

# Dengue Rua

Nia ko din a.d.i ba.r.tikaete dengue rua cha.plao akana got.a disomre. Noa rua.te ja.bukate aema hor.doko gujuk' kana. Onate nia ko dinre Haspatal kore ho~ dengue rogi te perec' akana. Enreho~ hor.ko talare ja~ha~n sontor se cetonge ba.nuk'a.

## Dengue rua cet' lekate cha.pla.uk'a?

Dengue rua d.her do sikr.i~c' ko hotete mit' hor.khon et.ak' hor.t.hen uca.r.ok'a. Cedak' je, sikr.i~c' tinre dengue rua.te ja.bun akan hor.e gere unre uniak' hor.more mit' lekan virus do bolok'a. Ina.kate uni sikr.i~c' hotetege et.ak' hor.ak' hor.more noa rua uca.r.ok'a. Onate dengue rua.te ja.bunok' hor.ko mosari bhitrire dohoko hoyok'a. Jemon uni khon et.ak' hor.ak' hor.more rua ban' uca.r.ok'. Ba.r.tikaete okoe koak' hor.more Immunity se rua birud ten'go daram reak' dar.e sa.kti komge onkan hor.ge a.d.i usa.ra noa rua.teko ja.bunok' kana.

## Dengue rua reak' cinha ko:

1. Lac hasoa.
2. A.d.i ba.r.ti dak' tetan'a.
3. Ghane ghane bec' se bec' ban' bondok'a.
4. Bec' sa~ote ma~ya~m ho~ ond.on'ok'a.
5. Jambe khon ma~ya~m jorok'a.
6. Turui ghont.a khon ho~ d.her gha.r.ic' racate ban' hoyok'a.
7. Sahe~t' re muskil hoyok'a.
8. Hor.more lan'ga at.karok'a.
9. Hor.mo reak' tapmatra komok'a.

## Dengue rua khon rukhia reak' upa.i:

1. Or.ak' ad.epase sapha sa.phi dohoe hoyok'a ar okare ho~ dak'ko ban' jawa ocoe hoyok'a.
2. Or.ak' ad.epase kore gid.ikak' ba.lt.in, t.ob , plast.ik kore dak' jarwak'a, onate bin ja.rur.ok' jinis d.asbinre gid.ikak' hoyok'a.

3. Ja pit' okte mosari t an'gao hoyok'a.
4. Ti dha bic' an'grop'-kic'ric' ko horok hoyok'a.
5. Sikr i'c' khon rukhia n'am la git' sikr i'c' ran cream beohar hoyok'a hor more ar or ak're do jaoge Aerosol spray hoyok'a.

Dengue khon rukhia k' la git'te cetanre emen nia mko leka calak' ar manao ganao hoyok'a. End ekhan sanam hor ko kha t.ige dengue rua khon rukhia bon n'amte napae bon tahena, Ar nonkate niropon hor mo ho~bon hamet dar eak'a.

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## In'an' Jo\_s do\_ Ce\_t' ?

Bochor a curok'kan sa~o sa~ote arho~ he\_c' set erena Santal ja tkoak' her an dinisa ma~ha~ 30 Jun. Noa din do\_e disa ocoet' bon kana Santal, A diba siko cetanre hoelen sanam lekan santhao, siba.r., bhina bhini, be\_ba.sut, ar disom, kort. kacaha rikore deko, In'ra.jkoak' china.puri beohar, oka karonte do\_ janamlen Santal hul 30 Jun, 1855 Khr. Noa hulre a.k'yurkoko tahe~kana Sidhu, Ka.nhu, Ca~nd, Bhaero bha.ya.diko. Bud a.kil udga.u suhu~k' ar gor.o gopor.oko n'amleda pargana, desma.n'jhi, ma.pa.n'jhiko ar ona elakakoren ba~r.tikae Santal ar et.ak' et.ak' A diba siko kho\_n. Ado\_ noa Santal hul reak' motlob ar jo\_ste' do\_ ce\_t' tahe~kana? La.ilek do\_ dho\_rage tahe~kana- a) Sanam lekan siba.r., koclon ar ba.d.a.ria. deko koak' china.puri beohar bond. b) Sik'ba.r.ia. deko jumidar, sudkhor mahajon, jotdar, t.ho\_kbaj, pha.sia.ra bepariko elaka khon laga n'irko. ar c) In'ra.j ar onkoak' sason bebostha humca.k' gid.iete akoak' raj sason t.arhao. Un o\_kte\_ Santal A diba siko jeleka siba.r. arko santhao ocok'kan tahe~a, end ekhan onkoak' buj lekate akoak' hul reak' motlob/jo\_s do\_ t.hikge tahe~kana. Gha.t.ti do\_ tahe~kana sanam se\_nte apnarak' dar\_e jothat leka ban' ajmao dar.eak', la.r.ha.i calao ar t.arhao reak' dar\_e apnarre ban' tahe~kan, apnarak' monsuba. se\_

