

cj xZ_` eřj WJb GKwU Ww.tbU cKvkbv| 5g el;4_9msL`v| `PĪ - `ekvL 1414-15 (Gncĳ) 2008)



পল্লীতথ্য



weřkl c0Zte`b
nj`y Pvl



Kwl | wkřv| `ġ` | A-Kwl Dř`vM | j vMmB cřy³ | AvBb | gvbemaKvi | mřPZbZv

məv` Kxq

nj`y evsj v`tk gmj v Ges ifcPP cəvb DcKiY| wKš`
 `tLRBk ntj l miz` t`tk Pwn`vi Zj bvq nj`i NvUwZ
 i tqtQ| Avi ZvB nj`i Drcv`tb Kl.KfvBtqi DrmvinZ
 Kivi j t`q` Gvtii c0Q` c0Zte`tb Kiv ntqtQ nj`y Pvl i
 Dci | Avkv Kwii c0Zte`bwU cto Kl.KfvBtqiv nj`y Pvl
 DrmvinZ nteb|

RwgRgv mspvš-e`vcviti `Lj weliqUB metPtq` i`ZcYq
 RwtZ wbtRi `Lj x`Zj ivLvi wvfbwbbqgKvbp wbtq GKwU
 tj Lv i tqtQ Gevtii AvBb wvfvM|

0my` exR, fvtj v dj b0 G t`vWvbtk mvgtb ti tL KwU wvfvM
 GKwU tj Lv i tqtQ exR msi q`tbi Dci | Rwg t`tk exR mSMh
 Kiv`i` t`tk exR msi q`Y Kiv chš-Kj KfvBt`i Kx Kx
 c`tqc MhY KitZ nte Zv ejv ntqtQ G tj LwU tZ|
 Kl.KfvBtqiv tj LwU t`tk DcKZ nteb, GB c0`vkv
 Avgv`i |

BDti vcvq BDwbqbfš t`k` t`j vi gta` D`Pwk`lvi Rb` dvY
 Ab`Zg| Dbz l AvaybK Rxebhv l v Ges ctkwZK tmš`h q
 gvbmšZ covtj Lvi Rb` dvY wK`lvi`x` i AvKl`bi Ab`Zg
 Kvi Y| GKvi tYB dvY D`Pwk`lvi w`wii Z wbtq nvr i ntqvQ
 etj wU tbi wK`lvi wvfvM|

VvEv miv` Kwik l my` `v`Zi Rb` wKQzUcm wbtq` ŃU tj Lv
 ivLv ntqtQ Gevtii i`v` wvfvM| GKUzmZKZv Avi wKQz
 wbgg tgb Pj t`B Avgiv GBme mvavib l m` t`tk gyš
 _vKtZ cwi | Avkv Kwii tj Lv `ŃU Avcbv` i Avt iv mPZb
 ntZ mnvqZv Ki te|

wc0j cvVK, 0cj xZ`0 Avcbv` i B cw l Kv ZvB GtZ Avt i v wK wK
 weliq thwM Kiv hvq tm məv`K`htKv`bv gvZvZ wbtmstKv`P
 Avgv`i Kv`Q cvVtZ cvt i b| Avcbv` i gj`evb gvZvgtZi
 wfvE tZ Avgiv cw l KwU tK Avt iv mgxKivi tPov Kie|

mivP

- ⊙ nj`y Pvl
- ⊙ DcKj xq AĀtj gv`Qi agvqb
- ⊙ avtbi exR msi q`Y
- ⊙ dvY D`P wK`lvi
- ⊙ mv`lvrKv`i ev` cov 50 Kvi Y
- ⊙ miv` Kwik ntj wK Ki teb
- ⊙ my` `v`Zi Rb` Ki Yxq
- ⊙ e`emvi Rb` Pvb cwi Kí bv
- ⊙ Dovj ct`i tckv
- ⊙ Rwg `L t`j Ki Yxq
- ⊙ gvbe t`tni inm`
- ⊙ GwCj gv`mi wtkl wtkl w`b
- ⊙ wPwCĀ

məv` K
 gvingj nvmvb

wbe`x məv` K
 AvwKe Aviv tRmvgb

c0Q`
 KwU Z` mwfM
 kwš`kvj xKi Y (2q chq)
 cKí, Lvgi evox

Aj sKi Y
 i f Avntg`

tivMej vB I tcvKvgvKo`gb
 Dtj t`thvM` tivtMi gta` wj d eP, wj d`úU, ivBtRvg iU (K`
 cPv) Gme tivM t`Lv hvq| Gme tivM`gb Kitz ntj Wvqt_b
 Gg-45 bvgK QIvK bvkK c`QvM (20 M`g 10 wj Uvi cwb`tz
 wgvktq) Kitz fvtj v dj b cvl qv hvq| GKB RvgtZ c`Z eQi
 nj`y evAv`vdmj Pvl KivDvPZ bq|

tcvKvgvKtoi gta` nj`y i KvEtQ`K tcvKv, cvZv tgvovtbv
 tcvKv, w`cm Gmtei AvµgY ntZ cvti | g`vj w`qb 57 Bim ev
 mvgw`qb 50 Bim 20 wgvj c`Z 10 wj Uvi cwb`tz wgvktq 15 w`b
 Aš` Aš` t`c`Kti G tcvKv`gb ivLv hvq|

dmj msMh
 Avgv` i t`tk mvaviYZ tivct`yi 9-10 gvm ev 270-300 w`b
 ci nj`y msMh Kiv hvq| MvtQi KvE` i wKtq tMtj nj`y msMh
 Kitz nq|



dj b
 evsj vt`tk KwL MtelYv Bbw`wJDU KZ`R D`meZ wWgv v I
 wv`jx RvZ`wLi dj b c`Z tn±ti 25-30 Ub (KvPv)| 100
 tKwR KvPv nj`y t`tk 20-25 tKwR i Ktbn nj`y cvl qv hvq|

m`f : KwL Z`m`wv`f`k`v`k`v`j`xKiY (2q ch`q) c`K`i , Lvrv emo, XvKv-1215

DcKj xq AA`tj gvtQi agvqb

DcKj xq tRtj cj xtZ Mh`S I el`P`tgsm`tg agvq`tbi gva`tg
 wPsw msi`qY Kiv nq| i`agv`I Bw`úZ eY`q MÜ mwó i Rb`B bq,
 i`Kv`bvi cµ`qv``ZZi Kivi Rb`I wPsw`K agv`wqZ Kiv nq|
 agvq`tbi AvtM wKQ`qY tivt` i`wKtq t`bqv nq| wPsw`K
 mvaviYZ Dò-agvqb Kiv nq| GtZ wPsw cvq wv`x ntq hvq
 etj mKj AbRxe gviv hvq| dtj agv`wqZ wPsw i msi`qY mgq
 `xN`h`q| agvqbKvtj t`vqv t`tk MnxZ bvbv cKvi ivmvqubK
 `e` Bw`úZ m`MÜ`Zixi cvkvcwK AbRxe aYsm Kti msi`qY
 mgq `xN`Kti | kvZKvtj wPsw Lp Kg cvl qv hvq| ZvOvov
 wv`f`b`Kvi tY kvZKvtj agv`wqZ wPsw i evRvi Pwv`v Lp Kg|
 ZvB GKgv`I el`Kvtj B wPsw agv`wqZ Kiv nq|

- t`vqv i msi`qY`Y
 Kv`Vi t`vqv 6wU mgv`S`Z` bvej xi mrvv`th` gvQ`K msi`qY Kti :
1. i`@`KiY Kw tcvov`bvi mgq mó Zv`c gvQ` i`wKtq hvq,
 dtj AbR`xemga gviv hvq|
 2. Zvc-wv`x Mig agvqb gvsm tckx wv`x Kti tdtj , dtj
 cv`PK im I e`vKt`Uwi qv`tgti tdtj |
 3. RviY cvZ`ti va Kv`Vi t`vqv tZ RviY tivaKvix ivmvqubK
 `e` v`v`K, ZvB Rwi Z ntq` MÜ nq bv|
 4. is t`vqv gvtQi Mvtq Bw`úZ is mwó Kti |
 5. MÜ agv`wqZ ctY`i w`tkl MÜ tµZv` i w`bKU tj v`f`bxq|

kvZj -agvqb I Dò-agvqb

bs	kvZj -agvqb	bs	Dò-agvqb
1.	agvqbKvtj Zvcgv`v 30-40 tm. Gi gta` v`v`K	1.	Zvcgv`v 80-90 tm. ch`S-DtV
2.	t`vqv t`tk MnxZ ivmvqubK c`v`gvtQi msi`qY I`YmZgv`tb gL` fvgKv i`v`L	2.	D`P Zvcgv`v qv gvQ wv`x ntq i`wKtq hvq msi`qY t`vqv t`tk MnxZ ivmvqubK c`v`v`P fvgKv gL` bq
3.	Av`tbi wKLvnx t`vqv Av`K Kv`Rix	3.	wKLvq t`vqv gvQ`K wv`x Kti i`Kvq
4.	Kv axti tcvovtj wKLvnx t`vqv wM`Z nq	4.	Kv ZvovZwv tcvovtj wKLv tekx nq, Zte Gt`q`I I axti tcvovtj m`wK agvqb nq
5.	KivZi`ov me`P`q f`vj , KvY Giv R`tj bv wM`tq t`vqv mwó Kti	5.	KivZi`ovi cvkvcwK cv`@`vi i`Ktbn KvI e`envi Kiv hvq
6.	Drcw`Z cY` ti w`Rv`ti kb Zvcgv`v t`t`L (2-5 tm.) evRvi RvZ Kitz nq	6.	Drcw`Z cY` K`q Zvcgv`v msi`qY I evRvi RvZ Kiv hvq

Kv̄tVī t̄av̄qv̄ t̄Kgb̄ K̄tī gv̄t̄Qī M̄rt̄j̄ v̄t̄M̄
 Kv̄tVī t̄av̄qv̄ n̄t̄Q̄ M̄vm̄, ev̄ú̄ Avī t̄Qv̄Ū t̄Qv̄Ū Rj̄ KYvī ms̄iḡk̄W̄ |
 t̄av̄qv̄ī `k̄ḡvb̄ AskB̄ n̄t̄Q̄ GB̄ Rj̄ Kw̄YKv̄ | aḡv̄q̄t̄bī mḡq̄ gv̄Q̄
 ev̄ú̄ Mn̄Ȳ K̄tī | GB̄ ev̄t̄ú̄ī w̄FZī c̄t̄qv̄Rbx̄q̄ m̄sī ¶K̄ |
 R̄x̄ev̄b̄Yv̄k̄Kmn̄ Ab̄vb̄` Āt̄b̄K̄ īvm̄qv̄b̄K̄ c̄`v̄_̄v̄t̄K̄ | gv̄Q̄ t̄av̄qv̄
 t̄_̄t̄K̄ w̄K̄ c̄wī gv̄Ȳ c̄`v̄_̄M̄n̄Ȳ Kīt̄ē Zv̄ w̄b̄f̄P̄ K̄tī t̄`t̄nī
 D̄c̄wī Z̄t̄j̄ c̄w̄bī c̄wī gv̄Ȳ Ges̄ t̄av̄qv̄ī c̄ēv̄t̄nī D̄cī | B̄w̄j̄ k̄ ev̄
 Kv̄Z̄j̄ v̄ gv̄t̄Qī D̄c̄wī Z̄t̄j̄ c̄w̄bī c̄wī gv̄Ȳ t̄ēk̄x̄ Zv̄B̄ t̄av̄qv̄ t̄_̄t̄K̄
 M̄n̄x̄Z̄ c̄`v̄_̄P̄ c̄wī gv̄Ȳ t̄ēk̄x̄ | Avevī w̄P̄s̄ioī D̄c̄wī Z̄j̄ t̄L̄v̄j̄ t̄m̄
 AveZ̄_̄v̄t̄K̄ ēt̄j̄ c̄w̄bī c̄wī gv̄Ȳ Kḡ | aḡv̄q̄v̄Z̄ w̄P̄s̄ioī t̄Z̄ t̄av̄qv̄ t̄_̄t̄K̄
 Aw̄āK̄ c̄wī gv̄Ȳ īvm̄qv̄b̄K̄ `ē̄ R̄gv̄ n̄t̄Z̄ c̄v̄t̄ī b̄v̄ | Zv̄B̄ t̄av̄qv̄ī t̄P̄t̄q̄
 t̄av̄qv̄ t̄_̄t̄K̄ m̄ó Av̄_̄t̄bī Z̄vc̄ w̄P̄s̄ioī R̄b̄` t̄ēk̄x̄ c̄t̄qv̄Rbx̄q̄ |

