

# Him Ritic' Rear.

Sin' ni'inda sanam ghur.i

Uhu guhu oyo picha.ur.i

Ekal ba.nuk' cando seton'

Gidra.har.am urgum eton'.

Arho~ judi hisit' him hoe

Uta.r sec' khon halae halae

Manwa jion ekal ka.bu

Him rea.rte ja.bu tha.bu.

Sanam hor.ge koyok' horre

Tinre n'elok' seton' cot.re

Um paera bar pe ma~ha~

Ban'te hor.mo menak' aha.

Sirjon ma.lik noa dosa

Asok' kanle amak' bhorsa

Cando seton' emaleme

Tahen male am or.he~me.

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# U~t. Umul

Mit'din mit' hor. ha~ha~kar nirjon disome calaoena. Ha~ha~kar disomte calak' la.git' U~t.e bhar.a kede. Menkhan seton' reak' lolo ar a~c n'elte hor re thor.ae jira.uen. Ona ha~ha~kar nirjon jaegare seton' a~c komok' aste dur.up'ena.

Menkhan ona seton' reak' lolo ar a~c nuna.k' kajak tahe~kana je uni hor. do dur.up' bae tahe~ dar.eada. Onate uni hor. do U~t. ak' umulre dur.up'ena. Menkhan U~t. ma.lik do bae dur.up' ocoadea. Uni doe menkeda, in'ren U~t.. In' dur.up'a uniak' umulre. Uni hor. doe ror. rua.r.keda, nit nui U~t. in' bhar.an' hatao akadea, onate in'ge nui umulren' dur.up'a. Noa kathate U~t. ma.lik ar uni hor. talare jhogr.a ehop'ena. Ona oktere U~t. do jhogr.a n'elte ond.e khone da.r.keda.

**Sikhna.t:** Bar hor. talare jhogr.a hoelen khan tesar hor. do jaoge lab hoyok'taea.

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# Manwa Ontor

Einstein do\_ manwa ontor babot' cet'e menkeda; Manwa ontor do tinak' hõ ađi jasti cet'et' kanrehõ, barti kami do\_ bae bujhau dareak'a. Abo do\_ mit'ten kađic' gidra leka, mit'ten ađi marañ library re bolok' kana okađak' pađir do\_ juda juda pađsi reak' puthite sajao akan mit't.en sir.hi lekana. Oka sir.hi do amak' jionre a.d.i jađuok' kana ar noage cetan sec'e a.yur idimea. Gidra doe bađaegea, noa ko puthi do okoe hõe ol akada. Ona do bae bađaea okoe ar cet' leka.

Manwa ontor do\_ ađi jađuřan sir muscle organ kana oka do\_ ho\_řmo\_ reak'

sanam jaega kore mayan pamp kate ona do\_ oksigen ar jo\_m nam reak jinis ko\_ e\_mo\_k kana. Ona do\_ bohok reak darkore, bar paura talare menaka, ar ona do\_ 4 goṭen darkore haṭin akana: bar atria ar bar ventricle. Noa ari-ḥali do\_ systole (kaṭic´) ar diastol (paṭiaṭ) hote\_te\_ ḍahar-paṭiaṭ kana, oka do\_ monḍahar-paṭiaṭ nutumte baḍaeok´ kana.

### **Ontor ar ona reak´ kami do\_ cet´ kana?**

Dil do\_ manwa ar eṭak janwarko reak mit´ṭen aḍi jaṛuṛan ari-ḥali kana. Noa ari do\_ mayan ḍahar hote\_te\_ mayan pamp e\_mo\_k kana. Mit´ saote mon ar mayan ḍahar do\_ aḍi jaṛuṛa. Pamp akan mayan oksigen ar jo\_m jinis ṭisu re\_ idiet´ kana, menkhan metabolic bebḥar, jelekak ar bonḍaiok, poḥor re\_ idiet´ kana.

Manwa do\_ sirjon reak aḍi bhage jinis kanae. Aboak´ jotowak´ do Isorak´ tire menak´a. Uni do aboe ayur bona ar uniak kami ko do babon aṅgoḥeda. Isor do in ar ape jotokoge ac´ak´ kami laḡit´e kol akat´bona. Uni do abo leka kaṭic´ hudis ren Isor doe bankana. Abo do\_ babon baḍaea aboak bho\_g do\_ cet´ hoyoka? Menkhan uni doe baḍaegea aboak daraekan okte re cet´ hoyoka. Ar aboak´ ran do\_ tinak´ haḍic´ calao idika. Abo do babon baḍae daṛeaka je thoṛa gḥaric´ tayom do jiwet´´ bon tahe~na se bañ. Tinak´ din se\_ jion reak´ jaṛuṛ. Enhõ abo do\_ aḍi maran kami bon benaoda. Noa hudis se cinta do\_ tayo\_mte\_ aḍi jaṛuṛok´a se\_ bañ ona do\_ babon baḍae daṛeak´a. Enhõ abo do\_ astebon tahe~n kana. Abo do\_ as kate din bon lekhaeda.