motlob In'ra.jko batao ocoko reak' targhar ban' bad.ae, noakoge gha.t.ti se\_ obhab do.Tobe ja.t hisa.bte jaoge gorob reak' katha do\_ noage, bir bant.a leka jiwiko alae akada, apnar bako soprotlena. Khan arho~ kukli- Santal hul reak' jo\_s do\_ tina.k'gan arjao akana? He~, ro\_r. rua.r. do\_ muskilgea !

Nit do\_ arho~ nia jugren jua.nko t.hen kukli- amak' jo\_s do\_ ce\_t'? In'ak' jo\_s do\_ ce\_t' kana ? A.diba.si hisa.bte aboak' lahanti reak' dorson do\_ ce\_t' ? Noa maran' salmesal somajre ekal mesal mila.u uta.rok' ? Se\_ sirja.n reak' nanahuna.r mut.ha.n t.ika.u do\_ho\_ete ja.t bhina. bhini hudis ba.gi gid.ikate jo\_t.o\_ ja.t, dho\_ro\_m, pa\_rsi, legcarren ho\_r.ko sa~o nira.ite girobasok' ? Raja.ri reak' ilin/cap begor, man manot lia. apnar somaj reak' lahanti ar disom lahantire jo\_to\_koak' se\_pe\_le\_t' ?Nindara A.diba.si sikhna.t jua.nko disom, ja.t ar apnar somaj, legcar, pa\_rsi, apnar man manot, ka.mi n'am reak' a.t ar noa karonte apnar gharon'j khon a.d.i jha.lre tahe~n hoyok'kan emanko lia. ga.hir hudisok'ko ce\_t'et' kana. He~, noako babot do\_ aboko hudistege lekkan tabona. O\_kte\_ parom calak'kan buhire apnar buha.l paromok' do\_ ekal ban' t.hik kana. Non'kaete do\_ kha.t.ige ba.i ba.ite mohor met.aok' do\_bre bon par.aok'a; ar ban' khan jaejugge et.ak'koren gula.m leka kat.a latarre bon tahe~na, oka do\_ sirja.n reak' bemanot. Galmaraore jopor.ao menak' kha.tirte arho~\_ menkok'a- mit' bar A.diba.si ho\_r.ko apnar jo\_m n'u~ reak' aotanko (□□□□□□□□) tear dar.eakat'a t.hikge. Menkhan, adomko do\_ ac' ac'tege somaj ar apto gust.iko khon pharak akanko tahe~n kana. Onko do\_ somajre ce\_t' ka.mirege bako lagaok' kana ar noa la.git' ce\_t' da.nd ho~ ba.nuk'takoa. Arho~ mit' bar cetan sikhna.t jua.nko do\_ napae napaeko cinta. bhabnaea, mon'j ka.mikoko ti jan'gawak'a; menek oka do\_ ako bhitrire mot reak' bemil, apayurre bekusi, bintiric', dho\_ro\_m lia. re\_t.e.pe\_te\_ eman karonkote maran' ranajot. do\_ ban' tear rakap' kana. La.t.u ho\_r.ko bhitrire ho~\_ nia.ko karonge. Thor.a sikhna.t kor.a kur.iko aemage pharak disomre ka.mi kha.tirte menak'koa. Ond.e nanaparkan muskilak'kote tenakan, adomko do\_ arho~ be\_sapha, belek jin'gire se\_le\_t' akan, okoe do\_ rua. hasore ja.bun akan menak'koa.No~k'o~e non'ka abo A.diba.si ho\_r. hopon koak' jingi hal do\_.

