

Border Jhic'ena D_ahar Ho_rte Bharo_t' Diso_m Calak' La_git'

Budhbar (30 March) kho_n ehop'ena d_ahar horrte Bharo_t calak'-hijuk' reak' mit't_en a_t. Ente Bharo_t rean' VISA ardas centre bad_ae ocokeda, VISA te tina.k' hor_ uda.k' ga.d_iteko senok'kan tahe~kan, nit VISA convert katec' d_ahar hortege ad_epase bharot diso_mko se_n dar_eak'a. Nit' khonak' nawa bha~t_te metak'me d_ahar horrte cala cula_bakhra VISA bon hatao dar_eak'a. End_ekhan Benapole ar Akhaura (stholpoth) ho_rte bo_lo_k' hoyok'a.

Ban'gladiso_mren tina.k' hor_ uda.uk' ga.d_ite calak' kakhante VISA ba_sut-ma_njut' akantako, enkate Onko nit_ akan fee tege ona VISA bo_no_do_lte d_ahar horteko calao dar_eak'a. Ar ina_kate uda.uk' ga.d_i sa~o d_ahar horte ho~bon se_n-he_c' dar_eak'a.

Gapa Tesar Serma Santal O_no_lia_ He_lme_l-2022

Gapa so_kolbar 1 april 2022 Dina_jpur re hoyok' kana Santal O_no_lia_ He_lme_l-2022. Nia_ dhao tesar serma nia_ he_lmel reak' bondobosto hoyok'kana. Bohok' katha ko do_ho_ akada `De_labo_n o_lo_k' lar_car_te pa_rsi ar a_kilbon kisa_~r_ ma.' Tesar Serma Helmel Sabha do_ Dina_jpur jila_ reak' Bira_mpur upojila_ Beld_an'ga cdsp hall room re hoyok' la_gido_k' kana. Nia_ he_lme_l do_ so_ko_lbar (01 April 2022) setak' bela got_a din bho_r hoyok'a. Santal O_no_lia_ He_lme_l sahba ko sasapr_ao

akada KUKMU-Niropon hor.mo, shikha.una ar a.rica.li nia.te
ka.mikan mit't.en santal bandhao ga~ota. Santal sa~ota re
santal ho_r.ko talare bises kaite harak'kan pir.hi ko ol ar
ropor. sec'te aboak' santal a.rica.li-lakcar ar pa.rsi jia.r
do_ho_e ge nia. He_lme_l rean' jo_stet' do. Nia. Helmel re
got_a Ban'ladiso_mren santal sa~ota susa.ria., pat.hua.
kur.i-kor.a ar KUKMU ren a.yurko selet'ko tahena.

Me_skoc'

Me_skoc'

Mit' Gand_a muktia_r (Ukil)

Mit't.en Mahasoe up' ka.pcik' mente la.pit t.hene senena. Up' ka.pci
tayom la.pite menenkana-

La.pit: Mahasoe a.d.i bhage huda.re jonor.ao menak'a. Am t.hen kho_n
t.aka o_ho_gen' hataoa.

Enkathae Mahasoe a.d.itet'e kusiyena. Khange la.pit dosar hilok'
dokane hec'ena, are ta.n'khiket' mit' gand_a puthiko do_ho akada. Onka
lekage enhilok' mit' polis ka.pcik'e he_c'ena. Ado_ la.pite menkeda-

La.pit: Hor.koren jo_gao-jotonic' kanam. Cekate am t.hen t.akan'
hataokea? Ado_ sa.rige polis ho~ dosar hilok' do_kan saman're mit'
gand_a ko_mla jo_e do_ho ot.okada.

Ina.kate mit' muktia_r (ukil) la.pit ak' do_kane hec'ena. Ado_ kathae
enkage t.aka bae hataolet'aea. Enkathaeye menwana-

La.pit: Am do_ sa.riak' ar hok la.git'gem la.pa.r.hai kkana. End.ekhan
t.aka do_ ba.n' hataotama.

Dosar hilok' n'elena, mit' gand_a muktia_r la.pit dokan saman're

panteate gente getec'ko ten'go akana.

Ho_ro_re Dak' Bale N'ama La_ikedako Ond_enko Casa

Ho_r.o_ khetre dak' bale n'ama la_i so_do_rkedako ond_enko casa. Santal casa noa karonak'tegekin go_c'ena mente tojbij se_todonto committee ko bad_ae ocoketkoa. Calaoen (27 March) nukinak' goc'en rean' aso_l jo_stet' cet' kana, bad_aejon' la_git'te tojbij Committee ko bandhaoena. Ar noa committee bandhao do_Krisi Montronaloi ren jonor. secretary (socib) Md. Jubaur Hosen Bablu ak' a_k'yurtege hoe akana.

