

Dengue Rua . Reak´ Cinha . Ar Solhako

Jao serma ba.rsa. ja.put´ din ar ina. tayom daram dinkore dengue rua. d.her pasnaok´a. Nebetar dinre dengue rua. thor.a juda. cinha n´elok´ kana, oka do d.her hor.ko bhitrire mit´ lekan digdha.i sirja.u akat´. Noa okte sontor tahe~n ja.rur.a. Disa. dohoe hoyok´a, rua. begorte dengue ho~ hoe dar.eak´a. Onate thor.a thor.a rua., hor.mo haso se et.ak´ cinha.ko n´el lenkhan ban´ thirkok´ hoyok´a.

Gharon´j ar apnar ho~ rukhia. reak´ upa.i:

-Sikr.i~c´ geger khon gharon´j ar apnar ho~ sontor tahe~n hoyok´a.

-Or.ak´ ad.epase dak´ ban´ jarowa ocoak´ hoyok´a.

-Ja~ha~n cinha. n´el lenkhan Sasthokendro calak´ hoyok´a.

-Hor.mo reak´ seba hatao la.git´ jatio sastho seba helpline 16263 nomborte phone hoyok´a.

Sontor ar aodha tahe~nge jotowak´ khon rukhia. dar.eabona. Nonkate apnar ho~ sontor tahe~nme ar et.k´ko ho~ sontor tahe~nre uskurko hoyok´a.

Dengue rua. reak´ maran´ cinha. do kana, ackage rua. d.herok´a (101-104 degree pharenhait), bohok´ haso, me~t´ haso, hor.mo haso, bec´ bec´ at.karok´a, hor.more arak´ dag se pusri leka d.aha d.oho rakabok´a.

Din´gu rua. reak´ cinha. do bar ha.t.in´a. Pa.hil cinha. ar muskilak´ cinha.ko.

Pa.hil cinha.ko: Bohok´ has oar me~t´ haso, hor.mo sir re haso (noa do mit´ leka Break Bone Fevar ko metak´ kana) ren´gec´ ban´ bujha.uk´a, hor.more lan´gage at.karok´a, hor.more arak´ dag se pusri leka d.aha d.oho rakabok´a.

Muskilak' cinha ko:

Rua thirkate muca.t're noako cinha. n'elok' khan bujha.u hoyok'a ba.r.ic' dosa sec' calak' kana. Noa okte usa.ra d.aktarak' solha hatao ja.rur.a: lac' haso, ghane ghane sahe~t' hatao, ti-jan'a rear.ok'a.

a.d.i kajak lan'ga at.karok' reak' upa.i:

Selain dak' n'u~i hoyok'a, thor.a rua. se haso la.git' Paracetamol n'u~i hoyok'a. Aspirin se Ibuprofen lekan ran jom khon sa.n'gin're tahe~n hoyok'a. Noa do hor.more ma~ya~me t.ont.a dar.eak'a. Dengue rua. bid.a.u la.git' Rajshahi Medical College Haspatalse apnar ad.epase ja~ha~n Diagnostic center kore test hoyok'a.

Phut.bol Khila.d. Dha.rti Khon Mit't.en Jolok' Ipile At'ena

Okoet.ak' ipil phut.bol khila.d. dha.rti marsal akat' tahe~n. Mit't.enge n'utum uni do joto hor.ren opromic' Brazil ren Neymar.

Dha.rti kap phut.bol 2026 reak' 16 round reko enec' n'apamena Brazil ar Norway. Ona enec're Brazil do 2-1 golte Norway t.henko hira.u ocoakana. Onate Brazil do a.d.i duk salak' bida.ko hataokeda. Enec' muca.t're Neymar doe menkeda, in' don' kurumut.ukeda, menkhan ba.n' dar.eada. In'ak' tar.am d.ahar do Metlife stadium khon ehop' akana ar nond.e khonge muca.t'ena. Nit do jotowak'ge cabayena.