w̄P̄s̄ioī c̄P̄w̄j̄ Z̄ aḡv̄q̄b̄ c̄x̄w̄Z̄

1. j̄ B̄j̄ `v̄ B̄P̄v̄ ev̄ n̄wī Yv̄ B̄P̄v̄ ev̄t̄kī S̄p̄ōt̄Z̄ āt̄q̄ 4-6 N̄v̄Uv̄ t̄īv̄t̄`
ī Kv̄t̄bv̄ n̄q̄ |
2. m̄Ǖ`v̄q̄ Av̄av̄ ī K̄bv̄ w̄P̄s̄ioī t̄K̄ N̄b̄ d̄v̄t̄K̄ī gv̄P̄vī D̄cī w̄ēw̄Q̄t̄q̄
w̄b̄t̄P̄ī P̄j̄ v̄ t̄_̄t̄K̄ t̄av̄qv̄ t̄` l̄ q̄v̄ n̄q̄ |
3. M̄v̄Q̄ l̄ c̄v̄Z̄vī Av̄_̄t̄b̄ c̄`t̄ḡ w̄P̄s̄ioī ī Kv̄t̄bv̄ n̄q̄ |
4. c̄t̄ī īs̄ l̄ M̄Ǖ%Z̄ix̄ī R̄b̄` 2 N̄v̄Uv̄ t̄av̄qv̄ t̄` q̄v̄ n̄q̄ |
5. aḡv̄q̄v̄Z̄ w̄P̄s̄ioī ev̄t̄kī S̄p̄ōt̄Z̄ t̄ī t̄L̄ 10-15 w̄ t̄bī ḡt̄ā` w̄ēw̄q̄
K̄iv̄hv̄q̄ |
6. t̄K̄v̄_̄l̄ t̄K̄v̄_̄v̄l̄ w̄P̄s̄ioī t̄K̄ m̄iv̄m̄wī 2 N̄v̄Uv̄ Av̄_̄t̄b̄ ī w̄K̄t̄q̄ 1 N̄v̄Uv̄
t̄av̄qv̄ t̄` q̄v̄ n̄q̄ |
7. ī K̄bv̄ Kw̄W̄ R̄w̄j̄ t̄q̄ Av̄_̄b̄ l̄ t̄av̄qv̄%Z̄ix̄ K̄iv̄n̄q̄ |
8. Kḡ ī K̄bv̄ ev̄ m̄ēf̄R̄ Kw̄W̄ w̄P̄s̄ioī t̄K̄ Kv̄t̄j̄ v̄ K̄tī t̄d̄t̄j̄ |
9. m̄v̄avī YZ̄t̄ Kḡ `v̄ḡx̄ ev̄ c̄t̄P̄ h̄v̄l̄ q̄v̄ w̄P̄s̄ioī ē`env̄ī K̄iv̄n̄q̄ |

D̄b̄z̄ c̄x̄w̄Z̄ t̄Z̄ w̄P̄s̄ioī aḡv̄q̄b̄

1. Zv̄R̄v̄, eī d̄t̄` q̄v̄ w̄P̄s̄ioī ē`env̄ī Kīt̄Z̄ n̄t̄ē |
2. w̄P̄s̄ioī t̄K̄ c̄R̄w̄Z̄, Av̄K̄vī l̄ Zv̄R̄v̄ Aē`vī D̄cī w̄f̄w̄ē̄ K̄tī
ev̄Q̄v̄B̄ Kīt̄Z̄ n̄t̄ē |
3. ev̄Q̄v̄B̄t̄q̄ī R̄b̄` c̄wī`vī R̄v̄q̄M̄v̄ l̄ c̄v̄l̄ ē`env̄ī Kīt̄Z̄ n̄t̄ē |
4. c̄wī`vī j̄ ēYḡp̄ c̄w̄b̄t̄Z̄ w̄P̄s̄ioī āt̄Z̄ n̄t̄ē |
5. aḡv̄q̄t̄bī R̄b̄` Q̄w̄ē̄t̄Z̄ t̄` L̄v̄t̄bv̄ m̄j̄ f̄ ḡt̄j̄` %Z̄ix̄ `v̄q̄x̄ P̄j̄ v̄
ē`env̄ī K̄iv̄ D̄w̄P̄r̄ | Ḡ āīt̄Ȳī P̄j̄ v̄ī D̄cī c̄h̄ēq̄m̄t̄ḡ Kv̄t̄Vī
n̄v̄Z̄j̄ w̄ēk̄ó̄ R̄w̄j̄ Kv̄-t̄Ūx̄ m̄v̄R̄v̄t̄bv̄_̄v̄t̄K̄ | d̄t̄j̄ gv̄Q̄t̄K̄
b̄rov̄P̄rov̄ Kīt̄Z̄ m̄j̄ēav̄ n̄q̄ | Ḡt̄Z̄ c̄t̄Ȳ`ī ḡvb̄ f̄ij̄ n̄q̄ Ges̄
m̄sī ¶Ȳ mḡq̄ ev̄t̄ō |
6. aḡv̄q̄t̄bī R̄b̄` K̄iv̄t̄Z̄ī_̄ov̄ c̄v̄l̄ q̄v̄ b̄v̄ t̄M̄t̄j̄ c̄wī`vī ī K̄bv̄ Kw̄W̄
ē`env̄ī Kīt̄Z̄ n̄t̄ē, M̄rt̄Qī c̄v̄Z̄vī ē`env̄ī c̄wī n̄vī Kīt̄Z̄ n̄t̄ē |
7. m̄iv̄m̄wī Av̄_̄t̄bī w̄K̄L̄vī c̄wī ēt̄Z̄`t̄av̄qv̄ī ḡv̄ā`t̄ḡ aḡv̄q̄b̄
`x̄N̄w̄q̄Z̄ K̄iv̄ D̄w̄P̄Z̄ |

8. w̄P̄s̄ioī D̄t̄ē̄-c̄v̄t̄ē̄ w̄`t̄q̄ aḡv̄q̄b̄ m̄j̄ ḡ Kīt̄Z̄ n̄t̄ē |
9. ev̄q̄v̄w̄b̄t̄ī vā c̄w̄j̄ w̄_b̄ c̄`v̄t̄K̄t̄Ū aḡv̄q̄v̄Z̄ c̄Ȳ` c̄`v̄t̄K̄w̄R̄s̄ Kīt̄Z̄
n̄t̄ē |
10. aḡv̄q̄v̄Z̄ w̄P̄s̄ioī V̄v̄Ǖv̄ c̄wī`vī R̄v̄q̄M̄v̄q̄ m̄sī ¶Ȳ Kīt̄Z̄ n̄t̄ē |

K̄v̄Z̄j̄ v̄ gv̄t̄Qī aḡv̄q̄b̄

ev̄sj̄ v̄t̄`t̄kī `w̄¶Ȳ ĀĀ̄j̄ x̄q̄ c̄Ūp̄v̄L̄v̄j̄ x̄ l̄ eī_̄bv̄q̄ K̄v̄Z̄j̄ v̄ gv̄Q̄
 aḡv̄q̄t̄bī ḡv̄ā`t̄ḡ m̄sī ¶Ȳ K̄ivī H̄w̄Z̄n̄` ī t̄q̄t̄Q̄ | aḡv̄q̄v̄Z̄ K̄v̄Z̄j̄ v̄
 `v̄bx̄q̄f̄v̄t̄ē̄ w̄ēw̄q̄ K̄iv̄ n̄t̄Z̄v̄ | `v̄bx̄q̄ t̄μ̄Z̄v̄t̄` ī gv̄t̄S̄ GB̄ c̄t̄Ȳ`ī
 h̄t̄_̄ó̄ P̄w̄n̄`v̄ w̄Q̄j̄ ev̄ Av̄t̄R̄v̄ ī t̄q̄t̄Q̄ | Av̄R̄K̄v̄j̄ K̄iv̄P̄v̄ḡt̄j̄ ī `v̄ḡ
 t̄ē̄t̄ō h̄v̄l̄ q̄v̄q̄ K̄v̄Z̄j̄ v̄ gv̄t̄Qī aḡv̄q̄Ȳ Av̄ī n̄q̄ b̄v̄ ēj̄ t̄j̄ B̄P̄t̄j̄ |

aḡv̄q̄b̄ c̄x̄w̄Z̄

K̄v̄Z̄j̄ v̄ gv̄t̄Qī aḡv̄q̄t̄bī R̄b̄` w̄P̄s̄ioī ḡt̄Z̄v̄ c̄v̄q̄ ḠK̄B̄ c̄x̄w̄Z̄
 Āb̄m̄īȲ K̄iv̄ n̄q̄ | m̄v̄avī YZ̄t̄ gv̄Q̄ āivī t̄ḡs̄m̄t̄ḡ K̄v̄Z̄j̄ v̄ gv̄Q̄
 aḡv̄q̄b̄ K̄iv̄ n̄q̄ |

1. c̄Ǖ`t̄ḡ gv̄t̄Qī t̄c̄Ū t̄K̄t̄Ū b̄w̄m̄ō-f̄j̄ȳō t̄ēī K̄tī f̄ij̄ K̄tī t̄av̄qv̄
n̄q̄ |
2. t̄K̄vb̄ t̄K̄vb̄ t̄¶t̄t̄ t̄av̄qv̄ī c̄t̄ē̄Av̄B̄m̄ c̄wī`vī K̄iv̄ n̄q̄ |
3. gv̄Q̄t̄K̄ c̄w̄b̄ S̄wī t̄q̄ 3-4 N̄v̄Uv̄ ī Kv̄t̄bv̄ n̄q̄ |
4. Av̄av̄ ī K̄bv̄ gv̄Q̄t̄K̄ ḡw̄Ǖī P̄j̄ v̄ī D̄cī ī v̄L̄v̄ gv̄P̄v̄q̄ t̄ī t̄L̄ 2-4
N̄v̄Uv̄ t̄av̄qv̄ t̄` q̄v̄ n̄q̄ |
5. Av̄ēv̄l̄ q̄v̄ L̄vī v̄c̄_̄v̄K̄t̄j̄ m̄iv̄m̄wī Av̄_̄t̄b̄ ī w̄K̄t̄q̄ t̄av̄qv̄ t̄` q̄v̄
n̄q̄ |
6. aḡv̄q̄%Z̄ix̄ī R̄b̄` ī K̄bv̄ c̄v̄Z̄v̄ ē`env̄ī K̄iv̄ n̄q̄ |
7. Av̄_̄t̄b̄ gv̄Q̄ Āt̄b̄K̄Ūv̄ w̄m̄x̄ n̄t̄q̄ ī w̄K̄t̄q̄ hv̄q̄ | gv̄t̄Qī M̄rt̄q̄ aḡv̄q̄
t̄_̄t̄K̄ M̄n̄x̄Z̄ īvm̄qv̄b̄K̄ c̄`v̄_̄t̄j̄ t̄M̄ B̄w̄`ú̄z̄ ēȲ¶̄ M̄Ǖ m̄w̄ó̄
K̄tī |
8. D̄rc̄w̄`Z̄ c̄Ȳ` c̄w̄j̄ w̄_b̄ ē`v̄t̄M̄ f̄v̄t̄R̄ f̄v̄t̄R̄ t̄ī t̄L̄ S̄p̄ōt̄Z̄ ī K̄bv̄
`v̄t̄b̄ ī v̄L̄v̄ n̄q̄ |
9. aḡv̄q̄v̄Z̄ K̄v̄Z̄j̄ v̄ 1 t̄_̄t̄K̄ 1.5 ḡv̄m̄ c̄h̄ē̄m̄sī ¶Ȳ K̄iv̄ hv̄q̄ |