Khan, muca.t're arho~ jua.n kor.a kur.iko t.hen kukli- Santal hul reak' motlob/ jo\_s tahe~kana. Naha~k' noa dha.rti in'an' cinta. bhabna jugre amak' jo\_s do\_ ce\_t' ? Amak' ar somaj lahantie reak' dorson do\_ ce\_t'? Jo\_stet' do\_ n'el t.hik hoyok'a, miť sa~ote ar ban' khan eskar ho~ lahak'tege hoyok'a, hante nhote hon.d.ealen khan do\_ ban' hoyok'a. Tin din aboak' mon ontorre jothat jo\_stet' ban' gad.aok'a, bin-hiska. jotokote kajakte babon lahak'a undin abo somaj reak' as akan jo\_stet' joaok' do\_ ban' n'elok'a.

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## Jisuge Aboren hor Uduk'ic'

Jisu do Thomae metadea, " In'ge hortet', sariak'tet', ar jion. In' hotete ban'khan okoe ho~ Baba t.hen ohoko sen dar.elena." (Johon 14:6).

Tehen' okoet.ak' hor. ho~ Jisu n'ele la.git' ar Uniak' katha an'jom la.git' hahan'karte bako calak' kana. Ar nan'graha kore uniak' hoho ho~ ban' an'jom n'amok' kana. "Nasaretren Jisu onkatey tar.am idiyeda". (Luke 18:37) menkate okoe ho~ bako hohoyeda .

Enreho~, tehen' noa katha do sa.riak'gea je Jisu bae n'el n'amok'kan reho~ abo sa~ore menaea, hore uduk' abon kana are a.yuret' bona. Dula.r. katha abo t.hene ja.hiret'kana. Ar okoeko do et.ak' t.ua.rko se ren'gec'ko se rua.re ja.bun rugi la.git' ko ka.miyet' Jisu do onkoe gor.o are bhorako kana. Onate abo mon'j taken la.git' ar Jisuak' daya ar a.sirbad n'am la.git' uni t.hen neho~r hoyok' tabona ar Jisu do abo son'gete tahena ar aboak' neho~r katha ko an'jomtabona.

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# Darakan Sokolbar SSC Bid .a .u Reak´ Jo Sodorok´a

Calaoen 30 April Secondary School Certificate (SSC) ar ona man reak´ bid .a .u ehop´lena. Ona bid .a .u are (9) got .en sikhna .t board reak´ tabere bargel (20) lakh khon ho´ d .her pa .t .hua . gidra . bid .a .u ko em akada. Ado ona SSC bida .u reak´ jo do darakan Sokolbar (28.07.23) July sodorok´a. Bid .a .u reak´ jo sodorok´te eken mit´ din ba .ki menak´a. Sokolbar setak´ 10:30 baja tala do nij nij sikhna .t t .ha´ona khon ar Online re mit´ sa´ote sodorok´a.

SSC Pa .t .hua . ko do cet´ lekate bid .au jo ko bad .ae dar .eak´a, ona ho´ Dhaka Madhomik ar Ucho Madhomik sikhna .t board pust .aute bad .ae ocokeda. Dhaka sikhna .t board reak´ mit´ d .ha .rwa .k´re menakana, SSC pa .t .hua . ko do sikhna .t board reak´ website [educationboardresults.gov.bd](http://educationboardresults.gov.bd) re bolokate Roll no, Registration no, bid .a .u reak´ n´utum, bochor metak´me bid .a .u emakat´ serma se sal ar sikhna .t board select katec´ submit bat .on re click lekhangе jo bad .ae n´amok´a. Ina . chad .a ho´ mobile re ho´ jo bad .ae n´amok´a. Ona la .git´ Message option re bolo katec´ SSC ol hoyok´a ar space emkate board reak´ n´utum pa .hil pea akhor ol katec´ arho´ space emkate roll no ol hoyok´a arho´ space emkate bida .u reak´ bochor se sal ol katec´ 16222 nombor re kol hoyok´a. (Udharon lekate-SSC DHA ROLL YEAR) nonka ol hoyok´. Noa ko ol kate t .hikte kol lekhangе bid .a .u reak´ jo do message hotete bad .ae n´amok´a.