2010 sermare Neymar do Brazil ak' ja.rsite horok' cikhna.lena. Neymar do 80 got.en gol ar 4 got.en het.rik kate Brazil ren a.d.i namd.ak khelowar. kanae. Uni do 2013 sermare FIFA Confederation kap ar Olympic sona sirpa.i jita.u akana.

DA VID AR GOLIAAT

Arho~ Philist.iko tuluc' Isra.yel hoponko reak' la.r.ha.i hoyena. Philist.iko modre Goliat n'utuman mit't.an' maran' okoc' birba~o hor. do 40 sin' palt.on d.era khon sen lahakate Isra.yel hopone henostayet'ko tahe~kana, onko modre okoe ho~ uni tuluc' la.r.ha.i dil ban' tahe~kantakote. Khange Da.vid palt.on d.erate hec'kate onae bad.ae n'amket'te uni tuluc' la.r.ha.iye khar.ayena. Menkhan Sa.ul do ta.kic'kedeteye metadea, Am do ba.bu, eken chond.ro hor., ar uni do kor.a khon la.r.ha.i hita.u hor.. Da.vide ror. rua.r.adea, Mit'din a.pun'ren bhid.i meromkon' gupire, mit't.an' dha.crikul ar mit't.an' bana hec'kate mit't.ec' bhid.i hoponkin a.tkiredekan tahe~kana; menkhan in' do n'ir senkate goc'ket'kinte bhid.i hopon in' ban'caokedea. Dha.cri kul ar bana khone ban'caokidin' Probhu, uni do nui Philist.i hor. khon ho~e ban'caoin'a. Sa.ule metadea, Ma ba.bu, calak'me, ar Probhuge am tuluc'e tahena.

Khange Da.vid ac'ak' t.hen'ga ar gind.ua.r ar sod.ok' khon 5 got.ec' dhiriante Goliat t.hene sen sorena. Uni doe hoho daramae kana, Ban' don' seta kante ya, onate t.hen'gawantem hijuk' kana? Da.vide ror. rua.r.adea, Am do tarwar.e ar borlomante in' upa.rtem hijuk' kana; menkhan in' do pha.dkoren Probhu n'utumte am upa.rten' calak' kana. Khange gind.ua.rre dhiri sajaokate uni birba~o hor. ca.ndiregeye capat' bit' got'kadea, ar n'ir senkate uni Philist.i hor. reak' tarwar.e boc'kate bohok'e bhun'gra.uket'taea. Onkate Da.vid do got.a disom palt.on ren maran' sordare hoyena, ar tayomte Sa.ul do hoponerate gon'adea. Ar Sa.ulren hopon Jonathon do ac'ak' jivi leka Da.vide dula.r.ede tahe~kana. **(1 Sa.muel 17.)**

Bissokap Reak' Nagamre Messi Ak' Nawa Rekord.

Lionel Messi ak' golte Bissokap reak' nagamre nawa rekord. hoyena. 3-2 golte Argentina ko jita. uena. Bissokap phutbol khila. d. re pa. hil khelwar. lekate bargel-e gol keda Messi. Pea match re goal sa~ote sa~ote knockout reho~ Cape Verde birude gol keda. Bissokap reak' nagamre nit dha. bic' te Messi leka okoege bako gol dar. eakada.

Bargel (20) gol kate Messi do joto khon p. a. hilre menaea. Eken ina. do ban' pa. hil phutbol khelwar. lekate mit' dhaote ira. l (8) got. en match re gol keda. Nonkate Bissokap reak' nagamre jaejug la. git' Messi ak' n'utum ol car. haoentaea. Hoe dar. eak'a ja~ha~tis pasec' Messi lekan arho~ ja~ha~e hec' kate onkoak' n'utum ol car. haok'a. Menkhan nit do eken Messi ak' n'utum ol tahe~yena.

SASAN' SA. R. I

Esel kur. i sasan' sa. r. i

Bandere ma alak ja. ~r. i,

N'elok' rema serma ra. ni

Jhalkaoedae sorog puri.