Hola Mon'golbar (29 March) tojbij la_git' ona atote Committee ko senlena. Avinath Mardi ren or_ak' hor. Rojina Hembrom do_un jokhen onkoe bad_ae ocoket'koa je, Sakhawat dak' bae emok'kante or_ak' hor_tin' bise jo_mkeda. Ente gujuk' lahare nonakae bad_ae ocokeden'a.

Onka leka ond_enko casako la_i so_do_rkkeda, Onkage hor. n'elte dak'e emakoa mente. Ren'gec'-ore_c' hor_ko jao ghur_ige tayom bar_akakoa. Ar enkathae ghus t_aka hataoate sa_n'igin' reak' khetko laharey dak' mar_an'ak'a.

Avinath Mardi ren or_ak' hor. Rojina Hembrom ar Robi Mardi ren boeha Sushil Mardi ba_di kate di_p cak'laaic' birud thanarekin mamla akada. Cedak'je Sakhawat do_unkin babar got_en casa gujuk' lekan ba_r.ic' dosarey d_on'kao se t_helao akat'kina. Ar onka leka ghot_na babotre nit ho~ todonto se tojbij cak'lao idik'kana.

Niropon Hor_mo Tahe~n Babo_t Ja_rur_ak´ jo_mak´ko

Hor_more ja~ha~ lekan rog birud ten'igo daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia.bo n'amdarekea. Noakanak´ thor.a jo_m babotre latarre ta.lika.emena.

Se_ke_rkenda: Se_ke_rkenda re beta-carotene tahe~nok´a. End.ekhan noa jo_mak´ hor.ak´ hor_more bo_lo_kate Vitamin-A re pheraok´a. Noa reak´ gun-man hor_more rog sa~oe la.pa.r.haia.

Ra_sun: Jo_to_ hor.ak´ or.ak´re ra_sun tahe~na. Ra_sunte ekal utu reak´ sebel-so_r.o.me sarsaoa. Be_re_l ra_sunte bacteria, virus ar sealom (chotrak) oka do_me~t´e ban´ n´elo_go_k´kan nonkanak´ birudrey ka.mia. Asokaete, hor_mo reak´ harta se_chal napaeeye do_hoea.

Adhe: Jo_mak´re jhan´j ja.sti la.git´ adhe reak´ ja~ha~n tula.uak´ge ba.nuk´anan´. Ente ona do_anti-oxidant reak´ ho~ mit´t.en mon´j onor.kana. Pho_lmul se_ar.ak´ sakam khonak´ n´amak´ Anti-Oxidant a.d.i tur.ighur.i hor_morey ka.mia.

Tormuj: Tormujre Gluthaione n´utuman Anti-Oxidant tahe~ bar.ak´a. Noa jo_mte hor_more rog birud asamher.e ka.mia.

Hako: Omega-3 ar Fatty Asid bhut.ela se_ganga.nia. jo_mak´ je_mon hako jo_mte Immune system d.herok´ kana.

Amlo_ki: Amlo_ki sa~o thor.a adhe ar khijur rit´ gund.a mar.an´kate n´u lekhan hor_mo la.git´ a.d.itet´ bha.la.ianak´ge hoe bo_tec´kok´a honan´. Ente noare Vitamin-C menak´ akada.

Toa ar Dahe: Toa ar dahe re zink menak´a, noa hor_more rog birud jaogei ka.mikana. Toa ban´ hajam ta.nic´lenkhan toate benaoak´ jo_mak´ jo_m ja_rur. kana. Jao hilok´ge 100 grams dahe ban´khan mit´ cup toa n´ui reak´ kurumut.ui hoyok´a.

Mit' t_en Ba_r_ic' Gate

Mit' atore barea gate kor_akin baso_k' kan tahe~kana. Nonka milkin tahe~kana je_, mit' hor_ ar mit' hor_ bego_r o_ho_kin tahe~ dar_eak'kan tahe~kana. Enkathe a.d.i ga_hir so_mpo_k ar a.d.ikin biswa_sjon' kan tahe~kana. Unkin modre mit' hor_ ba_nij-bepar mente bahre diso_mtey se_njon'ana. Ado_ ac'ak' me~r.he~t' sunduk do_gateak' da_yik're do_ho ot_okada.

Ado_ thor_a cando tayome ruar_ hec'ena. Khan sunduk a_guia mente gate t_hene calaoena. Menkhan uni gatetae metadea, ban'ma sunduk do_n'indir ko jo_m akada. Un jokhen cet'ge bae ro_r_leda, eka_l nijhum or_ak'e rua_rena. Ado_ uca_t_ cecet'ak'e emaea mente mone muruk'keda ar a.t'-opso_r n'am la_git' koyok' horrey tahe~yena.

