

Korona o_kte re Sikna_t hame_t. jon' kanko la.git' cet' le_ka tahan 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_st_ noa muhi^n muskil o_kte_ ho^ ka.mi re_ko lagao_ akada.

Noa okte_re_n' disa_ keda abo_re_n Manotan Mahasoe Abdullahe 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'ko. 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 badaea 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.akae tahe~n ge bofea. 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 bofea.
- 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.anok'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 Abdulla Abu Sayid Sir