Jua. n kur. i bapla umer

Set. eren taea juri dua. r,

Pa. hil n'apam juri sa~ote

Ato ga~ota somaj sa~ota.

Da.ur.a cetan juri jota
Jog ma.n'jhiak' sonot lot.a,
Ul sakamte chit.ka.u ja.r.i
Bande kate sasan' sa.r.i.

Sasan' gedo utui sor.om
jel utu karahire dor.om,
Sasan' gedo sanam okte
Na~wa~ aroe hor.mo mone.

Sasan' ron'ma sa.gun cinha.
Sasan' ce~r.e~ per.a pia.,
Sunum sasan' ojok' oron'j
'Ehop'edae na~wa~ gharon'.

Budhbar a.yup' 8 baja Se~n'ge~l Band rean' youtube channel re
'Art Express' hotete Santali band Sen'gel renak' music video
'Buru Cetan' sodorena. Santalkoak' ja.tia.ri seren'
"Ban'gladisom mon'j disom" seren' olok' ar jor.aaic' Rev.Jona
Murmu ak' sirja.uak' "Buru cetan cetante hoete lar.aok'kan,

hoete lar aok'kan hipir hipir., an'jompe ho tirio sad.ekan,
Hoete lar aok'kan hipir hipir.". Uni doe menkeda, pust.a.ute
ba.n' disa.eda okte do 70 serma reak'. Mit' dhao office ka.mi
kha.tirte Bandorbon jila. reak' Faruqpar.a t.ot.haten'
calaolena. Ga.d.i khon phed.en toragen' n'elkeda, a.depase
a.d.i uta.r buru ar ona burure dare na~r.i~ hoete lewer
kodorok' kana. Hoete tirio reak' lithur ar.an' monre disa.
hijuk'a.Onako guni bha.bit katege noa seren' don' sapr.ao
keda. Bangladisom betar sa~o sa~ote aema okte akhr.akore noa
seren' porcar akan reho~ nawa pir.hirenko t.hen sodor la.git'
"Sen'gel band' na~wa~teko record keda. In' do a.d.i manotin'
bujha.ueda je onko do in'ak' seren' nawateko sodorkeda.

Band ren ko menet' kana Ban'gladisom reak' uta.r-pa.chim
nakhare andaj 33 got.en khon d.her ja.tren hor.ko basok' kana.
Onko modre menak'koa Santal, Orao, Munda, Kolhe ar Mahle
ja.tren hor.ko. Onkoak' do apnar lakcar, a.ri ca.li
menak'takoa. Ja~ha~ do Ban'gladisom ra.ska. a.ri ca.lite
et.ak' et.ak' t.ha.~ire idi set.er akat'. Ina. chad.a ho~
Sylhet jila.re ca ka.mia.ko lekate jug jug khon noko ja.tren
hor.ko n'elok' kana. Itiha~s n'el lekhan, 54 serma reak'
sadharon bachnaore MLA lekate bachaoena Santal Jibon Murmu,
ona do pasec' d.her hor.ge babon bad.aea. Noako sanamak' bisoe
tojbij katet' seren' vedio benao la.git' Sylhet t.ot.hako
bachaokeda.Sylhet t.ot.hare basok'kan a.diva.si hor.koak' jion
ca.rit ar kam-kaj sodor reak'le kurumut.u akada. Sa~ote bir
buru, gad.a, sod.ok', ca bagan selet' Ban'gladisom reak' nanan
parkan cita.r sa~ote hor.koak' sae serma reak' oka sompok
menak'tako onage noa vedio hotete sodorakana.

