRyj ‡KviAvb***gv`ivmv¸‡jv Pvwj‡q hv‡”Q Zv‡`i wbišÍi cÖ‡Póv|

evsjv‡`‡k ‡KviAv‡bi cÖmvi I msiÿ‡Yi G †mvbvjx avivi cÖeZ©K n‡jb hyM‡kÖô eyhyM© Ava¨vwZœK RM‡Zi ivnevi Avgx‡i kixqZ nhiZ gynv¤§v`yjøvn nv‡d¾x ûRyi in.| Zvui AvRxeb jvwjZ ¯^cœ - †KviAvbx wkÿvi †mvbvjx G avivi cÖmvi NUzK meyR evsjvi cÖwZwU Rbc‡`| †KviAvbx b~‡i D™¢vwmZ †nvK evsjv‡`‡ki cÖwZwU Ni cÖwZwU gvbyl| Zvui G ¯^cœ ev¯Íevq‡bi ÿz`ª cÖ‡Póv wn‡m‡e cÖwZôv jvf K‡i‡Q-

***nhiZ nv‡d¾x ûRyi in. wndRyj †KviAvb gv`ivmv***

A‡bK ¯^cœ A‡bK Avkv Avi GKUz e¨wZµgx cwiKíbv wb‡q eo‡`i †`vqv I gvkIqvivµ‡g b‡f¤^i 2016 mv‡j ZvÔjxgy` Øxb GKv‡Wwgi kvLv cÖwZôvb wn‡m‡e c\_ Pjv ïiæ K‡i‡Q G cÖwZôvb| MšÍe¨ eû`~i| †KviAv‡bi Av‡jvq Av‡jvwKZ AvMvgxi wek¦ Mo‡Z GKSvuK †KviAv‡bi evnK I †KviAvb‡cÖgx GKwU gvbeKv‡djv ˆZwi Ki‡ZB wbišÍi GB cÖ‡Póv| Avjøvn iveŸyj Avjvwgb GB cÖ‡Póvq eiKZ `vb Kiæb Ges Zv wbR `qvq Keyj K‡i wbb| Avgxb|

cwiPvwjZ wkÿv Kvh©µg

**wndR wefvM**

* weï× I DbœZ wZjvIqv‡Zi Rb¨ wbqwgZ gvk‡K¡i my-e¨e¯’v I ZvRfx` wkÿv|
* ‡KviAvb wnd‡Ri mv‡\_ mv‡\_ wndRyj nvw`‡mi e¨e¯’v|
* e¨envwiK Aviwe K‡\_vcK‡\_v‡bi Abykxjb|
* ï×evsjv cvV-D”PviY I K‡\_vcK‡\_v‡b ¸iæZ¡v‡ivc|
* wndR mgvcbKvwi Qv‡Îi Rb¨ cÖv\_wgK D`©~ wkÿv|
* Ges evsjv-Aviwe-E`©~ my›`i n¯Íwjwc wkÿv|

*we.`ª. wndRyj †KviAvb‡K g~j †i‡L wkÿv\_©xi †gav Abymv‡i †Kv‡bv evowZ Pvc QvovB Dc‡iv³ welqvejx wkÿv †`qv n‡e|*

**1 eQi †gqv`x b~ivYx wefvM**

* Kvq`v I Avgcviv LZ‡gi gva¨‡g †KviAvb kixd ï×iƒ‡c covi mÿgZv ˆZwi Kiv|
* b~ivYx c×wZ‡Z ‰`bw›`b Rxe‡bi Riæix gvmjv gvmvwqj wkÿv|
* cvuPIqv³ bvgvRmn Rygv C` Rvbvhvi bvgvR I Kvdb-`vd‡bi cÖ¨vKwUK¨vj Abykxjb|
* wbe©vwPZ nvw`m I †`vqv Kvjvg wkÿv|

1 eQi †gqv`x bv‡hiv wefvM

* gvk‡K¡i gva¨‡g mwnn-ï× D”Pvi‡Y n`‡ii wbq‡g ‡`‡L †`‡L c~Y© †KviAvb kixd LZg Kiv|
* †KviAv‡bi wbe©vwPZ m~iv-AvqvZ I nvw`‡mi wbe©vwPZ †`vqv Kvjvg gyL¯Í|
* cÖvZ¨wnK KvRmg~‡ni Av`e I wkóvPvi wkÿv|
* weï× AvwK¡`v-wek¦vm MV‡b gb¯ÍvwË¡K PP©vi gva¨‡g AvK¡v‡q` wkÿv|

*we,`ª, G `yÕeQ‡i 1g-3q †kÖYxi evsjv Bs‡iRx AsK I mvaviY Ávb wkÿv †`qv n‡e| cvkvcvwk wbe©vwPZ Bs‡iRx kãgvjv gyL¯Í I e¨envwiK Bs‡iRx K‡\_vcK‡\_v‡bi e¨e¯’v \_vK‡e|*

