Bir̥i-Sikar̥et̥ N´ute Hoedar̥eak´ Muskilanak´ Ko

Jo̥to̥ hor̥gebon pust̥aua Bir̥i-cut̥i do̥ hor̥mo lḁgit´ muskilanak´ kana mente. Noa kakhante hor̥more nana-parkan rog n´elo̥go̥k´a. Thamakur lekan jinis bḁr̥ti beohar khḁtir Cancer lekan gujuk rog ho˜ d̥her idik´kana.

Bir̥i n´ute Cancer sa˜o arho˜ ekal high blood pressure ar cholesterol d̥herogo̥k´ kana. Thamakur jo̥mte hor̥more ma˜ya˜m pasnaok´ kan sirre dhu˜ḁ jarwak´a, nonkate stroke heart attack hoe dar̥eak´a.

Jaribte n´elo̥go̥k´ kana, amdaj 34.6 percent se˜r̥a˜ metak´me haratḁl hor̥ko bḁr̥tiko n´ujon̥ kana. Noa simḁ baher n´u kakhante aema lekan rog bihinte jḁbunkate bo̥cho̥rre amdaj mit´ karor̥ hor̥ko gujuk´ kana. Ar bir̥i n´ute bo̥cho̥rre amdaj 53 percent hor̥ko gujuk´ kana.

Menkhan pasec´ d̥her hor̥ge babon bad̥aea, bir̥i n´ute me˜t´re muskil he̥c´ par̥aok´a. Ente gobesona meneda, Thamakur dhu˜ḁte eyae hajar khon bḁr̥ti chemical saran´jam menak´ akada. Noa ko modre thor̥a do̥ me˜t´ lḁgit´ ḁd̥itet´ bḁr̥ic´anak´ kangea. End̥ekhan dela thor̥agan bon bad̥aelege, bir̥i n´ute cet´ cet´ muskil dosa hoe dar̥ekea-

Me˜t´ ro̥ho̥r̥ok´a se me˜t´ dak´ an´jetok´a-

Hor̥mo rean̥ maran̥ utḁr tarantar kana noa me˜t´. Sikar̥et̥ se bir̥i dhu˜ḁte me˜t´ kho̥n dak´ lekan bo̥stu ekal an´jet´ok´a. Ar nonkate bḁi bḁite me˜t´ ro̥ho̥r̥ok´a. Bḁr̥tikaete, me˜t´re arak´ dag, me˜t haso se me˜tre nana parkan muskil dosa do̥ he̥c´ par̥aok´a. Noakage calao idilenkhan mit´ okte me˜t marsal ad metak´me ka˜r̥a˜ reak´ bo̥to̥r tahe˜nok´a.

Me˜tre chḁuni:

Arho˜ bḁr̥ti bir̥i cut̥i n´ute ja˜ha˜ umerege me˜tre chḁuni n´elo̥go̥k´a. Bir̥i n´ute me˜tre maran̥ ucḁt̥ par̥aok´a.

Bad̲aekak´bon, umerte lahalen khange me˜tre cha̲uni n´elo̲go̲k´a, menkha bir̲i cut̲i n´ute ho˜ ja˜ha˜ umerrege cha̲uni hoe dar̲eak´a. Ona ia̲te sa̲rige noa khonak´ pharakre tahe˜nge bogea. End̲ekhan nonkan dosare o̲ho̲bon par̲aolena.

Doṅ Seren´

Gate gatelaṅ tahe˜kana

Haere a̲d̲i gatelaṅ tahe˜kana,

In´ko ja˜wa˜ekedin´

Am ko ja˜wa˜eket´me

Gate ma˜ya˜ chad̲aoen.

Ne sakam sabme

Gate ma˜ya˜ re̲t´me

Do a̲tu golkam gad̲a dak´re.

The Santals Ṫimes reak Sopolha Sabha

Hola Sa̲nicar (02 April) Chapainawabganj jila̲ reak´ Amnura re The Santals Times reak´ mit´ sopolha sabha do̲ hoe pura̲uena. Sopolha sabha reak´ aso̲l jo̲stet´ do̲, cet´ lekate noa Santals Times reak´ lahanti hoekok´a. Ar santal