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## Meskoc´

Meskoc´

(1)

Iskulte bilom calak' reak' karontet'-

**Mahasoe:** E Ga\_blu, cedak' kelas hijuk'em bilomena?

**Ga\_blu:** Mahasoe, en'ga\_n' a\_pun' kin jhogr.ak' kan tahe~kana.

**Mahasoe:** Cedak' am dom thiret'kina ado? Juri-pa\_ri ak' jhogr.a do ac' ac'tege cabak'a.

**Ga\_blu:** Ona don' bad\_aegea Mahasoe.

**Mahasoe:** End\_ekhan cet' tobe?

**Ga\_blu:** Ente in'ak' send\_el mit't\_en en'ga\_n' ar mit't\_en do a\_pun' ak' tire tahe~kana.

(2)

Mit't\_en d\_urukia. pocra hor. gad\_ate paerak'-e sen akana-

**Pocra hor.:** E ke~ot\_a boeha, gad\_are bin' ko ba\_nuk'koa tho?

**Ke~ot\_a:** Ban'a boeha, ba\_nuk'koa bin'.

**Pocra hor.:** end\_ekhan ma nirbhabnan' paera dar\_eak'a.

**Ke~ot\_a:** He~ paera dar\_eak'geam, Menkhan thor\_a sontorte paera hoyok'a.

**Pocra hor.:** Cedak'?

**Ke~ot\_a:** Mit't\_en tayan menaea. Unige sanam bin'-e jom marao akat'koa.

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# Mit't.en Pha.kir Hor.ak' Golpo

Gad.a d.hipre mit't.en pha.kir se kokoe hor.e dur.up' akan tahe~kana. Ona ar.ete mit' hor.e parom calak'kan okte pha.kire kulikededa, "cedak' nond.em dur.up' akana? Ado uni ror. rua.r.adea, " tinre noa gad.a an'jedok'a, jemon noa gad.an' parom dar.eak'. " khangé uni hor.e mengot'keda, noa do cet katham meneda, got.a gad.a an'jedok'em ta.n'gi horet' khan, tisre ho~ ohoge noa gad.am parom dar.eak'a? Unre uni pha.kir se kokoe hor.e menkeda, Sanam hor. noagen' bujha.u ocoyet'koa je, Ape modre okoe do jao ghur.ige memen kan je, noa jion jingi reak' joto lekan da.yik ka.mi kon' pura.u lekhange kusi ra.ska. hesec' sekrec' ren' tahe~na, joto hor. sa~oin' n'apama, hor.kon' seba joton koa, a.cur arin' mand.rao bar.aea, nonkan katha ror. do ban' t.hika. Cedak'je onko do bet.hik katha ko ror.or. kana.

**Sikha.una:** Mit'din sanamko noa dha.rtibon ba.giak'a menkhan noa dha.rti jion jingi reak' aboak' da.yik tis ho~ ban' cabak'a. Onate aboak' jion reak' joto lekan da.yik ko aboak' jion reak' calak' horre son'ge son'gete ka.mi hoyok'a. One oka do abo mimit'ko kusi ra.ska. ar suke emabon. Aboak' da.yik reak' bojha una.k' do babon hamala, oka do aboak' jionre suk bodolte eken duk da.ndite perec'kok'.

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## A.kilan Hor.

Mit't.en a.kilan bha.gan hor.e tahe~kana. Jao hilok' a.yup' bela uni t.hen hor.ko hijuk'kan tahe~kana. Ar uni hor. do onkoak' suk-duk muskil reak' katha an'jomkate aema lekan solhae emakoa ar ona muskil cabae reak' hore uduk'ako kan tahena. Adom hor. do ina. mit' muskil karonak'te ghane ghane hijuk' ko ehop'ena. Ado hec'kate ko rak'et tahena.

Mit'din uni a.kilan hor. do hec' akan hor.ko mit't.en meskoc'e la.iat'koa. Ona meskoc' an'jomte selet' akan joto hor. landa landateko lan'ga cabayena. Ina. mit' gha.r.i tayom arho~ ina. mit' meskoc' ge la.iat'koa, nia. dhao do an'jomkate thor.a hor.ko landakeda. Tinre tesar dhao ona meskoc'e la.ikedda, unre onko hor. modre okoege bako landaleda. Adoe menkeda, "Ghane ghane mit't.en meskoc' an'jomte landa ban' sanayet'pea, menkhan ina. mit' muskil ia.te cedak' ghane ghane pe rarak' kana?