c̄P̄w̄j̄ Z̄ c̄x̄w̄Z̄ī D̄b̄q̄b̄

1. Zv̄R̄v̄ gv̄Q̄t̄K̄ b̄w̄m̄ō-f̄j̄ȳō t̄ēī K̄tī, Av̄B̄m̄ Q̄w̄ōt̄q̄ c̄wī`vī
c̄w̄b̄t̄Z̄ t̄av̄qv̄ w̄b̄t̄Z̄ n̄t̄ē |
2. c̄wī`vī R̄v̄q̄M̄v̄ l̄ c̄v̄l̄ ē`env̄ī Kīt̄Z̄ n̄t̄ē |
3. aḡv̄q̄t̄bī R̄b̄` t̄` L̄v̄t̄bv̄ `v̄q̄x̄ c̄x̄w̄Z̄ ē`env̄ī K̄iv̄ t̄h̄t̄Z̄ c̄v̄t̄ī |
Ḡt̄Z̄ gv̄Q̄t̄K̄ b̄rov̄P̄rov̄ Kīt̄Z̄ m̄j̄ēav̄ n̄q̄ Ges̄ c̄t̄Ȳ`ī ḡvb̄ f̄ij̄
n̄q̄ l̄ m̄sī ¶Ȳ mḡq̄ ev̄t̄ō |
4. aḡv̄q̄t̄bī c̄t̄ē̄2-3% j̄ ēȲ c̄w̄b̄t̄Z̄ W̄ȳē̄t̄q̄ ī w̄K̄t̄q̄ w̄b̄t̄j̄
gv̄t̄Qī D̄c̄t̄ī P̄K̄P̄t̄K̄ f̄īt̄ēī m̄w̄ó̄ n̄q̄ Ges̄ D̄rc̄w̄`Z̄ c̄Ȳ`
Av̄ī l̄ m̄ȳ`v̄` ȳn̄q̄ |
5. gv̄Q̄ Av̄_̄t̄b̄ ī Kv̄t̄bv̄ī t̄P̄t̄q̄ aḡv̄q̄b̄ mḡq̄ `x̄N̄w̄q̄Z̄ K̄īt̄j̄

Drcw` Z cY` big l my`f`y nte, GtZ msi`qYKvj l evote|

6. Drcw` Z cY` evqbt`i vax cwi` w_b e`v`M c`v`KwRs Ki tZ nte|

Bij k gvt`Qi agvqb

K· evRvt`i i tUKbvd AA`tj Bij k gvQtK agvqb-**msi`qY** Kti `vbxqfvte evRvi RvZ Kiv nZ| GLB G ai`tYi cY` evRvt`i Lp GKUv t` Lv hvq bv| Bij k agvqbt`i Rb` wPsw ev KvZj vi b`vq GKB c`xwZ Abyni Y Kiv nq| GLvt`bl Dò agvqbt`i dtj gvQ c`tg`m`x` n`q` i`wKtq hvq| AZtci t`avqv t`K MnxZ i vmvqbK `m`mg`n PgrKvi eY`^Q MÜ m`uó Kti | gvQtK c`tg`b`m`o`-f`jo t`ei Kti AvBm Qwotq cwi`^Qvi cwb`tZ t`avqv ci j eY gvLv`bv nq| j eYv`³ gvQ evt`ki PwU w` t`q %Zix w` t`KvYvKwZ t`dtg AvUwKtq Av`₂tbi Dci i vLv nq| Gfvte gvQtK Av`₂tbi Dci bvo`v-Pov Ki tZ m`jeav nq| nuj Kv Av`₂tbi gvQ Avt`-Avt`- i Kv tZ v`₂tK| Gici 3-4 Nbv t`avqv t` qv nq| cwi cY`^Qagvqbt`i dtj gvt`Qi KvUv ch`S-big n`q` hvq| agvqbt`i ci w` t`KvYvKwZ t`dtg e`x`Ae`v` t`i t`LB gvQtK msi`qY l evRvi RvZ Kiv nq|

evsj v` t`ki grm` c`w`q`v`RvZKiY w`k`f`i w`v`f`b`w`ai` t`Yi agvqbt`i g`ta` wPsw i agvqb GK w`e`k`l `v`b` Lj Kti Avt`Q| Avevi bvg bv Rv`v`v` At`bK cY` Avgt` i gvS t`₂tK nwi t`q hv`^Q| HwZn`evnx Gme cY` wUwKtq i vLv c`q`v`Rb| Avi c`q`v`Rb Dbz` ch`j`³ e`envt`i i gva` t`g` GB me c`t`Y`i Db`q`b` Nuv`bv l Rb`w`c`q` Kiv|

Z`m`f` : GdGI , 2004: `xN`R`vj msi`qY l AwaK g`p`v`d`vi Rb` gvt`Qi mgvR w`f`w`EK e`envi , DcKj`xq grm`R`ix` m`e`u`v`v`t`q`i R`x`w`e`K`vi w`b`i`v`c`E`vi Rb` q`l`g`Z`v`q`b` c`w`K`i (wRl w`e`/BDGbwWw`c`/GdGI c`K`i :w`w`R`w`W`/97/017, BGD/97/017 Field Doc: 01/2004), c:85



avt`bi exR msi`qY

fv`j`v` dj`b` t`c`t`Z` n`j` fv`j`v` exR` i`Kiv` | Ziv Rwg t`₂tK exR m`S`M`h` Kiv n`Z` i`i` Kti exR msi`qY Kiv ch`S`-Kj` Kfv`B` i KtqKwU w`el`q` memgq`g`tb` i vL`t`Z` nte|

1. t`Kvb Rwg i avb exR w`nt`m`te i vL`teb Zv exR ec`t`bi mgq n`Z` w`K` Kti i vL`t`Z` nte Ges H Rwg i cwi Phv`w`K g`t`Zv Ki tZ nte| ZvQ`ov` th` Rwg i avb fv`j`v`fvte t`c`t`K`₂Q` , t`i`w`M l t`cvKv Av`m`g`Y` Kti w`b` , Av`M`v`Q`v` t`b`B` t`m`B` Rwg i avb ext`Ri Rb` i vLv t`h`t`Z` c`v`ti` |

2. Rwg i avb KvUvi mgq Avew` (Pvl KZ) Rv`Zi avb Q`ov`

Rvgt`Z` Ab` Rv`Zi avb w`g`k`v`t`bv` v`Kt`j` Zv Avj`v` v`fvte t`Kt`U`w`b`t`Z` nte| GKwU Rv`Zi avt`bi mvt`_Ab` Rv`Zi avb w`g`k`j` c`t`i` fv`j`v` dj`b` cvl` qv` hvq` bv |

3. ext`Ri Rb` t`Kt`U` Avbv avb cvj`v` w` t`q` ev`M`v`v` Kti i vLv w`K` bv | avb t`Kt`U` Avbvi mvt`_mvt`_B` gvov`B` w` t`q` Qwotq` i vL`t`Z` nte |

4. exR avb KvUv l gvov`B` Gi ci fv`j`v`fvte msi`qY Ki tZ nte | exR avb fv`j`v`fvte msi`qY bv Ki t`j` GKw` t`K` t`cvKv l B`j` b`ó` Kti , Ac`i`w` t`K` exR n`t`Z` Pvi v`Kg` MRvq` | GRb` K`j`K` i` w`K`Q`y`c` t`₂q`c` t`b`q`v` c`₂q`v`R`b` |

> t`i`v` t` exR fv`j`v`fvte k`j`v`t`Z` nte | `w`Z` w` t`q` exR KvU`j` h`w` KUKU` k`a` Kti Zvnt`j` e`S`t`Z` nte exR w`K`g`t`Zv` k`j`K`t`q`₂Q` |

> K`j`v` w` t`q` t`S`to` ev` P`v`j` b`x` w` t`q` t`P`t`j` e`o` e`o` c`p` avb ev`Q`v`B` Kti w`b`t`Z` nte |

> t`Z`t`j` i` W`₂t`g` ev` w`⁻U` ev` t`K`i`w`mb` t`Z`t`j` i` w`U`b` ev` t`h`K`v`b` w`U`b`i` t`K`S`U`v` ev` W`₂t`g` exR i vL`t`Z` nte | exR i vLv i Avt`M` w`U`b` ev` t`K`S`U`v` ev` W`₂t`g` fv`j`v`fvte cwi`^Qvi Kti k`j`K`t`q` w`b`t`Z` nte |

> w`U`b`i` cv`T` bv` cvl` qv` t`M`t`j` g`w`U`i` g`U`K`v` , K`j`m` ev` t`g`v`U`v` cwi`w`₂t`bi` e`v`v`M` exR i vLv t`h`t`Z` c`v`ti` | g`w`U`i` g`U`K`v` ev` K`j`m` n`j` g`U`K`v` ev` K`j`t`mi` Dci Avj` KvZiv` t`j` t`c` w` t`Z` nte |

> t`i`v` t` k`j`v`t`bv` exR VvU`v` Kti cvt`T` (w`U`b` ev` t`K`S`U`v` ev` g`U`K`v` ev` K`j`m`) i vL`t`Z` nte | cvt`T` exR fivi Avt`M` 1gY avt`bi Rb` 20UvK` ev` 116 M`₂g` w`b`g` ev` w`b`w`k`⁻v` ev` w`el` K`v`W`j`xi` cvZiv` M`p`v` fv`j`v`fvte w`g`w`k`t`q` w`b`t`j` t`cvKvi Av`m`g`Y` Kt`g` hvq` | cv`T` w`U` exR w` t`q` bv` fi` t`j` ext`Ri Dci KvMR` w`w`Q`t`q` Zvi Dci i`Kv`t`bv` ew`j` w` t`q` cv`T` fi` t`Z` nte |

> cvt`T`i` g`l` fv`j`v`fvte eU` Ki tZ nte hv`t`Z` ev`Z`m` X`K` t`Z` bv` c`v`ti` |

> exR i vLv cv`T` w`U` k`j`v`t`bv` Rvq`M`v`q` gv`P`vi` Dci i vL`t`Z` nte |

msi`qY Kiv exR gvt`S` gvt`S` t`₂t`Z` nte | t`h` Zv`t`Z` t`cvKv` ev` B`j` Av`m`g`Y` Kti t`₂Q` w`K`bv` | t`cvKvi Av`m`g`Y` tek`x` n`j` 150 t`Kw`R` ext`Ri Rb` 1 w`U` dmU`w` b` U`v`e`t`j` U` e`envi Ki tZ nte | exR cvt`T` ev` cwi`w`₂t`bi` e`v`v`M` t`i` t`L` U`v`e`t`j` U`w` 4-5 w` b` ext`Ri g`ta` fv`j`v`fvte g`l` eU` Ae`v`q` i vL`t`Z` nte hv`t`Z` w`el` t`ei` n`Z` bv` c`v`ti` |