Jodi abo joto ko thoṛa ar eken thoṛa din laḡit´ bon hudis lekhan. Tobe abobon goc´len khan id ar am reak´ cet´ hoyoka? Okareñ calaka? Cet´ leka jaega re calao hoyok´a? hae, manwa ontor do tinak´ muskilgea. Abo do\_ noa dhartire aboren duḷariako begor mit´ gḥaric´ hõ babon jion daṛeaka. Mit´ saote jom, nu, calao, duṛup, kami, hudis reak cet´ laḡti menak´a? Menkhan mit´´ṭen do eṭak hoṛe baḡioṭaka, metak´me gujuka, unre in ar amak´ do cet´ hoyoka. Ado thoṛa thoṛate bon hiṛina. Jion ar dharti do\_ bañ thir tahe~na, calao idik kana, calao idik kana ar mit´din do\_ thirgea menkhan dharti do\_ calao idik kana.

Onate as menak´a je etak´ko ho~ in laḡit´ ko koejon kana, menkhan

nitok' do apnar lagit' koejon reak' okte do hec' akana. Ado\_ apnar be\_g re\_ge\_ pe\_re\_c' ho\_yo\_k'a. Ente inak' bhage kami, bhage solha, etak' ko goroko, etak' koak' handi ban, sariak ar sariakte kami. Nit do inak' kami lagit' ban hudis lekhan etak' ho\_r do\_ in lagit' bako bhabnak'a.

Amak' ontor do\_ amak' ho\_rmo\_re adi jarura, ar amak' ho\_rmo\_ do\_ amak' ontor re adi jarura, banma am bujhau khon ho barti. Apeak' ontor ar hormo talare noa enec' do\_ apeak' ho\_rmo\_ adi bhage hoe dareak'a, se\_ ona do\_ bharic hoe dareak'a. Apeak' mo\_d ar apeak' hudis ari do\_ apeak' ho\_rmo\_ reak' at re\_ adi jarura. Noa lekate amak' ontor re dare menak'a.

Bujhau, hudis, bhabna ar kami jeleka ghotna ko lagit' mon do sar kana. Mon-hormo reak' muskil do\_ hoyok kana jinis ar mon reak' sambond bujhau lagit' jarur. Porom pora lekate\_, mon ar jinis aema dhao juda juda jinis lekate\_ hudiset' kan tahkana jahã do mit' etak' khon sadhinte\_ tahen dareak'a.

Mit'ten adi mo\_nj theory menak' ho\_r do\_ etak' ho\_rak' patiau, mon suba, hudis-bicar ar bhabna ko bujhau dareak'a, onate uni do\_ akoak' kami ar udgauko adi bhageteye badae dareak'a se bujhau dareak'a. Samajik kami, jogajog, etak' horoko saote sambond lagit' mon reak' theory do adi jarurgea.

Onate delabon nitok'ge some ar okte kana apan apin aboak' apnar kami ar hudisre ba\_r.ti bon gand\_onok' ma. Ar dha\_r.ti muca.t dinre jaejug t.ha~.ite set.erok' la.git' bhageak' bon ka.mi ma.

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# Santalko Talare Kombol Ar

# Kicric'e Emkeda NAGR

National Agency for Green Revolution do Chapainawabganj ar Rajshahi jila. reak santali dher atokore pe sae (300) hor'ko lagit' adi jaru'ran lolo kombol ar kicric'ko emkeda.



Kombol ar kicric' em ha.t.in're set.ere tahe~kana National Agency for Green Revolution ren ayuric Mn.Stephen Soren. Ona saote set.ere tahe~kana kaudi amla Minoti Murmu, Prosasonia amla Promila Hasdak ar Amnura Lutheran Mission Haspatal ren Manager Markus Murmu.

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## Toa Dare

Am do go toa dare

Sona sonage gom hohoa.n'kan,

Amren sona sona do gon'

Ban' kana toa dare,

Santal somajren sona ka.na.n'.

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# Mit't.en Hud.in' Ce~r.e~ Ar Sika.ri

Mit'din sika.ri mit't.en hud.in' ce~r.e~ sap'kede. Uni ce~r.e~ do a.d.i budane tahe~kana. Khange uni ce~r.e~ do sika.ri a.d.i a~t.e sarhaokede, are metade, am do a.d.i maran' sika.ri kanam! Nonkan aema ta.rup', aema bana ar jib janwarem goc' ket'koa, nonka aemam ka.mi akada. In' ma ka.t.ic' ce~r.e~, in'ak' ojon 100 gram ho~ ban', in' jom kate cet'em cekaea? In' jom kate lac' reak' mit' kona ho~ bam bik'a. Ona bodolte ar.ak'ka.n'me.