**Sikha.una:** Duk-da.ndi, muskil do eken dar.e ar okto-e nost.oya. Noa do tis ho~ muskil do bae miman'sa dar.eak'a.

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## Lumpy Skin (LSD) Rog

Ban'gladisom reak' adom adom t.ot.hare D.an'gra koak' mit' lekan rog se rua. do hec' par.ao akana. One oka do D.an'gra ak' got.a hor.mo metak'me hartare d.ambak' d.ombok' rakabok' kana. Ona rog do Lumpy skin (LSD) rog ko metak'kana. Nia.ko dinre D.an'gra merom a.sulet'ko hor.ko a.d.i botor ar cintare menak'koa. Ba.r.tikaete Lumpy skin rog do virus kana. Noa virus rogte ja.bun kate aema Mi~hu~ D.an'gra koko gujuk' kana. D.aktar ko menet' kana, noa rog do virus kana. Nit dha.bic'te rog reak' jahan ran rehet'ge ban' benao akana.

Noa rogte ja.bunok'kan D.an'gra do pa.hilte rua. n'amkoa, jojom ban' sanakoa. Ba.i ba.ite rua. d.her idilen khan mu~ ar moca khon ulidak' ond.on'ok'takoa, jan'ga ar hot.ok' phula.uk'takoa, ja.bun akan D.an'gra ak' kor.am latar bar jan'ga reak' tala baraba.rire dak' jarwak'a. Ina.kate D.an'gra ak' got.ae hor.more d.ambak' d.ombok' rakabok'a ar ona do seak'a. Ina. chad.a ho~ hor.mo reak' up' ho~ n'urok'takoa, harta ho~ pot.agok'takoa. Noa rog biseskaete la.t.u D.an'gra do ban' n'amet'koa, ente onkoak' do sahao dar.e d.heragea. Hud.in' se ka.t.ic' mi~hu~ D.an'gra ko d.her n'amet'koa. A.d.i algate noko doko ja.bunok' kana. Cedak' je hor.more rog birud ten'go daram

reak' dar\_e do komgetakoa. Mit' D.an'gra khon et.ak' D.an'gra ak' hor.more noa rog do sikri~c'-ro~ hotete uca\_r.ok'a. Onate noa rogte D.an'gra ko ban'cao ko la.git'te mosari beohar a.d.i ja.rur. kana. Ina chad\_a katet' reho~ D.an'gra ko sapha sa\_phi dohoko hoyok'a. Ja~ha~e D.an'gra ak' hor.more noa rog reak' cinha. n'elok're pa\_hilte jib janwar ren raranko sa~o katha ror. hoyok'a se hapatal ho~ idiko hoyok'a. End.ekhan okte na.pitre ja.bun akan D.an'gra cikit'sa ko n'amlekhan algategeko napae dar.eak'te niropon hor.mo ko n'am rua\_r. dar.eak'a.

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## Ga\_~r\_i~ Ak' Go\_lpo\_

Mit' atore a.d.i uta\_r ga\_~r\_i~ ko tahe~kana. Mit' dhao mit't.en ho\_r.e la.i ja.hirkeda je, uni do\_ Ga\_~r\_i~ kirin' koa ar mimit' got.en Ga\_~r\_i~ ak' dam gel (10) t\_aka katec'e emo\_k'a. Ado\_ atoren ho\_r. ho~ko ta.n'khikeda ad.epasere a.d.i uta\_r Ga\_~r\_i~ menak'koa, end.ekhan noa katha ho~ a.d.i ba\_r.ic'ak' do\_ ban' kana. Khange atoren ho\_r.ko bir-gajar. ko senente Ga\_~r\_i~ sasap' ka\_miko dhura\_uena. Ado\_ ro\_r. sad.e akat' katha leakage atoren ho\_r.ko t\_hen khonak' gel t\_aka katec' mit' hajar (1,000) got.en Ga\_~r\_i~ kirin'ket'koa. Ina.kate arho~e ja.hirkeda, nit khon do\_ mimit' got.en Ga\_~r\_i~ ak' dam bargel (20) t\_aka katec'.

