

# Bir\_i-Sikar\_et N'ute Hoedar\_eak' Muskilanak' Ko

Jo\_to\_hor.gebon pust\_aua Bir\_i-cut\_i do\_hor.mo la.git' muskilanak' kana mente. Noa kakhante hor.more nana-parkan rog n'elo\_go\_k'a. Thamakur lekan jinis ba.r.ti beohar kha.tir Cancer lekan gujuk rog ho' d.her idik'kana.

Bir\_i n'ute Cancer sa'o arho~ ekal high blood pressure ar cholesterol d.herogo\_k' kana. Thamakur jo\_mte hor.more ma~ya~m pasnaok' kan sirre dhu~a. jarwak'a, nonkate stroke heart attack hoe dar\_eak'a.

Jaribte n'elo\_go\_k' kana, amdaj 34.6 percent se~r.a~ metak' me harata.l hor.ko ba.r.tiko n'ujon' kana. Noa sima. baher n'u kakhante aema lekan rog bihinte ja.bunkate bo\_cho\_rre amdaj mit' karor. hor.ko gujuk' kana. Ar bir\_i n'ute bo\_cho\_rre amdaj 53 percent hor.ko gujuk' kana.

Menkhan pasec' d.her hor.ge babon bad\_aea, bir\_i n'ute me~t're muskil he\_c' par.aok'a. Ente gobesona meneda, Thamakur dhu~a.te eyae hajar khon ba.r.ti chemical saran'jam menak' akada. Noa ko modre thor\_a do\_me~t' la.git' a.d.itet' ba.r.ic'anak' kangea. End.ekhan dela thor.agan bon bad\_aelege, bir\_i n'ute cet' cet' muskil dosa hoe dar\_ekea-

## **Me~t' ro\_ho\_r.ok'a se me~t' dak' an'jetok'a-**

Hor.mo rean' maran' uta.r tarantar kana noa me~t'. Sikar.et. se bir\_i dhu~a.te me~t' kho\_n dak' lekan bo\_stu ekal an'jet'ok'a. Ar nonkate ba\_i ba.ite me~t' ro\_ho\_r.ok'a. Ba.r.tikaete, me~t're arak' dag, me~t' haso se me~tre nana parkan muskil dosa do\_he\_c' par.aok'a. Noakage calao idilenkhan mit' okte me~t marsal ad metak' me ka~r.a~ reak' bo\_to\_r tahe~nok'a.

## **Me~tre cha\_uni:**

Arho~ ba.r.ti bir\_i cut\_i n'ute ja~ha~ umerege me~tre cha\_uni n'elo\_go\_k'a. Bir\_i n'ute me~tre maran' uca.t. par.aok'a.

Bad.aekak'bon, umerte lahalen khange me~tre cha.uni n'elo\_go\_k'a,  
menkha bir.i cut.i n'ute ho~ ja~ha~ umerrege cha.uni hoe dar.eak'a.  
Ona ia.te sa.rige noa khonak' pharakre tahe~nge bogea. End.ekhan  
nonkan dosare o\_ho\_bon par.aolena.

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## Don' Seren'

Gate gatelan' tahe~kana

Haere a.d.i gatelan' tahe~kana,

In'ko ja~wa~ekedin'

Am ko ja~wa~eket'me

Gate ma~ya~ chad.aoen.

Ne sakam sabme

Gate ma~ya~ re\_t'me

Do a.tu golkam gad.a dak're.

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## The Santals Times reak Sopolha Sabha

Hola Sa.nicar (02 April) Chapainawabganj jila. reak' Amnura  
re The Santals Times reak' mit' sopolha sabha do\_ hoe  
pura.ueno. Sopolha sabha reak' aso\_l jo\_stet' do\_, 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\_haute 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 saõ arho onolia ko .

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# Tesar Santal o\_no\_lia . He\_lme\_l hoyena

Paromen pa\_hil epril 2022 Dina\_jpur jila\_reak' be\_ld\_an'ga ato CDSF ophisre Ban'gladesh re\_n santal o\_no\_lia\_ko nia\_te\_tesar Santal O\_no\_lia\_he\_lme\_l hoyena . Ban'gladesh re\_santalko talare niropo 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\_t'akan ho\_r.ko talare kukkmu banadhao do\_akoak' uddesso, ka\_mika\_sni ar mo\_nsuba\_ko so\_do\_rkeda . Nakha – ila\_ka re\_n santal o\_no\_lia\_ko cinha\_u, ce\_t'le\_kate\_so\_no\_do\_r (publication) ca\_lu do\_ho\_y hoyok'a, be\_-po\_rho\_ko cinha\_u ar t.ehad\_daram, somaj saote sa\_ga\_i benao rakap', Santal gun-man ho\_r.koak' katha ja\_hir – non'kan emanteak' beparteko galmarakeda . Aema nakha kho\_n Santal o\_no\_lia\_, projukti banad\_aeic', kho\_ndro\_nia\_(reseachers) , niropo ho\_r.mo\_raranic', uthna\_u ka\_mia\_, a\_n ka\_mia\_, mahasoe ar pa\_t\_hua\_ko saõ 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. Sebastian 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 , Maikel 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 .

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**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.

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## 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.

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## 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\_labon 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\_kolbar (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.

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## 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.

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# 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\_nigin' 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.

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# 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.