Noa seren' acting rekin tahe~kana Ban'gladisom santal kor.a
Agustin Murmu ar Sikha Clara Tudu. Ina. chad.a ho~ enec'reko
tahe~kana Sylhet t.ot.haren adiva.si gaenahako. Band official
reak' Youtube channel re seren' upload akana. Agustin Murmu
doe menkeda, Mit't.en mon'j ka.mire jopor.ao kha.tirte
pa.hilre Sen'gel band aema aema sarhao in' emae kana. A.d.i
ra.ska.n' at.kareda onko sa~ote eyae serman' ka.mi dar.eat'te

a.d.i ra.ska.n' at.kareda. Noa laha arho~ Sen'gel band re barea seren' reak' acting hoelenreho~ nia dhao reak' do thor.a juda. machagea. Noa vedio re disom dula.r. reak' mit't.en golpo sodorakana. Ale gaenahako jotowak' emok' reak'le kurumut.u akada. Ba.r.tikaete Sylhet t.ot.ha reak' poribes ar ad.epase a.diva.si hor.koak' jion jingi, a.ri ca.li,lakcar seren' hotete sodorakana. Ina chad.a ho~ noa t.ot.haren hor.koak' beohar n'elten' ma.lun'ena. A.diva.si Santal Somaj Kollan Porisod, Moulvibajar ren sabha mukhia. Dulal Hasda doe menkeda, Sen'gel band vedio benao la.git' ale t.ot.hako bachaoket'te a.d.i ra.ska.le at.kareda. Alekoren gidra. vedio reko selet'akana ar aekoak' or.ak' dua.rko reak'' cita.r ho~ vedio re phut.a.u rakap' akana. Raska.le a.ika.ueda seren're aleak' t.ot.hako n'elte. Onate sanam sec'te gor.o emako reak'le kurumut.ukeda. Noa seren'reko enec'akana Ban'gladisomren namd.ak enec' dol "Rahla Rimil" ar vedio graphy re tahe~kana "Art Express". Saj sapap' horok' bandere gor.o emkeda "Sanam Heritage". Seren' reak' music video re ka.mi akada, Gram Bikash Kendro, Trisul Somaj Kollan Songstha, MH Agro ar Santali Canvas. Seren' music prodaction re tahe~kana SHOFAR STUDIO. Ina chad.a ho~ joto sec'te gor.o gopor.oko emkeda Sylhet t.ot.haren a.diva.si a.yuria.ko.

Nit Sen'gel band reko ka.mi kana, Rinku Emmanuel Mardy-Vocal, Kamel Mardy-Dotara ar tirio, Shimul Mardy-tumdak' ar D.hol (et.ak' et.ak' ruruak'), Elias Murmu-Dramps ar John Hembrom Giter. Ina chad.a ho~ band sa~o jopor.ao menaea-Shamol Hembrom-tirio re, Himson Kisku-Vocal ar Giter, Kanchon Soren-Keyboards ar Deliance Sukmol Hasda-Rahar. ar T.amak sa~ote et.ak' et.ak' ruruak'ko.

Tumdak' t.amak ar d.hol reak' ar.an' an'jomlen khange mit' dol santal kur.i ti pe~pr.e oron' ar ti thayo kateko enejok'kan me~t're bhasak'a.Nonkanak' poribes khonge janamakana Santali seren' band "Sengel". Ban'gladisomren jua.n jua.ni, umerte laha akan hor.ak' mone sirsira.ua. Rahar. ar D.hol reak' sad.ete nonkage onkoak' ar.an're Santali seren' sodorok'ma.

Gapa Khon Ehobok´a HSC Bid.a.u

Nes bochor 2026 reak´ HSC (Higher Secondary School Certificate) bid.a.u do gapa Lukhibar (2 July) khon ehobok´a. Bid.a.u do setak´ 10:00 baja khon ehop´kate 1:00 baja muca.dok´a. Onate bida.u emok´ kodo 30 minit. lahare bida.u center te set.erok´ hoyok´takoa. Bid.a.u do ban'gla pa.hil sakamte ehobok´a.