Zvcmx mi Kvi

ciUØvBg Re

dj UvBg tKvþmP wk¶v_¶ i mßvþn 20 NßUv KvR KiþZ cviþe|
Zþe QyU I Aemi Kvj xb mgq dj UvBg KvR Kiv hvq| gvtm cØq
800-1000 BDþi v Avq Kiv hvq|

_vKv-Lvl qvi LiP

wet` kx wk¶v_¶ i Rb` K`v`úvþm tnvþtj i tqþQ| Zþe tKD BPQv
Kiþj fivov ewotþZ ev tcvqs tMó wmvþel _vKþZ cviþe| _vKv
Lvl qv I Ab`vb` e`vqmn GKRb wk¶v_¶ gvtm 400-600 BDþi vi
tekx j vþM bv| tgvWþKj BÝþi Y Kfvþi i Rb` gvtm 42 BDþi v
w`þZ nq|

wrfmv mspµvš-Z`

wrfmv wd 99 BDþi v| wrfmvi Rb` `Zrvþtmi wbgg Abþvqx me
KvMRcĬ Rgvw`þZ nq|

`Zverþtmi wKvþv

dvY`Zvevm : ewo- 18, tiwW- 108, j kvb-2, XvKv- 1212|
tdvb- 8813811-14, d`v - 883612|

E-mail : daccacha@bdmail.net

wþP dvþYi KþqKwU Dþj LþhvM` wvþe` `vj tqi bvg I I tqe mvBU
þ`qv nj :

1. University of Haut Alsace- www.uha.fr
2. University Strasbourg Louis Pasteur- www-ulp.u-
strasbg.fr
3. University Robert Schuman- www-urs.u-strasbg.fr
4. University of Toulon- www.univ-tln.fr
5. University of Auvergne- www.u-clermont1.fr
6. University of Toulouse- www.univ-tlse1.fr
7. University of Franche Comte- www.univ-fcomte.fr

Avmgv AvBqg



mv¶vrvKvþi ev` covi 50 Kvi Y

hyþi vþóí b`¶ tqóvb`wvþe` `vj tqi Re tcmþgvU Awdmvi dv¼
Gm GuØKU PvKj xi 193wU tgvSILK mv¶vrvKvþi i (fvBfv) Dci
Rwi c Pwj tq 50wU Kvi Y LþR tctqtQb| G Kvi Y,þj vi gþa`
thþKvþv GKwUþZB GKRb cØ`x`fvBfv tewW¶_þK ev` cotþZ
cvti b| Kvi Y,þj v Zþj aivntj v :

1. wþgvþbi e`w`þZj cKvk ev tPnivq mþZRZvi
Afve|
2. Lþ tek ,i`M`xi , AwZiwÄZ ev meRvšmþj f fvþei
cKvk|
3. wþRþK `úófvþe cKvþk `¶Zvi Afve I wþgvþbi
KÚ`þ, kþPqb I e`vKiþyi fj cØqvM|
4. þckv m`úþK`wi Kí bvi Afve|
5. AvMþ I tKŠntj i Afve, D`vmbZv|
6. AvZwvþtmi Afve, bvfþþþm I AíþZ Amy`Zvi
ein:cKvk|
7. KgþÁ AskMþY Abxv cKvk|
8. AvZwi ³ Aw`R Pwv`v|
9. wk¶vRvþbi AwRZ wþgvþbi dj vdvj |
10. cØ`wgK Ae`v t_þK`i i` KiþZ AbvMþx| Zrv¶wYK
dj vdvj wvþm ev AvZwi ³ D`Pwþj vlx gþbvfvþei
cKvk|
11. thþKvþv wvþe tq tKvþv ARþvZ Lvov Kiv| tKvþv Z`
m`úþK`j bvi AvkþþbI qv|
12. tKŠktj i Afve|
13. wk¶v I eqm Abþvþi c`Zvi (gvwPDwi wU) Afve|
14. þmŠRb`Zv tevþai Afve Ges fvBfv tevþW`m`m`þ`i
mvþ` `þ`envi |
15. AvþMi wþtqvMKZ` Ges DavþZb KZ`¶ m`úþK`
þ`vþi vcv ev wþ`v Kiv|
16. mvgvRKZv tevþai Afve|
17. i`wUbgwcdK KvþR Abxv cKvk|
18. cØvPvÄj` I D`wvZ fvþei Afve|
19. wþtqvMKZ` mþ½ tPvþL tPvþL bv tþþL (AvB KsUþ±)
DÉi þ` I qv|
20. D`vmbfvþe Kig`þ Ges Ah`v A½cZ½ bvoþPvov
Kiv, bvK ev Mj vq kþ Kiv|
21. wv`všxvZvq tfvMv|
22. Amþx`v`úZ` Rvþbi ein:cKvk|
23. gv-evevi mþ½ ØØ|
24. Avþe`bcĬ fj fvþe cþYKiv|
25. Rvþeþvš`AwZiwÄZ I B`QvKZ fj Z` cØ vb|
26. `þ mgþqi Rb` PvKj xi cØqvRbxqZv cKvk|



- 27. nvm`i m`tertai (tmY Ae wDgvi) Afve |
- 28. wBR Kg`T`I w`l tq`Av`bi Afve |
- 29. gv`evevi ev Awffve`Ki gZvg`Zi Dci w`xv`S`tbl qv |
- 30. Ar`e`b Ki vmswk`Pvkwi i c`Z AvM`ni Afve |
- 31. wBR`^thvM`Zvi e`tj tKv`bv w`tkl e`w`3i cwi Pq`K Kvf`Rj vMv`bvi tPov`Kiv |
- 32. wbtqvMKZ`P`thLv`tb cvVt`Z Pvb tmLv`tb th`Z Abxv cKvk |
- 33. wbtqvMKZ`P` i m`1/2 w`t0l x g`tbv`fve tcvl b Ges Ah`v Z`K`R`w`otq cov |
- 34. wbagv`bi `bwZKZv cKvk |
- 35. K`v, Kv`R i e`env`i Aj mZvi fve cKvk |
- 36. A%ah`wBR`^gZvgZ ev w`xv`S`GK`i vLv g`tbv`fve i cKvk |
- 37. wbtqvMKZ`P` AvM`ni w`l tq`AbvM`h cKvk |
- 38. Ac`0qvRbxq Kv`Ri c`Z AvM`h cKvk |
- 39. e`w`3Rxe`tb Aw`R` tj b`b i cwi ewi K e`tq AvgZe`wqZvi cKvk |
- 40. mvgw`RK Kg`Rv`U AskM`h`Y AvM`ni Afve |
- 41. mgv`tj vPbv m` Ki`Z Amg`_`h l qv |
- 42. Awf`AZvi gj`tk Aegj`wqZ`Kiv |
- 43. c`0vMZ avi Yw`eti vaxw`P`S`v`PZbvi ewn:cKvk |
- 44. th`Sv`3K Kvi Y Qvov mv`q`vrKvi tev`W`e` i`x`Z Dcv`Z n l qv |
- 45. wlv`0 c`Z`0vb m`u`tk`Ce`avi Yv bv`vKv |
- 46. fivBfv tev`W`P`m`m`i` i h`v`thvM` gj`vq`tb e`_Zv |
- 47. Pvkwi i cKvi Ges Kv`Ri aiY m`u`tk`q`Kv`bv cK`obv Kiv |
- 48. A`i`Z Nve`to hvl qv ev gvbwm`K Pvc M`h`Y e`_Zv |
- 49. m`jov`0 l m`vK D`Ei w`t`Z e`_Zv |
- 50. D`Ei Rvbv bv`vK`tj AZ`S`w`eb`tqi m`1/2 ej`p`0`y`wLZ`0 A`ev ej`p`0`Av`gvi Rvbv tbB`0 A`ev 0G g`p`Z`g`tb Ki`Z cvi`w` b`v`0 A`ev MZvb`w`w`ZK ej`p`0`cvm`0 ev 0`tb`U`0 |

Rq`S`x`i vbx`vm

m`f` : c`0`gAv`tj v Aej`p`tb

m`w`0Kw`k n`tj w`K Ki`t`eb

wPwKrmv weAv`bx`i` g`Z GKUzmZK`Zv Aej`p`b K`i` mvavi Y m`w`0V`E`v Kw`k t`_`t`K L`p` mn`t`RB gy`3`_v`Kv m`e`| mvavi Y Vv`E`v m`w`0 (Common Colds) Gov`Z wPwKrmv weAv`bx`i` i K`t`q`KwU civgk`0

1. m`w`0Kw`k`Z Av`v`S`e`w`3i ev Kw`k ev nvm` t`_`t`K Kgct`q`l 3 dU` `fi Ae`vb Ki`b | wgvPMvb t`_`U BDvb fvm`0 K`tj R Ae BDg`vb tgvMm`t`bi Wv`3vi tWvbm gj`ti i g`Z m`w`0Kw`ki RxeYyL`p` mn`t`RB Avcbvi tPvL A`ev bv`Ki t`f`Zi w`tq`ms`p`w`g`Z n`Z cv`ti |
2. n`Z me mgq cwi`vi`-cwi`Q`be`i vL`p | Aw`E` t`_`U BDvb fvm`0 tgvW`t`Kj tm`Uv`ti i Wv. tRv`tm`tdi g`Z nvm` ev Kw`ki mv`t`_`wbM`Z Vv`Evi RxeYy`th` t`Kvb e`_`t`Z tj`m`_v`K`Z cv`ti | `u`tk`P` gva`t`g`Zv n`Z m`sp`w`g`Z n`Z n`te |
3. ch`f`B cwi gv`t`Y cvwb M`h`Y Ki`b | Wv. tM`W`m`t`bi g`Z h`_`o cwi gv`t`Y (Kgct`q`l `w`bK AvU Mvm) cvwb M`h`Y kix`ti i w`e`i`x`Zv `t` K`ti Ges t`n` t`_`t`K RxeYy`wbM`g`tb mvr`v`h` K`ti |
4. Av`z`j w`tq`Nb Nb bv`K A`ev tPvL L`p`t`eb bv |
5. weQv`bvq c`to bv t`_`t`K nuUv`nuU, g`ye`v`vq`g` Ki`b |
6. i`v`T` h`_`o cwi gv`t`Y N`g`vb | wPwKrmv M`tel Yvq Z`_` i`t`q`t`Q th Aw`b`v`t``t`ni ti wMRxeYy`a`Y`sm`Kvi x`t`Kv`t`l i msL`v` n`tm Ki`Z cv`ti | Ab`w`t`K ch`f`B N`g`ti vM c`Z`t`iva` q`g`Zv evovq |
7. Kg Pw`e`h`p` w`P`t`Kb m`j`c` Lv`b | Wv. M`0W`m`t`bi g`Z Mi g`Mi g` w`P`t`Kb m`j`c` t`c`0`U`b, w`f`U`w`g`b Ges LvbR Dcv`vb mi`ei`v`n` K`ti t`n`t`K Vv`E`v`m`w`0`P` RxeYy`j` mv`t`_`h`f`x` mvr`v`h` K`ti |
8. Kd Kw`k, bv`K eU`n`t`q` hvl qv, Mjv e`_`v, Rj BZ`w` Dcm`M`0`ti`w`R`_`w`W`v`3`v`ti`i` civg`t`k`0`m`j`be`w`PZ` J`l`a` c`0`qvR`tb`M`h`Y`Ki`b` |

