

Korona o_kte re Sikna_t hame_t_jon' kanko la_git' cet' le_ka taken ja_rur.

In'ak' ka_mi jin'gi e_hop' akana Jua_n kor_a kur_iko son'ge ka_mi ka_mite, Somaj/sa~ota lahanti ar onkate NGO Tabitha Foundation Bangladesh. Noa Organization re ka_mite_diso_m tala ar bahrere me_nak' ko hor_ son'ge a_d.i ae_ma jopor_ao se_galmarao_do_hoyok' kana Korona babot. Ce_t' le_ka me_nak' koa Ban'gladesh ren Santalko nonkan muhi~n o_kte_re_.

Calao_e_n se_rma 2020 re_ak' 18 March cando khon nit ha_bic' te Korona le_kan maran' virus rua_karonte_joto sikna_t gao~ta/prothisthanko do_bond menak'a. Sohrae, Maran'din, Eid, Puja_, Re_ar_Raban' chut_iko la_git' tina.k' koyok' hor_re_ko tahe~na Sikna_t hame_t_kanko. Me_nkhan calao_en se_rma 2020 khon e_hop' kate ne_s 2021 se_rma reak' pa_hil cando calak' kan chut_i dinko re_thor_a ho~ sikna_t hame_t_kanko la_git' ra_ska_do_ba_nuk'a. Ae_ma hor_do_ko hudis ke_da je_, noa muhi~n o_kte_re_aema le_kan ka_mi do_je_mon hoe_pura.uk'. Arho~ ae_ma budan hor_do_a_d.i be_ste_noa muhi~n muskil o_kte_ho~ ka_mi re_ko lagao_akada.

Noa okte_re_n' disa_keda abo_re_n **Manotan Mahasoe Abdullaho Abu Sayid Sir** ak' katha; uniak' katha do_tahē kana je_, Puthi par_haok' do_a_d.i maran' muskilak' ka_mi kana, ban'alga/sohoja, ae_ma hor_do_ko me_ne_da je_, in're_n gidra_do_bai par_haok' la_gido_k' kana. Thor_a bon n'el le_khan Hindu Dhorom re_do_pon (4) le_kan hor_do_me_nak'koa. Joto khon latar re_do_me_nak' koa Sudhro_, onkoak' ka_mi do_hoyok' kana ce_tan re_me_nak' ko pe_3 le_kan hor_ko se_ba/joton ko. Tina.k' ko se_ba/jo_to_n koa una.k' ge se_rma re_onko la_git' jaejug re_ak' jio_n do_ket_ejok' takoa. Ina_tayo_m Bossho ar Bossho reak' mane do_

hoyok' kana Karbaria. Ar bon bad_aea je_ Karbaria ko do_ ka_mi ka_mite_ akoak' dha_rti jin'gi ho~ko a_ujha_r_ uta_r takoa. Tina_k' haron hoyok' takoa noko Karbaria kodo_. Sa_n'gin' khon e_ke_n onkoak' lahanti se_ ka_ud_i ko suk'jon' kange bon n'el n'ame_t' takoa. O_nkoak' haron se_kurumut_u do_ babon n'elet' takoa. Ina_ tayo_m do_ Khotrio, onko ho~ t_hik Sudhro_, Bossho le_ka ge Khotrio ho~ Bhrammon se_ba/jotonte_. Ado_ Khotrio doe_ hudise_da cekate_ Bhrammon do_ ce_tan te_ye_ rakap' e_na. Ado_ bad_ae e_na je_ joto khon ce_tan te_ rakabok' re_ak' aso_l karon do_ hoyok' kana Puthi Par_hao_.

Onate_ de_labon ban' bilom kate_ darakan dinko re_ak' o_kte_ ka_mi re_ lagao_ la_git' bon gand_on jon'a. O_na la_git' hudis ge budanak' ka_mi do_. Nia_ko din re_ bahre_ dar_an, per_a hiriko, gateko son'ge he_lme_l khon sahar_aka_e tahe~n ge bogea. O_nate_ Or_ak' re_ tahe~ kate_ ge ae_ma le_kan ka_miko do_ bon ka_mi dar_eak'a;

- Dina_m din hor_mo joton ar kha_ndri gand_on jon'
- Or_ak' re_ dur_up' kate internet YouTube n'el ban' kate hor_mo mon'j dohoe_ la_git' hor_mo pharnao/be_yamok'
- Mon jiwi napae do_ho_e la_git' Meditation
- Puthi par_hao
- Got_a din o_r_ak' re_ dur_up' se eken gitic' a_r.is ban' kate, social media, game enec' kate somoe_ nost_o ban' kate; bickom bhage kobita, golpo puthi, sikha_una puthiko par_hao kate apnarak' hatan' laser do_ a.d.i ge bogea.
- Gharon'j re_n jotoko son'ge he_lme_lre_ tahe~n
- Nukri ar e_t.ak' ka_miko kha_tir a.d.i tho_r_a Gharon'j re_ somoe_ bon khe_maoa, o_nate_ noako din re_ ba_r.ti somoe_ e_mte gharon'j je_mon suluk hoyok'
- Nonkan o_kte_ re_ Gharon'j re_n jotoko ar ho~ ba_r.ti se_ bogete bad_aeko la_git' kurumut_u.
- Apnar ho~ ba_r.ti bad_aeyok'

- Apnarak' bhage gunko ar ho~ ba.r.ti bad.ae se_lar.car. re_ak' kurumut.u ar ba.r.ic'ak' ko ba.i ba.i te_hir.in' se_ocok' gid.iy
- Jaoge par.hao re_lagao_ akan tahe~n
- Online class sao~te_ dina.m dinko re_ak' olok' par.haok' ho~ calao_ idi. Eke_n school, college se university tis jhijok'a me_n kate hudis ar koyok' hor re_ tahe~n khan do_ Sikna.t khon bon er.ano_k'a. O_nate niyom le_kate somoeko ha.t.in' kate rut.in' le_kate_ calak' ja.rur.a. Nonka te_ par.hao_ hame_t. re_ak' ae_ma hudis gand.on do_ komok'a.
- School college re_ak' par.haoko bhitri khon ae_ma do_mon'jko seren'a, ae_ma do_ a.d.i mon'jko o_l dar.eak', ae_ma do_ mon'j enec', okoe_ do_ ti re_ak' ka.miko, ar ho~ emanteak' bha.la.i ka.miko bad.ae_a. Noako sao~te_jopor.ao_ tahe~n re_ak' a.d.i maran' a.t kana. Ar nonka tege ae_ma cet' ket.ec'/oviggota, lahanti do_hoyok'a.

Reference;

- Prothom Alo; Altaf Kobir Niloy
- Manotan Mahasoe Abdullaho Abu Sayid Sir