pa.rsi ra.khi jogao jotonre Santals Times lahanti ja.rur. menak´a. Noakan bisoiko cetanre gapalmarao hoeyena. Noa sopolha sabha kho_n set.er akan manotan onolia. ar mit´bar ga˜ota mukhia. ko selet´ ko ta˜he˜kana. Sopolha sabha re selet´akan manaotankodo santali pa.rsite ari-ca.li ar lakcar jia.r. dohoe la.git´ nia. santals times online te chapa sodo_ro_k´ kho_bo_r sakam do_ nia. okte reak´ da.bi kana menteko la.i so_do_rkeda. Ena chad.a ho˜ nia. chapa so_do_r khobo_r sakamre jaoge santalite o_l be_l kol la.git´ nehore do_ho_ akada santal maran· o_nolia. Mn. Mithusilak Murmu. Unie menkeda abo nit aboren tayom daram pir.hikoren ko la.git´ mit´ mon´j t.ha.i babon tear dar.elekhan darakan din re aboren gidra.ko do_ okare akoak´ o_lbe_lko so_do_r takoa apnar pa.rsite; onate nia. Santals times re jaoge jotoko apnar bad.ae se a_gil hapr.am ko t.hen kho_n an´jo_m a.goakat´ gam-kudum, ono_r.he˜, nagam ko nia. hotete bon ra.khi jogao kak´ma.

Mn Murmu ak´ nia. katha do jarwa akan sanam ko ko he˜taoada. Darakan din re nia Santals times re jaoge o_lbe_l kol lagit´ santalko menak´ko t_hae re o_no_lia. sa˜ota bandhao rakap´ reak´ got.a nond.e khon got.ayena. Nia. Santals times online chapa so_do_r kho_bo_r ko do got.a dha.rti ren santal ko sa˜o et.ak´ ja.t ko okoe ko santali pa.rsi ko bad.ae jon· hor.ko.

Santals Times ar NAGR ren Mukhia. Stephen Soren nia. online chapa so_do_r re sanam ko t.hen khon jaoge santal somaj rean· lahanti, o_nor. katha ko ar gut. katha, santal koak´ jahan so_mbat ge dha.rti reak´ jahan t.ha.i kho_n nond.ebon kol dar.eak´a. Nia.re chapaso_do_r kate aboren sanam boeha miserako n´el arko par.haote ko bad.ae n´ama. Nonkate tayom daram pir.hiren ko t.hen aboak´ pa.rsi bo jia.r. dohoe tabona. Nia. chad.a ho jarwaakan ko sanam mit´ monte jomokate nia . jia.r. dohoe la.git´ kami ko got´keda. Sopolha sabhare selet´ko tahe˜kana Rev. Soban Kisku, Mn. Robindronath Hembrom, Mn. Hingu Murmu, Mn. Markus Murmu,

Prodip Hembrom, Emmanuel Mardi, Promila Hasda, Sontosh Tudu, Nirola Murmu, Sujonti Murmu, Subhas Baskey sa˜o arho onolia ko .

Tesar Santal o_no_lia_ He_lme_l hoyena

Paromen pa.hil epril 2022 Dina.jpur jila. reakʼ be.ld.anʽga ato CDSP ophisre Banʽgladesh re_n santal o_no_lia.ko nia.te_ tesar Santal O_no_lia. he_lme_l hoyena . Banʽgladesh re santalko talare niropon ho_r.mo_, shikha.una ar a.rica.li nia.te_ ka.mikan banadhao KUKMU D.IN.D.A. hotete noa he_lme_l do_ ho_ho_ hoylena . He_lme_lre_ se_le_tʼakan ho_r.ko talare kukkmu banadhao do_ akoakʼ uddesso, ka.mika.sni ar mo_nsuba.ko so_do_rkeda . Nakha – ila.ka re_n santal o_no_lia.ko cinha.u, ce_tʼ le_kate_ so_no_do_r (publication) ca.lu do_ho_y hoyokʼa, be_-po_rho_ko cinha.u ar t.ehad. daram, somaj saote sa.ga.i benao rakapʼ, Santal gun-man ho_r.koakʼ katha ja.hir – nonʽkan emanteakʼ beparteko galmaraokeda . Aema nakha kho_n Santal o_no_lia., projukti banad.aeicʼ, kho_ndro_nia.(reseachers) , niropon ho_r.mo_ raranicʼ, uthna.u ka.mia., a.n ka.mia., mahasoe ar pa.t.hua.ko sa˜o Mor.e_˜ gel kho_n d.her ra.sia.ko noa he_lme_lre_ so_ho_r se_t.e_rko

tahe_˜kana .