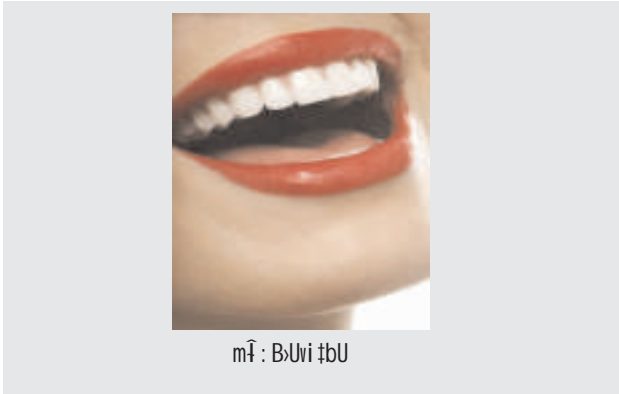
m`f` : ARvbv

m`y`_`v`u`t`Zi Rb` Ki`Y`x`q`

- > c`0`Z`w`b A`S`Z w`b`q`g`Z`f`v`te` `B`evi` `w`Z`e`tk`Ki`b` |
- > eQ`ti A`S`Z` `B`evi` t`_`w`j` s`Ki`b` |
- > Avcbvi e`envi Kive`tkwU g`v`tm A`S`Z GKevi n`j`Kv`Mi`g` cvwb`Z`w`f`w`R`t`q`ti`t`L`cwi`vi`Ki`b` |

A - KwJ Dɔ̀ ʻvM

- bi g weh j hɔ̃ eʔk eʻenvi Ki ʻb |
- ʻvɔ̃Z tKvb cKvi wki wki A_ ev eʻ_ v Abf e Ki t j GKRB tWwU ÷ - Gi ci v gk ʻbb |
- gɔ̃Li Nv Govɔ̃Z cɔ̃j v fUwgbhɔ̃ Lvevi Lvb |
- gɔ̃Li MÜ Govɔ̃Z cɔ̃qRɔ̃b gvD_ l qvk eʻenvi Ki ʻb |
- Lvevi ci f v j f i t e K j K w P Ki ʻb |
- tQvU ev ʻPvɔ̃ i t e j v q Aek ʻB i vɔ̃Z botle feeding Gwɔ̃t q P j ɔ̃ |



- w g w ɔ̃ R v Z x q L v ʻ v f v m K u g t q A v b v i t P ɔ̃ v K i ʻ b |
- tQvU ev ʻPvɔ̃ i PKɔ̃ j U, K ʻwÜ R v Z x q L v e v i b v M ɔ̃ t j D r m w i n Z K i ʻ b |
- ʻuZ eʔk Kivi ci Aek ʻB Avcbvi g w o ɔ̃ t j v h Z ɔ̃ m n K v t i g ʻ m v R K i ʻ b |
- ʻuZ eʔk Kivi m w K u b q g u j t R ɔ̃ b w b b |
- ʻvɔ̃Z Ah_ v t L u P v L y P K i ɔ̃ b v |
- cɔ̃qRɔ̃b tW v U v j d m eʻenvi Ki ʻb |
- cɔ̃j Auk h y ɔ̃ L v e v i M ɔ̃ Y K i ʻ b |

Wv Avm u d K v t n v t m b R ɔ̃
t n v t m b x ʻ v j v b t i v W

A - KwJ Dɔ̀ ʻvM

eʻenvi Rb ʻPvB cwi Kí bv
eʻenvi Rb ʻ cwi Kí bv Uv L y t e w k R i ʻ w i | cwi Kí bv b v K t i u U
K t i e ʻ e m v q b v g t j Z v t Z S y K i A v k ʻ v i v t e w k ʻ v t K | Z v B
e ʻ e m v q b v g t j P v B t j m e v i A v t M P v B c w i K í b v | b Z ɔ̃ e ʻ e m v q x
t Z v e t U B, h v i v A v t M t ɔ̃ t K B e ʻ e m v i m t ɔ̃ R w o Z, m v d j ʻ t c t Z

Zv ʻ i l ʻ i K v i c w i K í b v K t i K t i G t M v t b v | A v i e ʻ e m v i
c w i w a e v o v t Z e v w ɔ̃ t R i e ʻ e m v ʻ w o K i v t Z F Y t c t Z P v B t j
F Y ʻ v Z v i v w K Š - t ʻ L t e A v c b v i e ʻ e m v i m ɔ̃ e b v t K | A v c b v i
e ʻ e m v i m ɔ̃ e b v t K A v c u b w K Š - G B c w i K í b v i g v a ʻ t g B Z t j
a i t Z c v t i b |

tKb e ʻ e m v q K c w i K í b v
A t ɔ̃ t K B e ʻ e m v q ʻ ɔ̃ j ʻ D ɔ̃ ʻ v M w ɔ̃ t q ʻ v t K b, e ʻ e m v c w i P v j b v i
R b ʻ A t ɔ̃ K m g q Z v t ʻ i c ɔ̃ q v R b n q F t Y i | e ʻ e m v t h j v f R b K
n t e e v D ɔ̃ ʻ v M t h m v d t j ʻ i g j ʻ t ʻ L t e, Z v m ɔ̃ e ʻ F Y ʻ v Z v t ʻ i
e y S t q e j v i m e t P t q m n R l t m i v D c v q n t ʻ Q G B w e R t b m c ʻ v b
e v e ʻ e m v q c w i K í b v | i a y Z v - B b q, G B c w i K í b v e ʻ e m v
c w i P v j b v i m g q w K - w ɔ̃ t R t K i f v g K v c v j b K i t Z c v t i |
e v s j v t ʻ k w k i l e w Y K m i g w Z t d W v t i k t b i (G d i e i m w m A v B)
w b e ʻ f x K u g u i m ʻ m ʻ l t g v e v B j t d v b e ʻ e m v q x m i g w Z i m f v c w Z
c ɔ̃ K Š k j x t g v. w b R v g D w i b w R Z y e t j b, 0 e ʻ e m v i t ʻ ɔ̃ t ʻ t
c w i K í b v L y B R i ʻ w i | m ɔ̃ e b v m t ɔ̃ j l c w i K í b v i A f v t e
A t ɔ̃ t K B w c u Q t q c o t Q | h u i v e ʻ e m v ʻ i i ʻ K i t Z P v t ʻ Q b e v
c t j i v t b v e ʻ e m v q x - m e v i R b ʻ B G B c w i K í b v ʻ i K v i | 0

Kx ʻ v K t e c w i K í b v q
G K u U e ʻ e m v q K c w i K í b v i l c i B w b f ɔ̃ K t i e ʻ e m v i m d j Z v |
Z v B c w i K í b w U K x f v t e f v t j v K i v h v q, t m w t K ʻ w ɔ̃ w t Z n t e |
G K u U c w i K í b v i t e k K t q K u U A s k ʻ v t K | t m ɔ̃ t j v n t ʻ Q -

1. m v P c ʻ
G K u U c w i K í b v q m e v i A v t M ʻ v K t e m v P c ʻ | G u U G K S j K
t ʻ t L B c w K e S t Z c v i ɔ̃ b, G i t f Z i K x K x A v t Q |

2. m s v ʻ ʻ B m v i
c w i K í b v i m e t P t q ɔ̃ i ʻ Z c Y ʻ A s k n t ʻ Q G B m s v ʻ ʻ B m v i | G
ɔ̃ i ʻ Z c Y ʻ G K v i t Y, G L v t b A í c w i m t i g j c w i K í b v i G K u U
m v i K ʻ v Z t j a i t Z n q, h v c t o B c w K g j Z c w i K í b w U i
g j ʻ v q b K i t e |

3. e ʻ e m v i m t h v M m ɔ̃ e b v
A v c b v i e ʻ e m v i K Z U K y m ɔ̃ e b v i t q t Q l m t h v M t K A v c u b
K x f v t e K v t R j v M v t Z P v b, Z v ʻ v K t e c w i K í b v i G B A s t k |

e'emvi AZxZ AwfÁZv I evRvi-Ávɔ́bi Avɔ́j vɔ́K Kxfvɔ́te fivel ɔ́Z wɔ́tRi ev wɔ́tRɔ́ i e'emvɔ́K ̀uo Kivɔ́Z Pvb Ges cɔ́Zɔ́hvM Zvgj K evRvɔ́i e'emv ̀uo Kivɔ́Z Kx fivelQb, Zv ̀vKɔ́te cwi Kí bvi GB Astk |

4. cɔ́Zɔ́vɔ́bi KvVɔ́tgv
G Astk Avcbvi e'emvɔ́K cɔ́Zɔ́vɔ́bi KvVɔ́tgv wj Lɔ́Z nɔ́e | Kx KvVɔ́tgv 0vivi cɔ́Zɔ́vɔ́bU cwi Pwj Z nɔ́e ev nɔ́'Q, Zv ̀vKɔ́te Gɔ́Z | GB Astk e'emvi aib A_ɔ́ e'emvUv wK GKvi bv Askx ̀vɔ́i i wfvÉɔ́Z, Zvi wj Lɔ́Z nɔ́e |

5. j ɔ́ I tKŠkj
Avcbvi e'emvɔ́K fivel ɔ́Z Avcbv Kxfvɔ́te cwi Pvj bv Kivɔ́Z Pvb, Kx j ɔ́ Avcbvi cɔ́Zɔ́vɔ́bi cwi Pwj Z nɔ́e, tKvɔ́bv j ɔ́ ev Dɔ́i k' Avɔ́Q wK bv, Kxfvɔ́te tmB j ɔ́ tɔ́Qvɔ́teb A_ɔ́ Avcbvi e'emvɔ́K tKŠkj Kx nɔ́e-meB ̀vKɔ́te GB Astk |

6. e'e ̀vcbv ̀j
e'e ̀vcbv ̀j ev g'vɔ́bRɔ́gU Ujg-B eɔ́j t ̀te Avcbvi e'emv mvdɔ́j ̀i gɔ́ t ̀Lɔ́te, bwiK ɔ́wZi gɔ́L cɔ́e | GRb e'emvi Rb ̀ ɔ́ e'e ̀vcbv ̀j Lɔ́ Ri ̀wi | GB Astk cɔ́Zɔ́vɔ́bi cɔ́vɔ́ t ̀tK ̀i i" Kɔ́i meɔ́gɔ́c ̀ chS-mevi wK ɔ́wMZ thvM ̀Zv, ̀ ɔ́Zv, e'emvi AwfÁZv, Dɔ́j ̀t thvM ̀ mvdɔ́j ̀- Gme wɔ́l ɔ́q tj Lv ̀vKɔ́te |

7. wecYb cwi Kí bv
GB Astk ̀vKɔ́te Kxfvɔ́te Avcbv Avcbvi Drcw ̀Z cY ev tmev Mɔ́nKɔ́i i g'vɔ́S tɔ́ɔ́Q w ̀tZ Pvb | tɔ́Zvi Kvɔ́Q Kxfvɔ́te cY tɔ́Qvɔ́te A_ɔ́ mi vmi, cwi tekK, bwiK cɔ́wɔ́ɔ́Zvi gva ̀tɔ́g, Zv GB Astki GKwU ̀i "Zɔ́Y ̀wɔ́l q | tɔ́Zvi Pwv ̀v, Zv Kxfvɔ́te cɔ́Y Kiv nɔ́e, Kxfvɔ́te cY ̀Zv ̀i gɔ́a ̀ Rb wɔ́cɔ́ Kiv hvq, cɔ́Y ̀i ̀vɔ́gi wɔ́l ɔ́q tɔ́Zvi v KZUkYmɔ́PZb-Gme wɔ́l q | ̀vKɔ́te wecYb cwi Kí bvq |