Atoren ho\_r.ko noa katha an'jomte arho~ a.d.i kurumut\_u salak' Ga\_~r\_i~ sasap'ko ond.on'ena. Onate a.d.i usa.ra ad.epasere Ga\_~r\_i~ koak' son'kha ho~ kom cabayena. Hor.ko ho~ apan a\_pin or.ak' rua\_r.ok' ko ehop'ena. Khange uni ho\_r. do\_ nia. dhao Ga\_~r\_i~ ak' dam bargel mo~r.e~ (25) t\_aka katec'e got.akeda. Note Ga\_~r\_i~ ko ho~ nuna.k' ko komena je, Ga\_~r\_i~ sendra n'an'amge a.d.i muskil.

Ina.kate onkage arho~ mo~r.e~gel (50) t\_aka d.herkedada. Uni ho\_r. do\_ noa nawa dam ja.hir katet' ac'ak' ba.nij bepar ka.mi kha\_tirte so\_ho\_r bajarte senena. Ado\_ ac'ak' ka.mi reak' da.yik do\_ ac'ren son'ge

ho\_r.e emadea. Nia dhao uni ho\_r.ren sa~o go\_r.o\_ic´ do\_khan´ca perez´ Ga~r.i~ od.ok´ket´kote ato ho\_r.koe n´el ocoket´koa. Are metat´koa, nit noko mimit´ got.en Ga~r.i~ in´ t.hen khon pegel mo~r.e~ (35) t.aka katec´pe kirin´ dar.eakoa. Ente nit´ ma ar bir-gajar.re cele Ga~r.i~ge ba.nuk´ko. End.ekhan mahasoe-e rua.r. hec´len khan mo~r.e~gel (50) t.aka katec´ uni t.henpe a.khrin´ dar.eakkoa. Khange onko bebuj lelha ho\_r. do\_a.d.i usa.ra uniak´ kathateko ma.lun´ena ar jo\_to\_ Ga~r.i~ko kirin´ket´koa. Ina.kate dosar hilok´ khon uni ho\_r. ho~e an´genena, ina. tayom nit dha.bic´te unkin ho\_r. ona atore ba.kin n´el n´am akana.

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## Seton´ Reak´ Ra~tte Got\_a Ba\_iha\_r. Rohor. Cabak´ Kana

N´el n´elte got.a ba.rsa. din parom calaoena. Enreho~ got.a disomre serma dak reak´ a.d.ige t.ont.a par.ao akana. Jao sermage ba.rsa. din do ekal got.a khet-bar.ge ar hor-bir ko dak´te cehel cepel ar rear.ge hisit´ hisit´e hoe-et´ kan tahe~kana. Menkhan nes bochor do got.a ba\_iha\_r. khet-bar.ge ko setaon´te rohor. cabak´ kana. Khan nes bochor agha~r. hor.o rohoe re cas-abadko a.d.i muskilreko par.ao akana. Onate nia. dhao do agha~r. hor.o rohoe la.git´ casa se cas abadko kirin´ dak´te hor.o ko rohoe kana, ar kirin´ dak´ arec´ bakhrate a.d.i at. t.aka paesa ho~ khoroc´ lagaoako kana, one okoe do dak´ t.ont.ate nit ho~ hor.o bako abad dar.eak´ kan. Dak´ ba.nuk´te hor.o rohoe ar khet bar.ge losot´ reak´ ja~ha~n bhir.ge ba.nuk´a. Ba\_iha\_r. kore ja~ha~n nahel reak´ sad.e ho~ ban´ an´jomok´ kana. Got.a ba\_iha\_r. dan´gra merom ko a.tin´ bar.aeda.

Entebon at.kar dar.eak´ kana, niako din re tinak´ kajak´ lolo seton´ din calak´ kana. Setak´ tora cando rakap´ khon ehop´kate got.a din

bhor a.d.i kajake seton`eda. Sanam casa hor.ko ghane ghane serma  
sec`ko ben`get` rakap`et` kana. Noa as ar bhorsa katec`ge je, Tinre  
sisirja.uic` serma dak`e ja.r.ia mente. Ar rohoe akat` hor.o khet`ko  
serma dak`e n`amte napaete hara buruk`. Sanamko ina.mit` as ar bhorsa  
ko dohoyet` kana. Cedak`je nia.ko dinre dak` reak` a.d.i ja.r.ur.  
menak`a.