Pea damanak' kathan' la.iama oka do amak' jionre a.d.i ja.rur.ge.

Uni do nonkan kathae ror.et' tahe~kana je sika.ri doe bula.uen. Cedak'je joto hor.ge sunum hataoko kusiak'a. Et.ak' hor. bula.ue reak' alga upa.i kana sunum. Uni doe hudiskeda, "noa do t.hikgea. Nuna.k' ka.t.ic' ce~r.e~ jom kate cet' ho~ ban' hoyok'a. Thor.an' an'jomkak'ge nui ce~r.e~ cet'e meneda. Pasec' arho~ bhage hoyok'.

Sika.ri doe an'goc'keda, ce~r.e~ doe menkeda, in' do amak' tire dur.up' kate pa.hil kathan' ror.a, dosar katha do dare d.a.r re dur.up' katen' ror.a ar tesar katha do dare laphan' d.a.r re dur.up' katen' ror.a. Ado sika.ri doe menkeda, t.hikgea.

Ce~r.e~ doe menkeda, 'tis ho~ be-sa.riak' do alom pa.tia.uk'a. Sika.ri doe menkeda, sa.ri katha kana. Sa.rige be-sa.riak' do ban' pa.tia.uk'ge bogea. Ce~r.e~ doe menkeda, ma nit do darere dec' ocoa.n'me. Dosar kathan' ror.a. Khange sika.ri doe ar.ak' kede. Dare re dec'kate ce~r.e~ doe menkeda, 'okat.ak'em at' akat' ona la.git' do alom mon dukok'a. Sika.ri menkeda, noa katha ho~ sarigea. Ente oka jinis ba.nuk'tin' ona la.git' mon dukok' do ba.r.ic'gea.

Nia. dhao ce~r.e~ do dare laphan're ud.a.u dec'ena. Sika.ri menkeda, ma nia. dhao tesar katha ror.me. Tesar katha ror. lahare ce~r.e~ doe menkeda, ona laharen' bid.a.ulege laha barea katha tina.k'em cet' akada.

Ce~r.e~ doe menkeda, in'ak' lac're 200 gram ojon reak' hira. menak'a. Ona katha an'jomkate sika.ri do a.d.ige mon dukena. Haere! Cet'in' cekakeda! Kisa.~r.ok' reak' hor nonkan' at'keda. Nonka menkate ce~r.e~ sabea mente dodone dhura.vena. Menkhan unre ce~r.e~ do dare laphan'ie dec'ena. Adoe landawate menkeda, laharegen' menleda, be-sa.riak' katha do alom pa.tia.uk'a. In'ak' ojon do 100 gram. In'ak' hor.more cekate 200 gram ojon reak' hira. tahe~na? Oka at' sem ba.giak' ona la.git' alom mon dukok'a. Menkhan am do onkagem ka.mikeda. Ja~ha~ lekan solha kathage am la.git' a.ur.iak'gea. Ente am ho~ et.ak' hor. lekage luturte solha katham an'jomkeda. Ona khon ja~ha~n cecet'ak' bam hamet. dar.eada.

Am lekan nonkan lelha ar lalocia. hor.ge calaki ar t.hokia. hor. khonko er.e ocok' kana.

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## **Disom reak' urgum 7-8 D.igri hoe dar.eak'a**

Tehen' Sombar 5 January setak' khonge Disom reak' Rajshahi, Rangpur,Dhaka, Mymenshing ar Khulna Bibhag reak' aema jila. kore hisit.' him rear. hoe ehop' akana, setak' 6 baja oktere Rajshahi re joto khonak' latar metak' me kom urgum (tapmatra) do tahe~kana 7 d.igri.

Noa kur.ha. hoe hola Robibar Sin'ga.r. oktere Disom reak' uta.r pa.chim nakha khonak' kur.ha. dhund hoe leka bolo hec' akana,Disomren hoe dak'(Abohaowa) Ga.khur.ia. ko onmaneda je, disom reak' noa obosta do hoe dar.eak'a ar ho~ 4-5 ma~ha~ tahe~ dar.eak'a, ado disomre nonkan dosare sanam hor.ko apnar nij nij t.ha.~i kore urgum kicric' ko horok' band ear onkan urgum jaega kore taken ko pormas akana ar bahre dar.an se ka.mi okte kore sontorte taken ho~ko men sodor akada.

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# Mit' t'en toyo ar sim reak' katha.

Ol ton'geak'.