8. cwi Pj b cwi Kí bv
GB AskI e'emvi Rb ̀ ̀i "Zɔ́Y ̀wɔ́l q e'emv Kxfvɔ́te cwi Pwj Z nɔ́e, Zv ̀vKɔ́te GB cwi Pj b cwi Kí bvq (Acɔ́vɔ́U S c'v) | Avcbv Kx cwi gvY cY evRvi RvZ Ki ɔ́teb, KZUkYchS-gRZ ̀vKɔ́te, Lɔ́Pivi wɔ́l ɔ́q Zv ev mi ei vnKivi ɔ́ ̀i mɔ́ ½ Kxfvɔ́te mɔ́cK ̀eRvq ̀vKɔ́te |

tgvU K_v e'emv Kxfvɔ́te mvgj t ̀teb, Zvi w ̀wi Z ̀vKɔ́te GB Astk |

9. Aw_ɔ́ cwi Kí bv
Aw_ɔ́ cwi Kí bv e'emvɔ́K cwi Kí bvi tZgb ̀i "Zɔ́Y ̀wɔ́l q Ask bv nɔ́j | Avcbvi e'emvi Rb ̀ tek ̀i "Zɔ́Y ̀wɔ́l q Avcbv Kx cwi gvY A_ɔ́ wɔ́l ɔ́q wK Ki ɔ́teb, e'emvi j vɔ́fi Ask KZUkY Zɔ́j tɔ́teb Ges Zv t ̀tK KZUkY wɔ́l ɔ́q wK Ki ɔ́teb, Zv ̀vKɔ́te Aw_ɔ́ cwi Kí bv Astk |

cwi Kí bv tj Lvi mgq ɔ́ wɔ́l q ̀j v gv_vq ivLɔ́Z nɔ́e e'emvɔ́K cwi Kí bv tj Lvi mgq wK ɔ́wɔ́l q gv_vq ivLɔ́Z nɔ́e | cwi Kí bv Ggb fivɔ́te wj Lɔ́Z nɔ́e, thb Zv cɔ́o cvɔ́tKi wei w³ bv Pɔ́j Avɔ́m | BstiwR thɔ́nZyAvSRwZK fvlv, ZvB tj Lvi fvlv wɔ́nɔ́te BstiwRtKB tɔ́Q tɔ́l qv fɔ́tjv | cwi Kí bvi fvlv h_vm ̀e mnR-mij I cɔ́gZ nɔ́Z nɔ́e | Aí K_vq gj I cɔ́QvRbxq wɔ́l q ̀j v Zɔ́j aiɔ́Z nɔ́e | cwi Kí bvi tj Lv tK mY ̀i fivɔ́te mwwRɔ́q wɔ́tZ nɔ́e | thgb, cɔ́QvRtɔ́b wK ɔ́vɔ́g, Dcwkɔ́vɔ́g e'emvi Kiv thɔ́Z cvɔ́i Ges Mɔ́d, evi WvqvMɔ́g BZ ̀w ̀ I mstɔ́hvRb Kiv thɔ́Z cvɔ́i |

Avi vɔ́vZ kvnwi qui

mi Kvi x tmev

Dovj cɔ́_i tckv

wkɔ́te Dɔ́ovRvɔ́tR Kɔ́i AvKvɔ́k Dovi ̀ cɔ́ ̀tLwb, Ggb gvɔ́l Lɔ́R cvl qv Kwɔ́b | GKB mɔ́ ½ eo nɔ́q ̀egwɔ́bK nI qvi K_vl Aɔ́bɔ́KB fivɔ́te | eo nɔ́q Zvg wK nɔ́e? G cɔ́kɔ́ DEɔ́i ev ̀Pɔ́t ̀i ej ɔ́Z tkvb hvq, 0cvBj U ne0 | ̀kkɔ́te tmB ̀cɔ́ev ̀e Kɔ́i ɔ́Q Ggb gvɔ́l nɔ́tZ tMvɔ́v Kɔ́qKRb | A_P eZɔ́v wɔ́l ɔ́q Ges Avɔ́t ̀i t ̀tK I wɔ́gvb cwi enb ms ̀vq ̀ ɔ́ Rbetj i i wZgɔ́Zv Afve | ̀i ay ̀g wɔ́bK bq, wɔ́gvbev v, cɔ́KŠkj x BZ ̀w ̀ tckvq GLb hɔ́ ̀oB mɔ́ thvM i ɔ́q ɔ́Q KvR Kivi |

t ̀tK GLb mi Kvi x wɔ́gvb evsj vɔ́ k Gqvij vɔ́tYi cvkvcwK mɔ́wq tek Kɔ́qKwU temi Kvi x wɔ́gvb ms ̀v | Af ̀š ̀x b wɔ́gvb Pj vPj t ̀tK ̀i i" Kɔ́i Gme ms ̀v GLb t ̀tKi MwU t cwi ɔ́q

dvBU cwi Pj bv Ki tQ t`tki evBti I | mupqfvte GLb KvR Ki tQ teo Gqvi, wRGgwR Gqvi j vBbm, BDbvBtUW Gqvi I tqR, itaj te/zj Gqvi j vBbmn tek KuU t`kx wegvb ms`v | Gmtei cvkvcwk evsj vt`tk Avmv-hvl qv Kti, Ggb wet`kx wegvb ms`vi msL`vl teotQ | hvix cwi entbi cvkvcwk t`tk gyj evnx (KvM) DtovRvntRi msL`vl GLb AtbK teotQ | t`kx KtqKuU ms`vl w`t`Q gyj vgyj cwi entbi tmev | tgvU K_v w`tb w`tb evotQ wegvb ms`v, tj vi Kvheui wa |

`i Kvi `q gvbtl i wegvb ms`vi msL`v I KvRi t`qit we`z ni qvi mtz cvj v w`tq evotQ G LtZ `q Rbetj i cOqvRbxqZv | cKU nt`Q Avgvt`i t`tk wegvb ms`vq KvR Kivi gtZv `q Rbetj i Afve | cOqvRbxq `q gvb | bv tctq Avgvt`i t`kxq wegvb ms`v, tj v era` ntq Pov cwi ktgtK vbtqvM w`t`Q wet`kx `egwBk, wegvbev j v I cOKSkj xt`i |

G e`vcvti teo Gqvti i tPqvi g`vb nva`vi D3/4vgyb Rvrbv, i ay Avgvt`i t`tk bq, `egwBk I wegvb ms`vq Rbetj i Afve wekRto | Dbz t`k, tj v `q `egwBk bv tctq GLb ZmwKtq AvmtQ fvi Z, Pxb GgbwK evsj vt`tki gtZv wevfbwDbqbkxj t`tki w`tk | BwZgta`B Avgvt`i t`tki tek KRb `egwBk KvR Ki tQb Dbz t`tki wevfbwwegvb ms`vq | Avgvt`i t`kxq Urvvq Zvt`i gwmK cwi ktgtK `wovq cOq AvU t`tk `k j vL Urvv | `egwBk Qvov I GKU wegvb ms`vq mvavi YZ cOKSkj x, tKieb m, dvBU Acvti kb Avdmvi, MÖDÜ mivcvU`-vd, MönK tmev, wepukGx`BZ`w` t`qit `q Rbetj i cOqvRb nq etj Rvrbv | wZvb Avi I etj b Gme ct`i t`qit cOtgB cOqvRb cO_xp kvi xwi K thvM`Zv | temvgwi K wegvb Pj vPj KZEt`qi (wvrfj Gvftqkb) wbaui Z wbgg Abjhvqx wegvb ms`vq KgPZ th tKvrbv KgxK kvi xwi Kfvte my`ntZ nte | tKvrbv i Kg Kbu`v± tj Y ev Pkgv QvovB Zvt`i `woku` ntZ nte cLi | eqm ntZ nte 21 eQt i I cti | D`PZv Kgc`q ciPdU `B BwA Ges G D`PZvi mtz cOqvRb MhYthvM` I Rb | wKqVMZ thvM`Zvi t`qit cO_xp wegvb evj v ev tKieb m i Rb` Avte`b Kti b, Zte ZvtK Aek`B G tj t`fj ev mggtbi cix`vq m`ybRbKfvte DEY` ntZ nte | wegvbev j v ev tKieb m i`i Avti KuU thvM`Zv Aek`B

cOqvRb, Zv ntj v `^Qt` Bsti Rx ej tZ I wj LtZ cvivi cvi`wkZv | G Qvov AwZwi` tKvrbv fvlv RvrbvUv memqB G t`qit wet`kI thvM`Zv etj wetewPZ ntqtQ |

`ceitY cOqvRb
%egwBk ni qv KZUv KuWb ? wKQymvavi Y kvi xwi K thvM`Zv Avi weAvtbi wKq`x`ntj B `egwBk ni qvi c_Uv Avcbvi mvgtb Ltj hvte AtbKLwb | Abtgw` Z thtKvrbv dvBs Kve fuz`ntq wKQymbw` tKvrm`Kti GKU wvbw` mgq AvKvK Dto teovtj B Avcbi ntZ cvtib AvSR`ZK gvbms`ubwGKRb cvBj U | t`tk evsj vt`k dvBs GKvWgx (weGdwm) itqtQ | GtZ `egwBk wntmte cOq`Y tbi qv hvq | weGdwm AvcbvtK mrvv` Kite e`w`MZ ev emvYR`K wegvb Pj K wntmte j vBtmY cvBtq w`tZ | emvYR`K `egwBk wntmte j vBtmY tctZ cOqvRb GmGmwm I GBPGmwm ev mggtbi cix`vq MwYZ I c`v`wAvtb Kgc`q 45 kZvsk b`at | Avi e`w`MZ `egwBk i j vBtmY tctZ AvcbvtK i ayGmGmwm ev mggtbi cix`vq 45 kZvsk b`at tctj B Pj te | tmB mtz Avcbvi cOqvRb nte weGdwm tmUij tgvWtKj tewW`_tK cOg tkYxi tgvWtKj mvlUctKU Ges eqmmxgv ntZ nte 14 t`tk 30 eQt i gta` | Avcbi PvBtj weGdwm i tqemvBU t`tk mi vmi WvDbtj wv Kti vbtZ cvtib `egwBk cOq`Yi fuz`P Avte`bc | Avte`bc wv h_vh_fvte ciY Kti cOqvRbxq Avbwnw`K KvMRC` BZ`w` cwm`tq w`tZ nte Ovsj vt`k dvBs Kve, wRqv AvSR`ZK wegvbe`i, KugUlvj v, XvKv-1229-G wKvbrq | O Avte`bc wv hvPvB evPvBtqi ci weGdwm t`tk m`vrvKvti Rb` WvKv nte | tmLv`b DEY` ni qvi ci weGdwm tmUij tgvWtKj tewW`_tK cOg tkYxi `v`mb` tctj B cvl qv hvte `egwBk cOq`Yi Ovoc | G e`vcvti Avil we`vwi Z Rvb`Z t`L`Z nte www.bdflyingclub.com/index.html wKvbi GB I tqemvBU |

wegvbev j v ntZ PvBtj cOqvRbxq thvM`Zv AvtMB Duj wLZ ntqtQ | Gi mtz Avi I thvM Ki t`j b BDbvBtUW Gqvi I tqtRi MYthvMthvM KgRZP (wAvi) Kvgi`j Bmj vg | wZvb Rvrbv, AtbtKi avi Yv g`k`my`i ntj B wegvbev j v wntmte ejs thvM`

mi Kvi x tmev

nI qv tMj | Avmtj wegvbej v nZ PvBtj me@_g c@qvRb Zx¶e e"v³ZiI cLi Dcw"Z epx | tms` hGKuJ e"vcvi, Zte Zv LpeB tMSY | wZwb etj b, Øevsj vt` k wegvfbi vbtqvM c×wZ GKUwrfbce ntj | t`tki Ab"b temi Kwii wegvb ms"vi vbtqvM c×wZ c@q GKb | wegvb ms"v,tj v Zvt` i c@qvRbgfZv wegvbej vi Rb" wevfbomgq weÁwB cKvk Kti _vtK | tm Rb" tPvL ivLtZ nte` vbK cwI Kv,tj v Qvovl wegvb ms"v,tj vi I tqemvBtUi Dci |