Nes bochor HSC ar ona man reak´ bid.a.ure mot.re 12 lakh 70 hajar 583 got.en pa.t.hua.ko seledok´ kana. Oka do calaoen bochor khon 19 hajar 472 got.en pa.t.hua.ko d.her akana. Noa modre 9 got.en sadharon board re pa.t.hua.koak´ son'kha 10 lakh 69 hajar 714 got.en. Madrasa ar Karigori sikhna.t board reko seledok´a arho~ 2 lakh 896 got.en pa.t.hua.. Got.a disomre 2 hajar 997 got.en center re bida.u hoyok´a.

Gapa khon ehobok´kan bid.a.u do 8 August dha.bic´ calao idik´a. Ar 15 August bhitrite practical bid.a.u ho~ hoe pura.uk´a.

Hul Ma~ha~ Ar Tehen´ak´ Ban´gladísom

Itihas reak´ adom din do eken calendar reak´ sakam ult.a.u lekan sadharon hisab do ban kana, menkhan barić kami se jor julumkan hor'koak ontor re mit'ten jolok´kan marsal kana. 30 Jun, Hul Ma~ha~ nonkan mit't.en din kana. 1855 serma reak´ noa dinre, Rajmohol buru are Bhognadihi mat.hre amdaj 10 hajar santal hor.ko jarwalena. Sido, Ka.nhu, Chand Bhaero ar boeha kuri Phulo ar Jhano Murmu do Hul la.r.ha.iiko a.yurleda.

Brit.ish Raj ar onkoren cela chamand.a, jumidar, jotdar, mahajon,

bepariko birudre pa.hil la.r.ha.i tahe~kana. Ona la.r.ha.i reak' bar sae serma parom calaoena. Tehen' 2026 serma reak' sa.dhin Ban'gladisomre ten'go kat.ec' apnarte aema kuklirebon par.aok' kana, santal Hul reak' motlob do cet' kana, aboak' rajost.irebon sap' doho akada? Itihas reak dhur.i kota lekhan n'elok' kana, santalko do jita.uk' se a.ida.ri reak' lob laocte do ak'-a.~pa.~ri~ bako sap' akada.

Onkoak' la.r.ha.i do tahe~kana hor.mo reak' balbal dak' ar ma~ya~mte sirja.uakan jumi a.ida.ri reak' la.r.ha.i. Ren'gec' nacar ar ban'ko par.hao akan santal hor. do mahajon jumidar then d.her sudte t.aka dharko hataoet' tahe~kana. Ja~ha~e ona dhar bako em sapha dar.eak' khan, hor. hoponren ba.hu bit.i ka.r.mi leka ko khat.aoet'ko tahe~kana. Unre hajar hajar santal hor.ko banduk ar ha.tia.r anteko ten'go daramena. Onkoak' ona ten'go daram ban' a.ur.iak'lana. Brit.ish kodo unre "Santal Pargana" n'utuman juda jila. ko got.honkeda ar santalkoak' a.ida.ri rukhia.re bises a.nko benaokeda.

Sa.dhin Ban'gladisom itihasre joto tha.~ire la.r.ha.i ja.t koak' ma~ya~m mesal akana. 1946 serma reak' Tebhaga Andolon re comorade Elamitro sa~ore tahe~katec' Ba.rin t.ot.haren santal casakoho~ la.r.ha.ireko phed.lena. 1971 serma reak' maran' la.r.ha.ire Utarbongo ren santal hor.ko ak'-a.~pa.~ri~ ante la.r.ha.iko phed.lena, unre a.d.i uta.r santal hor. jiwiko alaekeda. Menkhan oka la.r.ha.i ar sa.dhin la.git' hor.ko la.r.ha.yen, ma~ya~mko joroket' onkogecko nistr.a.u arko koclon ocok' kana. Jao serma reak' 30 Jun a.d.i ra.ska., tumdak t.amak, enec' seren talate Sido-Ka.nhu pind.re bahabo dohoyeda, noa porob manot hotete onkoak' ontor reak' duk kost.o maraok' kana? Nit Ban'gladisomre santalkoak' asol muskil do kana jumi.