Onkage mit' din gatetae ren gidra_ eskare khild_u-enejo_k'kane n'elkedea. Khange uni ho_po_n gidra_i kombr_okedea. Ado_ uni gatetae pust_auena, gatetin'ge nonkae ka_mi akada.

End_ekhan onkage uni ho~ gate t_hene hec'ena, gidra_ rua_r_kae la_git'e neho~rae kana. Ado_ nonkae metawadea gidra_tam do_ ku~r.it' ko idikedea. Nonkanak' kathate gatetae a.d.itet'e mon dukena ar ac'ak' bhule an'go_c'keda ar uca_t_ cecet'ak' ho~e n'amkeda. Ina_kate ona me~r.he~t' sunduk gatetaeye rua_r_adea khan gidra_ ho~ rua_r_e n'amkedea.

Sikha_una: Ja~ha~nak' ba_r.ic'ak'em ka_mi lekhan, ona reak' jo_ do_m n'amgea.

Rel ga_d_i re de_jo_k' la_git' Online hotete T_ikit_ N'am Reak' Na~wa~ Nia_m

Ban'gladiso_mre laha khonge Rel ga_d_i re de_jo_k' la_git' Online hotete t_ikit_ a_khrin'ok' kana. Diso_m hor_ko a_d_i algate railway se_re_l ga_d_i reak' website khon t_ikit_ko tuma_ljon' dar_eak'a. Ente 26 March khonge nawa nia_mte t_ikit_ a_khrin' ehop'ena. E-T_ikit_ system re nawa bhan'jte t_ikit_ kirin' la_git' railway website re mit' dhao n'utum ol car_hao (registration) lekhangе hoyok'a honan'.

Registration reak' Nia_m-

- Pa_hilre ban'gladiso_m railway website (www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.
- Bo_lo_tayom website (Registration) tab re click hoyok'a. Nonkate mit't_en page hijuk'a. Noa page re nijak' (Personal Information) jor_ha menak' or_ak'ko purun hoyok'a. Ina_kate mobile no_mbo_r re mit't_en OTP hijuk'a. End_ekhan ina_purunkate (Verify) bo_tamre click lagaok'a.
- Jo_to_wak' niphut_te hoe pura_ulen khange registration so_pho_l (Successful) hoyok'a ar Bangladesh railway n'utumte nawa page hijuk'a. Ar end_ekhan nond_еge User Auto Log in nok'a.

T_ikit_ kirin' reak' bhan'jtet'-

- Pa_hilre ban'gladiso_m railway website (www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.
- Auto jhic' (Log In) ban' hoelen khan panel re E-mail address ar Password purun mar_an_kate Log In bo_tamre click lagaok'a.
- Log In tayom okat_ak' page hijuk' onare dar_an (journey) reak' ta_rik', pa_hil st_eson, muca_t' metak'me oka st_eson rem_phed_o_k', purukkate Find Ticket bo_tamre click hoyok'a. Tayomak' page re te_l ga_d_i reak' n'utum, dur_up'ak' jaega menak'a se ban'a, ar ga_d_i tin jokhen calaok'a ona do_e uduga.
- Ado_onka leka view seats (dur_up'ak' n'eljon'me) bo_tamre

click kate kusi-sanaleka dur.up'ak' seat bachaojon' (Select) kate Continue Purchase click hoyok'a.

- VISA card, MASTER card se_ Bkash payment tayom E-Ticket Auto Download hoyok'a. Ona sa~o sao~te ja.tri ak' E-mail re t.ikit. reak' copy calak'a.
- E-mail inbox khonak' t.ikit. print kate photo ID selet' Ticket Print Information te jonor.ao akan source st.eson khonak'ge jatra metak'me calak' lahare chapao akan t.ikit. tuma.l hoyok'a.

Santal Casa Goc'enkin Reak' Bica_r La_git' Manwa Tonol

Santal casa Avinath Mardi ar Robi Mardi goc'enkin sa~o jopor.ao menae d.ip cak'laaic' Sakhawat Hossen giripter ar bica_r la_git' Rajshahi re manwa tonol hoe pura.u akana. Ona sa~ote Godagari thanaren OC Kamrul Islam birud katha rakap'akante a.d.i usa.ra da.yik khon ocoge reak' da.bi emakana.

Jatiyo adivasi porisod Rajshahi jila. sabha mukhia. Bimol Chondro Rajoar ak' a.k'yurte So_mbar (28 March) adivasi porisod Rajshahi jila. bibha.g reak' bo_ndo_boste Sahebbajar Zeropoint re noa manwa tonol re adivasi mukhia.ko sa~o aema lekan huda.ren hor.ko selet'lana. Manwa tonol khonak' da.yikre ga.phla.t-hela hili karonak'te OC ocoge reak' da.bi akana.