I tqemvBU,tj v ntj v -

- www.bimanair.com; wegvb evsj vt` k Gqvi j vBbm
- www.bestairbd.com; teó Gqvi
- www.gmgairlines.com; wRGguR Gqvi j vBbm
- www.uabdl.com; BDbvBtUW Gqvi I tqR

ce@_wZ KZUv c@qvRb

B`wbs t`tk wevfbæ:Á cwI Kv Lj,tj B t`Lv hvq wegvbej v nI qvi wevfbæ:c@k¶Y tKt` i weÁvcb | Zte tmme c@k¶Y tKt` i c@k¶Y b KZUv KvR t`q tm e"vcvti tKvb wvDZ Z` cvl qv hvqvb | t`tki c@q c@ZwU wegvb ms"vB wR"Kgx¶ KgRZ¶ i c@k¶Y i e"v Kti _vtK |

KvRi cwi va evotQ mevi Rb" B

mi Kwii ev temi Kwii thKvRbv wegvb ms"vi i ay`egwvK, wegvbej v ev wegvb c@KSkj x ntj B cYZv cvq bv; Gi mt½ c@qvRb gvtK@S, Kv÷gvi tKqvi, tmj m Gw wKDwUf, G"vWwubt÷kb wevfbæfvM i Rbej | Avi ZvB GtKKwU wegvb ms"v Pvj ynI qvi mt½ mt½ Ltj hvq AtbK LvZ PvKixi mthvM | Gme t¶¶t Avgt` i t`tki c@_x¶vI Avte`b KiZ cvti b t`k wet`tki wevfbæ wegvb ms"vq | tKbbv, Avgt` i t`tki PvKjxc@_x¶ i cwii ktgtKi gj` Ab"b t`tki t`tk AtbK Kg nI qvq wetkji wevfbæ t`k Avgt` i t`tki `¶ Rbetj i Pwin` v i tqtQ AtbK |

RqSx` i vbx` vm

Z`mF : c@_gAvtj v

AvBb I gvbewwKvi



Rwq` Ltj Ki Yxq

RwqRgv mspvS-e"vcvti `Lj welqvUB metPtq _i"ZcY¶ RwqZ thfvteB (µq, `vb, wj R) gwij Kvbv ev Ab"vb" `ZjAR@

AvBb I gvbewwKvi



Kiv tnvK bv tKb, ZvtZ hw` Lj c@Z@v Kiv bv hvq, Zvntj Zv tfvM GKvSb`fn | Avevi Dèrvfve ej tj tKD hw` tKvb m@úÉtZ kwšeY¶vte` Ltj _vtK, nZ cvti tKvb %ea`Zj QvovB, Zvntj ZvtK h_vh_ AvBbx c@µqv Qvov te` Lj KivUvB teAvBbx | Kvi b AvBb Zvi kwšeY¶` Ltj i wDQZv c@vb Kti |

tKvb m@úÉi gwij K ev Ab" tKvbfvte` ZymaKvi x tKvb e"v³ i Ki Yxq nT"Q A%ea` Lj Kvi tK Dt"Q` Kivi Rb" t` I qvbx gvgj v Kiv | wKš` hw` Ggb nq` Lj Kvi e"v³ H m@úÉtZ tKvbfvte` Zvi `Zj`vex Kti Zv` Ltj AvtQ, tm t¶¶t` ea` ZymaKvi xi Kibxq nT"Q, h_vh` t` I qvbx Av`vj tZ Zvi` tZj tNvI Yv c@_Bv Kti gvgj v Kiv Ges GKb mt½ A%ea` Lj Kvi tK Dt"Q` ceR` Lj Zvi eivei Ac¶Yi c@_Bv Kiv |

G RvZxq gvgj v nq mybw` @ c@ZKvi AvBtbi 42 aviv Abjvqx | tKD tKvb m@úÉtZ` Lj Kvi wKš` Zvi tKvb` Zj H m@úÉtZ tbB | tm Ae"vtZ Ges h_vh_ AvBbx c@µqv Qvov Zvi Am@yZtZ ZvtK tKD te` Lj KiZ cvti bv | GgbwK m@úÉi` ea` ZymaKvi xI bq | Gt¶¶t` Lj Kvi tK tRv iceR` te` Lj Kiv ntj tm Zvi ce@ZP` Lj cpi`xvti m¶¶g mybw` @ c@ZKvi AvBtbi 9 aviv Abjvqx gvgj vi gva`tg | i ay` Lj Kvi x ce@ZP` `Lj Ges tRv iceR` te` Lj B G RvZxq gvgj vi weteP` | Ab" tKvb` tZj c@GLvtb Aevšt Avevi` Lj Kvi hw` Avk¼v cKvk Kti ZvtK tRv iceR` Ges h_vh_ AvBbx c@µqv Qvov te` Lj Kivi tPov Kiv nT"Q ev nZ cvti, Zte tm Zvi` Lj wbi wevQbvi vLvi Rb" mybw` @ c@ZKvi AvBtbi 54 aviv Abjvqx wpi`vqx wbtI avÁvi gvgj v KiZ cvti | G RvZxq gvgj vi t¶¶t` I` Lj Kvi xi mybw` @` Lj B c@vbZg weteP` wcl q |

`Lj`vti i` Lj tK AvBbMZfvte` GZLmb c@avb` t` qvi Kvi b nT"Q, `Lj`te`Lj mspvS`-mvgwRK Ges Ab" tKvibfc wekLj v tiva Kiv | `Lj Kvti i` Lj, Zv hZB` Zpxb tnvK bv tKb, ZvtK te` Lj Kiv hvte` i ayAvBbx c@µqv gva`tg, Ab" tKvbfvte` bq | m@úÉ wcl qK ev` Lj wcl qK tKvb Kvi tb hw` Avi kLj v f½i Avk¼v t`Lv hvq, Zte tdsR`wii KvH@ea AvBtbi 145 aviv Abjvqx g"vRt÷U eivei AwfthvM` wLj KiZ nq | Gme gvgj vq g"vRt÷U mvaviBZ m@úÉtZ kwšKlj v eRvq i vLvi Rb" c¶j ktK Avt` k t` b |

tgtni`b tbmv

mF : `vbK c@_gAvtj v, AvBb I gvbewwKvi cvZv, 13B Gwcfj mSL`v

Gwçj gvtmi weŧkl weŧkl w`b

gvbeŧ`ŧni inm`

gvbŧli kixŧi KZ we`ŧqKi e`vci AvŧQ tmUv Avgiv AŧbŧKB Rwb bv| thgb GKwU WvKwUŧKŧUi AvKvŧi gvbŧli kixŧi i GKUKŧiv Pvgovi gŧa` Kx Kx AvŧQ tmUv Rvbr bv_vKŧj Abgvb Kivl tevanq mæe bq| KviY GBUKzPvgovq itqŧQ cŧq wŧk j 99 AvZ 99i`99i`ŧ`n-tKvl , wZb dUj æf iŧ³i Dcukiv, evŧiv dUj j æf mæcy GKkŧNvtgi MŧS`Ges cŧq cŧbŧi wU tZŧj i MŧS`|

gvbŧli i ŧ`ŧn wZb tKwU cÄvk j 99 bmo AvŧQ| Gi gŧa` evnEi nvrvi bmo GKUŧtgvUv, GB evnEi nvrvi i gŧa` mivŧkv bmo i Mvtq tQvU tQvU wQ`AvŧQ| Avgiv th Lv` ev cvbxq MŧY Kwi Zvi i m GB wQ`w`ŧq bmo ŧj vi ga`w`ŧq cŧvwnZ nŧq ŧ`nŧK ZvRv i vŧL I ŧ`ŧni eŧx NUvq| Gevi ŧ`n-tKvŧli i K_vq Avmv hvK| cŧZw`b weifbæKviŧY gvbŧli i ŧ`ŧni tKvl bó nŧq hvq| Zŧe tm_wj Avevi`Zwi nŧq hvq wKš-gv_vi ev gw`Í`-tKvl GKevi bó nŧj tmUv Avi cŧY nq bv| cŧwŧk eQi eqŧmi ci cŧZw`b gvbŧli i cŧq GK nvrvi gw`Í`-tKvl bó nŧq hvq| Gi dŧj eqm eiovi mŧ½ mŧ½ gvbŧli i wPšÍv ev`ŧi Ykw³ axŧi axŧi Kŧg hvq| Zŧe Gi Rb`fŧqi tKvb Kvi Y tB| gvbŧli i gv_vi tKvŧli i msL`v cŧq`k nvrvi tKwU i gŧZv| gvbŧli i gv_vi Pŧj i eŧx tek gRvi | PweYK NvUvq gv_vi Pj mgvbvŧte evŧo bv| GKUvQ` atŧ evŧo| ivŧZi ŧej vq Pj Lp axŧi evŧo| mKvj nevi ci t_ŧK Gi MwZ evotZ_vŧK, Avi tej v 10Uv t_ŧK 12Uvi gŧa` meŧPŧq tenk evŧo|`ŧŧi i w`ŧK Pj evovi MwZ Kŧg Avŧm, wKš-weKvj 4Uv t_ŧK 6Uvi gŧa` Avevi evotZ`i i` Kŧi | Avevi mU`vi ci Gi MwZ KgŧZ_vŧK| gvbŧli i ŧ`ŧni cŧvwnZ LpB KivRi | cŧZ wgvbŧU GwU 5-6 wj Uvi i³ cvæú Kŧi ŧ`ŧni weifbæ`vŧb cvwŧq ŧ`q| A_ŧ cŧZw`b GB hšjU Avgvŧ` i ŧ`ŧn cŧq AvU nvrvi wj Uvi i³ cvæú Kŧi | Avgvŧ` i wKWbxi gŧa` cŧZw`b 180 wj Uvi Rj xq c`v`cŧek Kŧi | tmUv t_ŧK kZKiv 99 fVM cwbB cwi ŧkwaZ nŧq Avevi gvbŧli i ŧ`ŧn e`eüZ nq, Avi gvŧ GKfvM cwb cŧvŧei AvKvŧi ŧei nŧq hvq| gvbŧli i kixŧi wKWbxi cŧqvRb G t_ŧKB tevSv hvq|

BŧUvi ŧbU Aeŧ æŧb: kwD Bmj vg

wek!awi Îx`em

cwi ŧek mæúmkŧ mŧPZbZv eŧx i Rb` 22Gwçj wek!awi Îx`em w`em cvj b Kiv nq| awi Îx`em Drhvçŧbi j 99` nŧj v thme weŧq cwi ŧeŧki Dci 99wZKi cŧve tŧŧj thgb-evqyl cwb`ŧY hv Avgvŧ` i GB cv_ex Ges Gi Awæevmŧ` i aŧŧmi gŧL tVŧj w`ŧ`Q tm_wj v cŧZnZ Kiv| GB mKj weŧq Rbmvavi YŧK mŧPZb Kŧi tZvj vB GB w`eŧmi gj DŧÍ k`|