He_lme_l gapalmarao o_kte_ mukhia. lekatei tahe_˜kana KUKMU banadhaore_n mukhia. Manotan Somres T.ud.u. Pe_r.a lekateko tahe_˜kana KUKMU re_n batlaoic' D.r. Hilarius Hembrom, KUKMU re_n dosar batlaoic' Ma.n. Sebast.ian Hembrom saheb, iskul didimuni Ma.n. Meri klit.en.d.a . Arho_˜ so_ho_r se_t.e_rko tahe_˜kana kukmu re_n ka.mia.r ra.sia. Benjamin soren , Maike.l baske, Raju hembrom. Galmarao re_ se_le_t' katet' baktan e_m hotete he_lme_lko sohanleda, brak re_n uthna.u ka.mia. Bindhan baske, Owarld. bhison re_n Albinus soren, projukti banad.aeic' So_mo_r M soren, Raimo_n.d. hasda, Jonas soren, Lit.on soren , Gabriel Kisku, Probhati Ma.rd.i, Maikel soren , Naresh Marand.i, Som Kisku, Komol T.ud.u, Filimon Hembrom , Prodip Hasda, Shakil T.ud.u, Sohel Ma.rd.i , Sonali Murmu, Parul Hasda , Mikhael t.ud.u arho_˜ emanko. He_lme_l akhr.a cacalaoic' lekatei tahe_˜kana, KUKMU banadhao re_n jog ma.n´jhi Mukul kisku .

Diso_m re Hor. lekha (Bhot.ar talika) hoy aro_e lagit´

hukum jari akana

Arho˜ Bhot. reak´ ta.lika. n´el aro_k´ kana-2022 serma re Got.a diso_mre darakan 20/05/2022 kho_n darae kan pe_ hapta dha.bic´, Or.ak´ or.ak´ sen katec´ bhot. ta.lika. n´el aro_k´a mente bad.ae akana. Nawate bhot.ar hoyok´ la.git´ cet´ cet´ko ja.rur. kana:-

* Ko_m se_ ko_m janam serma 2007 hoyok´ lagaok´a.

* Online re janam ol car.haoakat´ photocopy.

* Baba/gogowak´ ID (NID) photocopy.

* Ja˜wa˜e/Ba.huwak´ ID photocopy.

* Sikhna.t jingi reak´ certificate.

* Hor.mo Reak´ Mayam group bida.uakat´ certificate.

*Thamga.d.i akan or.ak´ reak´ ma.sul ra.sid (Holding tax receipt) reak´ photocopy.

Disa. dor.hawak´ bisoi ko: Okoekoak´ janam certificate online re ba.nuk´tako, onkokoak´ a.d.i usa.ra online re janam ol car.hao hoyok´a. Ar tina.k´ hor.ak´ do_ online re ol car.hao akan menkhan certificate sa˜o mila.u ba.nuk´ metak´me bhul menak´, tur.ighur.ige jut ar t.hik t.hak la.git´ neho˜r tahe˜yena.

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_ ud_a_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.

Ho̱ro̱re Dak´ Bale N´ama La̱i̱kedako Onḏenko Casa

Ho̱r̤o̱ khetre dak´ bale n´ama la̱.i so̱do̱rkedako onḏ.enko casa. Santal casa noa karonak´tegekin go̱c´ena mente tojbij se̱ todonto committee ko baḏ.ae ocoketkoa. Calaoen (27 March) nukinak´ goc´en rean̈ aso̱l jo̱stet´ cet´ kana, baḏ.aejon̈ la̱.git´te tojbij Committee ko bandhaoena. Ar noa committee bandhao do̱ Krisi Montronaloi ren jonor̤ secretary (socib) Md. Jubaur Hosen Bablu ak´ a̱.k´yurtege hoe akana.

Hola Mon̈golbar (29 March) tojbij la̱.git´ ona atote Committee ko senlena. Avinath Mardi ren or̤.ak´ hor̤ Rojina Hembrom do̱ un jokhen onkoe baḏ.ae ocoket´koa je, Sakhawat dak´ bae emok´kante or̤.ak´ hor̤.tin´ bise jo̱mkeda. Ente gujuk´ lahare nonakae baḏ.ae ocokeden´a.

Onka leka onḏ.enko casako la̱.i so̱do̱rkkeda, Onkage hor̤ n´elte dak´e emakoa mente. Ren̈gec´-ore̱c´ hor̤.ko jao ghur̤.ige tayom bar̤.akakoa. Ar enkathae ghus t̤.aka hataoate sa̱.n̈gin´ reak´ khetko laharey dak´ mar̤.an̈ak´a.

Avinath Mardi ren or̤.ak´ hor̤ Rojina Hembrom ar Robi Mardi ren boeha Sushil Mardi ba̱.di kate di̱.p cak´laoic´ birud thanarekin mamla akada. Cedak´je Sakhawat do̱ unkin babar got̤.en casa gujuk´ lekan ba̱r̤.ic´ dosarey d̤.on̈kao se t̤.helao akat´kina. Ar onka leka ghot̤.na babotre nit ho̰ 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˙go daram lekan khemota tahe˜n khan, a.d.i algate rog khon rukia.bo n´amdar.ekea. 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 napaeye 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 asambher.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.