Khange ona atoren hor do onkako an'jomket'! khan do mit' mit'teko da.r.ket'a. Ado uni toyo do senkate ona atoren sim do cur mare laga sap'et'koa are jomet'koa. Adoe jom biyen khane calaoena. Khange onko hor ho~ arho~ko rua.r. hec'ena. Khange uni toyo do arho~ dosar hilok' do ona atotege sim jome calak' kana ; ado ene pa.hile seren'let' lekageye seren' idiyet'a. Khange ona atoren hor do arho~ko da.r.ket'a. Ado mit.'t.en bud.hi do bae da.r. dar.eat'a; adoe menket'a, in' do ohon' da.r.lea; in' doko goc' atarin'ge. Ado onka menkate uni bud.hi do bae da.r.let'a, mit'.t.en sukri ba~r.a~reye bolo okoyena. Ado uni toyo do ona atore senkate onko sim do lagae lagayet'koa se, cure mare lagayet'koa; hapr.ak'koge bachao bachaoteye laga yet'koa. Ado mit.'t.en sa.nd.i do lagae lagakedea se, ekkalte uni bud.hiye oko akan t.hengeye laga idi got'kedeaa. Ado uni sim doe parom got'ena. Ado uni toyo do uni bud.hiye n'el n'am got'kedeaa. Ado uni toyo do bud.hiye metae kana, Ma bud.hi, sim sap'a.n'me; Ban'khan do na~ha~k' dat.amelan' kot.ec' n'urtama. Ado uni bud.hi doe menet'a, Ma, amte bar.e sap' jonime; in' do ohon' sap' dar.elekoa. Khange ado bae rebenlen khan, ac'tegeye laga sap'ket'koteye jom biyena. Ado uni bud.hi t.hene calaoena, ac'ge metae kana, E bud.hi, sim bam sap' akawa.din'a; nitok' dolan' n'am akat'mea. E bud.hi, mase menme – Toyo! Ado uni bud.hi ho~e menket'a, Toyo! Khange gurgute joto dat.ae kotec' n'urket'taea. Ado arho~e metae kana, E bud.hi, mase menme, – Toyo! Ado uni bud.hi Toyo menae menlet'a, ado dat.ae n'urket'taete toyo do bae pust.a.ulet'a ; adoe men got'ket'a, Hoyo! Ado onka bae pust.a.ulet' khan, uni toyo do a.diye ra.ska.yena. Arho~e

metae kana, Mase budhi, toyo menme. Ac'ge menket'a, Hoyo! Ado uni toyo do landa landatege oka sen coe

calaoen. Ado a.yup'en khange onko da.r.let' hor. doko rua.r.hec'ena. Ado unre onko hor. uni budhiye la.iako kana, Jojom Tur.uk na.hiko cha.i kana, hoyo kor.a kanae! Sanam sime jomet'ko do bani? In' ho~ sim sasap'e metadin'a; ado ba.n'sap'adete no~ko~e n'elpe, joto d.at.ae kotec' n'ur akat'tin'a. Khange ado sanam hor.ko menket'a, Gapa do babon da.r.a, or.ak'regebo sin' pot.om hatar.kok'a, adobo dal gojea. Ado mit' hor.e menket'a, Ban'a, onkate do ohobon goc' dar.elea. In'in' metabon kana, nui budhi leakage mit.'t.en sitet'ren hor.bo benaoea. Ado hana kulhi muca.t'rebo idikaea, ar end.e durup'kate ti dobo lap lapakataea; ado na~ha~k' uni budhiye ruhiedea, ado unregebo sontor godok'a. Ado sanam hor.ko menket'a, Ban'a, t.hikgem menket'tabona ; mabon onkaegea. Ado sa.ri sanam hor. t.henak' sita.t'ko jaoraket'a, ado ona n'inda bhita.rtegeko benao got'kedeaa. Ado setak' khange kulhi muca.t.'teko idikadea, ar ako do ka.piko, ak' sarko, t.en'goc'ko, t.hen'gako, onka apan a.pinko ha.t.hia.u akawana; ado onka sontorge menak'koa.

– Santal Folk Tales reak'' Vol-1 khon tuma.lakana. Ol ton'gek'a.

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## Na~wa~ Serma-2026

Tehen' do 2026 serma, Calaoena 2025 onare abo sanamko mit' sermaaema lekan ka.mi ka jar a.ujha.r. ko talate jion bon khemao akada, adom kodo a.d.i ra.ska. adom kodo duk talate enreho~ sisirja.uic' BABA do aboko sanamak' koteye kula.u ant.ao let' bona, Onate aboren Sisirja.uic' BABA aema aema manot sarhao ar johar bon emaea, Ar nia. serma la.git' ar ho~

neho~r aroj saman'aea jemon do nes ho~ got,a serma suluk  
nira.ite abo sanam koe dohobon ar jotowak'te kula.u ant.aoe  
dohobonar sanam lekan duk muhim muskil ko khon ad. are  
rukhiabon. Santalstimes ren sanam ra.sia. pat.hua.ko la.git'  
talen kana 2026 NA~WA~ SERMA reak' JOHAR.