

# 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 bahere 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\_tahe~ 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