‰ewkó¨vejx

* eyhyM© Djvgv‡q †Kiv‡gi †`vqv I gvkIqvivq cwiPvwjZ|
* weÁ wkÿKgÛjxi mhZœ ZË¡eavb|
* BÕjg I Avg‡ji wbweo Abykxjb|
* AvZœmgv‡jvPbvi gvbwmKZv MV‡b wbqwgZ Zvjxg I gynvmvevi e¨e¯’v|
* ‡Kvjvnjgy³ wbwiwewj g‡bvig cwi‡ek|
* wZb‡ejv gvbm¤§Z Lvevi cwi‡ekb|
* ¯^v¯’¨ cwiPh©vq kwiqvnm¤§Z †Ljva~jvi e¨e¯’v|
* my¯’ we‡bv`‡bi j‡ÿ¨ wkÿvmdi †cÖvMÖvg|
* wkÿv\_©xi DbœwZ-AebwZi ch©v‡jvPbvi j‡ÿ¨ AwffveK m‡¤§j‡bi Av‡qvRb|
* myß cÖwZfv weKv‡k ˆelwqK Abyôvb I cÖwZ‡hvwMZvi Av‡qvRb|

*দৈনন্দিন খাবার ZvwjKv*

|  |  |  |  |
| --- | --- | --- | --- |
| বার | সকাল | দুপুর | রাত |
| শনি | খিচুরী | মাছ,ডাল | mewR,ডাল |
| রবি | ভর্তা,ডাল | গোশত,ডাল | ভাজি,ডাল |
| সোম | ভাজি,ডাল | ডিম,ডাল | wMjv KwjRv,ডাল |
| মঙ্গল | খিচুরী | মাছ,ডাল | fZ©v,ডাল |
| বুধ | ভর্তা,ডাল | গোশত,ডাল | fybv wLPzwi |
| বৃহস্পতি | সবজি,ডাল | ডিম,ডাল | ভর্তা,fvwR,ডাল |
| শুক্র | iæwU,fvwR | গোশত,ডাল | wWg,ডাল |

বি.দ্র. QvÎ‡`i iæwPi cªwZ jÿ¨ †i‡L †gby পরিবর্তনযোগ্য

Dc‡`óv cwil`

* nhiZ gvIjvbv Avãyi ie (g`xbv ûRyi) `v.ev.

gynvwÏm I m`‡i ïiv, jvjevM gv`ivmv, XvKv-1211

* nhiZ gvIjvbv K¡vix kvn AvZvDjøvn `v.ev.

gynZvwgg, Rv‡gqv b~wiqv Bmjvwgqv, Kvgiv½xi Pi,XvKv

* nhiZ gvIjvbv iwdKzj Bmjvg `v.ev.

gynvwÏm, jvjevM gv`ivmv, XvKv-1211

* nhiZ nv‡dR gvIjvbv KvRx Avey eKi wmÏxK `v.ev.

mv‡eK cÖavb wkÿK, wndR wefvM, gv`ivmv dqRyj Dj~g, AvwRgcyi, XvKv

* nhiZ nv‡dR gvIjvbv Avãyj AvRxR `v.ev.

cÖavb wkÿK, wndR wefvM, kvixdzj Dj~g Avivweqv gv`ivmv, Avgjx‡Mvjv, jvjevM,XvKv

cÖwZôvZv cwiPvjK

* nv‡dR gvIjvbv gydwZ Avey eKi wmÏxK

`vIiv I BdZv, jvjevM gv`ivmv,XvKv-1211

**fwZ©i wbqgvejx t**

* 1g ce©t 1B igvhvb †\_‡K 15B kvIqvj ch©šÍ |

2q ce© t 15B wW‡m¤^i †\_‡K 1 †k Rvbyqvix ch©šÍ|

* wbw`©ó †KvUvq fwZ© †bIqv n‡e|
* fwZ© B”QzK‡`i m`¨‡Zvjv `y&B Kwc cvm‡cvU©, `y&B Kwc ó¨v¤ú mvB‡Ri Qwe I Rb¥ wbeÜb mb‡`i d‡UvKwc cÖ`vb Ki‡Z n‡e |
* fwZ© mgq fwZ© wd Ges cÖ\_g gv‡mi Lvevi wd, gvwmK †eZb I AvevwmK PvR© AwMÖg cÖ`vb Ki‡Z n‡e|
* cªwZ Bs‡iwR gv‡mi 10 Zvwi‡Li g‡a¨ hveZxq gvwmK cª‡`q cwi‡kva Ki‡Z n‡e|
* gv`ivmvi weiwZi mgq Ges Qv‡Îi Abycw¯’wZi Kvi‡Y †eZb I AvevwmK PvR© KZ©b Kiv nq bv|

**fwZ©Kvwjb wd I gvwmK cÖ‡`q t-**

AvevwmK AbvevwmK

dig 100/= dig 100/=

fwZ© wd -2000/= fwZ© wd -2000/=

‡LvivwK wd -2000 ‡eZb 1500/=

‡eZb -1000/=

Avevmb wd -500/=