

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.

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.

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.uená. 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 .

Tesar Santal o_no_lia . He_lme_l hoyena

Paromen pa_hil epril 2022 Dina_jpur jila_ reak' be_ld_an'ga ato CDSP 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. 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 , 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 .

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: Okeokoak' 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_ uda_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_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.

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.

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_n'igin' 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'laoic' 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.

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 asampher.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.