RvZxq cŧZeÜx w`em

5 Gwçj RvZxq cŧZeÜx w`em | G w`em cvj ŧbi DŧÍ k` nŧj v cŧZeÜx` i Aeŧnj vi tPŧL bv ŧ`ŧL Zvŧ` i mŧŧ cŧZfv i weKvK NUvŧbv| hviv kvi xvi K ev gvbwmKfvŧe cŧZeÜx Zvi v mgvŧRi tevSv bq| eis Zvŧ` i gŧa` Ggb AŧbK mŧŧ cŧZfv_vKŧZ cvŧi hv mvi v weŧk!ŧ`ŧki bvg D³⁄⁴j KiŧZ cvŧi | ZvB cŧZeÜx` i RvZxq Dbŧŧb Ask MŧY Kivŧbv DŧPZ| mvi v weŧk! AŧbK cŧZeÜx AvŧQ hviv wKŧv, tLj vaj v, wPŧv¼b BZ`w` bvbv tŧŧÍ Dŧj LŧhvM` Ae`vb ŧi tLŧQ|

gyRebMi w`em

1971 mŧj i 17 Gwçj tgŧni cvj tRj vi gyRebMŧi (e`bv_Zj v ev fŧei cvov) Avg`Kvŧŧb cŧg (A`vqx) `ŧaxb gyRebMi mi Kvi MwZ nq| tmRb` GB w`b gyRebMi w`em wŧŧmŧe cvij Z nŧq AvmŧQ| hvŧ` i wŧŧq gyRebMi mi Kvi MwZ nŧq wj Zvi v nŧj b, `mq` bRi`j Bmj vg (A`vqx ivŧcWZ), ZvRwŧl Avntg` (cŧvbgšj), L`Kvi tgvkZvK Avntg` (ci ivŧ I AvBb gšj), Gg gbmj Avj x (A_ŧšj) Ges Kvgi ³⁄⁴vgv (ŧ`vŧ? ŧvb I cYeŧmb gšj) |

wek!`ŧ` w`em

cŧZ eQi 7 Gwçj wek!`ŧ` w`em cvj b Kiv nq| weŧk! meŧgvU 191wU ŧ`k`ŧ` mŧPZbZv eŧx i Rb` GB w`emU cvj b Kŧi_vŧK|

AvšRwZK bZ` w`em

1982 mvj t_ŧK cŧZeQi 29 Gwçj mvi v weŧk! bZ` w`em cvij Z nŧq AvmŧQ| bZ`Kj v mæŧÜ gvbŧli i a`vb avi bvŧK we`Z KivB nŧj v bZ` w`eŧmi Zvrch®

Gwco gvṫmi weṫkl weṫkl w`b



i f beel©

Avgṫ`i evOwj RwiZi Rxeṫbi Nb AveṫZP gṫa`l `KxqZv l mṫPZbZv mṫoi j ṫṫ` thme cvj v-cveḅ GLbl D`hmcZ nq Zvṫ`i gṫa` beel i©, i`Zi l Zvrchṫeṫkl fṫte Dṫj ḫṫhM` | beel©cṫivṫbv eQṫii mKj Riv-RxYḂv l Mwb gṫQ w`ṫq Avgṫ`i be D`ṫg KvR Kivi Abṫcṫi Yv thvMvq | ZvB evOwj RwiZ evsj v beel ṫK`Avengvb evsj vi HwiZn` wntṫte hṫM hṫM aṫi j vj b Kṫi AvmṫQ | evsj v mb ṫkl nq `Pṫ gvṫmi we`vṫqi gva`ṫg Ges `ekvL Gṫm bZb eQṫii i hvṫv`i i` Kṫi | beel i P Zvrch© Abṫveb Kiṫj ṫ`Lv hvṫe th, beel©Rxeṫb GKUv beṫPZbvi m`Avi Kṫi , Avgṫ`i Rxeṫb cwi eZṫbi GKUv evZvṫetq Avṫb |

2. 2008 mṫj Rvbṫvi x ṫ`ṫK ṫdeṫvi x gvṫm GKvṫWgx fiwZ©cṫiṫqv mṫubṫKṫi | eQṫii th ṫKvb mgq i`agvṫ i weevi Qrov evsj vṫ`k dṫBs GKvṫWgx ṫ`ṫK dgṫmsMḅ Kiv hvq |
3. GmGmwm l GBPGmwm `ṫUvṫZ weAvb wefVM `vKṫZ nq | wṫR· , ṫKwṫo`l g`v_-G 45% bṫṫ cṫqvRb |
4. 3 eQṫii GB ṫKvṫm`AvbṫwbK 15-16 j ṫṫ UvKv cṫqvRb nq |



cṫṫe Avig G.Gm.wm cvk Kṫi wQ 2006 mṫj | Avw`R Ae`v `eṫ `vKvq Avi ṫj Lv cov KiṫZ cwi wḅ | GLb Avevi cov ṫj Lv KiṫZ PvB | Kg LiṫP mi Kvix fṫte ṫKv_vl ṫj Lv covi mṫhM mṫeav cvl qv hvṫe wKbv? G e`vcrṫi Avig wK KiṫZ cwi?

cṫṫe gvḅweK wefṫM GBP.Gm.wm cvk Kṫi wQ | GLb G· ṫi Ges i³ cixṫṫvi (WwqvMbwóK) KvR_wj ṫbvqvLvj ṫZ wKlṫZ Pvq | ṫbvqvLvj ṫZ Gi Kg ṫKvb cṫṫṫY ṫKṫ`ṫi wKvḅv (WwqvMbwóK) Ges wKlṫZ KZ UvKv Li P nṫe Zv RvbṫZ PvB |

DĒi : G· ṫi Ges i³ cwi ṫṫvi (WwqvMbwóK) KvR_wj wKlvi Rb` meṫṫṫ fṫj cṫZóvb nṫj v Mb`ṫ` Bbw`wJDU, mṫfvi , XvKv | GQrov Avcwb ṫbvqvLvj x ṫRj vi wḅṫev³ cṫZóvṫb thvMṫhM Kṫi we`wii Z Z` Ges cṫṫṫY ṫcṫZ cvṫi b |

DĒi : Dbṫṫ weṫṫe`vj ṫq Kg LiṫP mi Kvix fṫte ṫj Lvcovi mṫhM mṫeav cvl qv hvṫe | Avcwb Dbṫṫ weṫṫe`vj ṫq thvMṫhM KiṫZ cvṫi b |

cṫZóvṫbi bvg - um Gg Gm Gm
cṫZóvṫbi wKvḅv - ṫRj v teWṫKṫj vbx, DĒi tmvbcj m`i , ṫbvqvLvj x |
cṫZóvb cṫvṫbi bvg - wRvḅj i ngvb ṫPṫaj x |
ṫdvb: 0321-63196 ṫgveṫBj : 01818593911 |

cṫṫat bwmṫ G fiwZ©KZ Zwi ṫL ?

DĒi : 2008 mṫj Aṫṫeivi ev bṫṫṫ gvṫm bwmṫ-Gi fiwZṫ mṫKṫvi nṫe Ges wṫṫmṫṫ gvṫm fiwZ©cṫiṫqv ṫkl nṫq hvq |

cṫṫe gvṫR`v teMg Zvi fṫmṫi i KvQ ṫ`ṫK GKwU Rwig ṫq Kṫi | cieZṫṫ RvbṫZ cvṫi th RwigU Zvi fṫmṫi i bvej K ṫQṫj i bṫṫg AvṫQ | GLb gvṫR`v teMg RvbṫZ Pvq fiwel`ṫZ H bvej K cṫṫ Zvi Rwig cvl qvi `vex KiṫZ cvṫi te wKbv?

cṫṫe cvBj U nṫZ PvB, weṫvb ewnbx Qrov Avi l `ṫUv c×wZ AvṫQ, c×wZ `ṫUv mṫúṫK`RvbṫZ PvB |

DĒi : RwigU hw` ṫQṫj wUṫi bṫṫṫ ti wRw`-ṫ Kiv nṫq `vṫK Zṫe ṫQṫj wUṫi eveli agvṫ Av`vj ṫZi AbṫṫZ MḅY mṫcṫṫṫ tm Rwig weṫṫa KiṫZ cvṫi | wKŠ' hw` Av`vj ṫZi AbṫṫZ MḅY Qrov eveli D³ Rwig weṫṫa Kṫi Zvntṫj ṫQṫj mvej K nṫl qvi ci `wj j ewiZṫj i gvṫj v KiṫZ cvṫi te |

- DĒi : evsj vṫ`ṫk `ṫUv c×wZṫZ cvBj U nṫl qvi Rb` cṫṫṫY ṫ`qv nq |
- 1) evsj vṫ`k weṫvb ewnbx Ges
 - 2) evsj vṫ`k dṫBs GKvṫWgx

1. evsj vṫ`k dṫBs GKvṫWgxṫZ (evsj vṫ`k weṫvb e`i l cṫUv l ṫqj ṫKvṫvbx i msj Mḅ) cvBj U nṫl qvi Rb` cṫṫṫY ṫ`qv nq |





দরিদ্র মানুষের জীবিকা উন্নয়ন ও দারিদ্র্য বিমোচনে তথ্যঘাটতি একটি বড় বাধা। বেসরকারী উন্নয়ন গবেষণা প্রতিষ্ঠান ডি.নেট (ডেভেলপমেন্ট রিসার্চ নেটওয়ার্ক) ২০০১ সাল থেকে দেশের উন্নয়ন ও দারিদ্র্য বিমোচনের লক্ষ্যে তথ্য ও যোগাযোগ প্রযুক্তির ব্যবহার নিয়ে কাজ করছে। দেশের অধিকাংশ মানুষ যেহেতু গ্রামে বাস করে সেহেতু গ্রামাঞ্চলেই তথ্যসেবা ছড়িয়ে দেওয়ার ওপর জোর দিয়েছে ডি.নেট। আর তা করতে গিয়ে পল্লীতথ্য কেন্দ্র স্থাপন করার পরিকল্পনা হাতে নিয়েছে এই প্রতিষ্ঠান। দেশের চার কোণে অবস্থিত বাগেরহাট, নীলফামারী, নেত্রকোনা ও নোয়াখালী জেলায় চারটি পল্লীতথ্য কেন্দ্র স্থাপনের মধ্য দিয়ে ডি.নেট একাজ পরীক্ষামূলকভাবে শুরু করেছিল। পর্যায়ক্রমে এরকম আরো কেন্দ্র স্থাপন করা হচ্ছে। পল্লীতথ্য কেন্দ্রগুলোতে এসে গ্রামের মানুষ কম্পিউটার, ইন্টারনেট এবং মোবাইল ফোনের মাধ্যমে কৃষি, অ-কৃষি উদ্যোগ, শিক্ষা, স্বাস্থ্য, আইন, লাগসই প্রযুক্তি, দুর্যোগ ব্যবস্থাপনা, চাকুরীসহ নান্য প্রয়োজনীয় নানা বিষয়ে তথ্য পেতে পারেন।



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www.dnet.org.bd

দরিদ্র জনগণের জীবন-জীবিকার মান উন্নয়নের জন্য প্রয়োজনীয় তথ্য সম্পর্কে বিস্তারিত জানতে সম্পূর্ণ বাংলা ভাষায় তৈরী ওয়েবসাইট www.jeeon.com দেখুন। সম্পূর্ণ তথ্য 'জীবন' শিরোনামে সিডি আকারে পাওয়া যাচ্ছে। সিডি সম্পর্কে বিস্তারিত জানার জন্য ডি.নেট অফিসে যোগাযোগ করতে পারেন।

পল্লীতথ্য বুলেটিন একটি ডি.নেট প্রকাশনা। ৫ম বর্ষ, ৪র্থ সংখ্যা। চৈত্র - বৈশাখ ১৪১৪-১৫ (এপ্রিল ২০০৮) ৬/৮ হুমায়ূন রোড, ব্লক-বি, মোহাম্মদপুর, ঢাকা-১২০৭
ফোন - ৮৮-০২-৮১৫৬৭৭২, ৮৮-০২-৯১৩১৪২৪, ফ্যাক্স - ৮৮-০২-৮১৪২০২১, info@pallithatha.org.bd, www.pallithatha.org.bd

পল্লীতথ্য বুলেটিন মানুষের জন্য ফাউন্ডেশনের অর্থায়নে পরিচালিত 'অবলম্বন' প্রকল্পের আওতায় প্রকাশিত।