Jatiyo adivasi porisod ren sabha mukhia. Robindronath Soren do_e menkeda, goc'enkin reak' bica_rle khojkana. D.ip cak'laaic' (Driver) sa~o okoeko jopor.ao menak'ko a.n lekate onkoak' bicar hoyok'ma. Ar OC Kamrul Islam ho~ mamla hatao a.d.itet'e d.hilisili akada, uniak' ho~ sa.ja.ile khojkana.

Onkaleka jatiyo porisod bharapon sa.da.i sompadok, jatiyo adivasi

porisod Bimol Chondro Rajoar ar Rajshahi mohila porisod ren sabha mukhia. Kolpona Ray noko ho~ko la_i so_do_rket'a, je_nukin boehawak' gujuk' reak' bica_rko khojkeda. Ar Godagari ren OC nui do_ adivasi hor_ko birudren kanae. Ente nukin babot ba_r.ic' ba_r.ic' kathae menakada. Ban'ma tar_i-ha.nd.i n'ukatec'ge nonkakin goc'ena. Maran' da.yik'an hor_ cekate noa ga_r dinre nonkanak'e men dar_ekea? Cekate ren'gec'-ore_c' hor_ko nonkae nistr_auet'koa? Nonkan OC o_ho_ge ja_rur.a. Onate ac'ak' da.yik' khone ocog ocok'ma.

Manwa tonolre arho~ kathako ror_keda, Jatiyo adivasi porisod ren bharapon sa.da.i sompadok Gonesh Mardi, Daptar sompadok Suvash Chondro Hembrom, Rajshahi mohanogor adivasi porisod ren sa.da.i sompadok Alindorai Bisas, Godagari upa_jila_ ren sabha mukhia. Robindronath Hembrom, Nator jila_ ren San'gothonik sompadok Raghunath Ekka selet' arho~ samajik ar rajnitik a_kyurko.

Tehen' IPL Khila_d_re Nawa Bar Do_lkin Tapamok'a

Nia_ dhao IPL khila_d_ haparaore ge_l got_en do_lko selet'akana. Nawa bar do_lkin selet' akan do_ Gujarat Lions ar Lucknow Super Giants. Tehen' nukin nawa do_lkin tapamok'a.

Ban'gladiso_m okto lekate n'inda_ 8:00 baja jo_khen khila_d_ ehop'a. Mumbai reak' Wangkhede stodium khon noa khila_d_ porcarok'a. Onka leka Gujarat Lions do_lren a_k'yuric' do_ Hardik Pandya. Ar Lucknow Giants do_l ren matha se_ a_k'yuric' do_ Lokesh Rahul.

Muskil Dosare Sri Lanka, Mit' Cup Ca Reak' Dam 115 T_aka

Itihas reak' jo_to_ khon maran' uta_r metak' me muskil dosare par_ao akana Asia reak' Diso_m Sri Lanka. Ona diso_mre nit jo_to_ lekan jinis-pa_t_i dam a_d_i d.herakana. Muskil dosa khonak' ban'caok'a mente hor_ko ad.epase disomteko parom calak'kana.

Sri Lanka re nebetar mit' kg caule reak' dam 1106 t_aka, Ban'gladisom reak' ka.ud_i sec'te 330 t_aka. Cini reak' dam ho~ nonkage. Ar onka leka 400 gram peket_ toa reak' dam 3 hajar rupi se_ t_aka. Ban'gladiso_m lekate amdaj 900 t_aka. End_ekhan Toa ar Cini dam d.her akante mit' cup Ca reak' dam 380 t_aka, Ban'gladiso_m lekate 115 t_aka. Arho~ onkage Chapa kago_j reak' t_ont_ate sikhna.t t.ha~onare bid_a_u ho~ ba_til akana. Enkathae ona diso_mre 21 March kho_n bida_u ehop' reak' katha tahe~kana. Menkhan ehop' bar din lahare bida_u n'eljutic' bida_u bo_nd reak'e ja.hirakat'a.

Ente kago_j ho~ kirin' lagaoakoa, ka_li ho~. Antorjatic kho_bo_rre menakana, Sri Lanka sikhna.t daptar bid_a_u hatao la.git' kago_j ho~ ban'ko kula_u ant_ao dar_eak' kana . Ko_ro_na mahama_ri kha_tir Sri Lanka ba_r.ic' dosarey par_ao akana. Noa kha_tir diso_mren maran' montri Mahinda Rajapaksa ko dusiedi kana. Ente ad.epase Ban'gladiso_m ar Bharot do_ noa hal-halot a_d_i ga_khur_ salak'kin muka_bela akada. Ar note Sri Lanka ko_ro_na ehop' khonge ka.ud_i sec'te a_d_i ont_on-obhab dosarey par_ao akana. Menkhan re_n_ige_c'-ore_c' hor_koak' gharon'jre nonkan dosa dukanak' kangea. Noa muskil dosa cabae la.git' kurumut_ure menak'koa.