Jumidar mahajon ko t.hen or.ak' bhit.a., jumi rec ocok', ar rajost.i se ba.nij bepar babot prokolpo benao rakap', nonkanak' aema lekan karonko santalkoak' jionre menak'gea. 2016 serma reak' Gaibandha Sahebgonj-Bagda Farm re Cinikol reak' jumire pea santal hoponko goc' ocolena. Nit ho~ ona reak' ja~ha~n bica.r ban' n'amakana. Eken jumi do ban', onkoak' pa.rsi, a.ri-cali koho~ adok' kana. Primary re nit ho~ gogo pa.rsite cecet' reak' a.ida.ri ban' pura.u akana. Aema din khonge "Bhumi Komision" benao ar a.diva.sikoak' sangbidhanik sikriti

da.bi bako n'amakada.

Beneba.iri, bin nistr.a.u ar koclonko dea gid.ikate oka somaj benao reak' gok' kathate Ban'gladisome laha calak'kan, nit ond.e santal hor.ko lekan birbant.a tayomreko par.ao akana. 30 Jun do mit'din reak ari-cali se raska akhr.a do ban' kana, noa do rajost.i ar hor.ko lagit ga.hir salak' disa rua.r.ok' din kana. Sido, Ka.nhu, Phulo-Jhano ta.kinak' jorowakan ma~ya~m rin sod mit't.en upa.i sa.dhin rajost.iren hor.ko hisa.bte santalkoak' jumi, pa.rsi, ari-ca.li ko sa.bit dohoe hoyok'a. Oka hilok santal, Orao, Mahali, Munda., Kolhe, Kod.a, Rajowar, Turi akoak' or.ak' bhit.a.re gorob salak' bohok' sujhe katet'ko ten'go dar.eak', enhilok'ge 30 Jun reak sanamak' pura.uk'a.

Tehen'ak' Bissokap Phut.bol Khila.d.

Tehen' Bissokap phut.bol enec' n'apam dolkoak' n'utum latarre emena-

FIFA Bissokap

BRAZIL – JAPAN

N'inda 11:00 baja okte ehobok'a

BTV, Somoy Tv, T Sports channel re.

JARMANY – PARAGUAY

N'inda 2:30 baja okte

BTV, Somoy Tv, T Sports channel re.

NETHERLANDS – MOROCCO

Gapa (Mon'golbar) 7:00 baja khonak'

SA_UL

Sa.ul do a.d.iye dhidrika, ar ba.irik'o ba.r.ic'e bhagaokoa; menkhan ac'ak' monsuba. leka calak' sana hoyentaete Probhu reak' a.ne ne~ho~tet' tahe~kantaeta. Ona ia.te Sa.muele metadea, Amak' raj do ban' tahena; ente Probhu do ac'ak' mon kusi leka mit't.an' hor.e bachao akawan ac'ren hor.ko cetanre raj hoyok' la.git'. Probhu do Sa.muele metadea, Am do amak' deren' t.hon'ga sunumte perez'kate Bethlehemte senok'te Jisa.iren cunda.k' uta.ric' hopon Da.vid ojogeme Sa.ul tayom raj hoyok' la.git'.

Ado Sa.muel senkate Da.vide ojok' rajkedeata, ar en hilok' khon Probhuren Jiu do Da.vide dec'adea. Menkhan Probhuren Jiu do Sa.ul khone sahar.ena, ar Probhu khon mit't.an' ba.r.ic' jiu a.d.iy torasede tahe~kana. Uniren gutiko do Da.vidko a.gukedeata; ente uni do bina. bak'nam a.d.i ga.khur.e tahe~kana. Uni ba.r.ic' jiu Sa.ule dec'ae jokhec', Da.vid do bina. baname banamte Sa.ule sulsult.agok'a, ar uni ba.r.ic' jiu doe ba.giaeta. **(1 Sa.muel 11-16)**