

17 Cando Tayom Jhicyena Iskul

Ko_ro_na ma~ha~ma.ri kha.tir calaoen serma reak' 17 March khonak' disa.m reak' jo_to_ Skul college do_ bond tahe~kana. Me_nkhan 17 cando tayom tehen' kho_n Skul- College reak' dua_r jhic' akana. Skul- College calak' la.git' sanam pa.t.hua. gidra.ko ta.n'gi se_ koyok' horreko tahe~kana. Una.k' din kho_n uiha_r ar ta.n'gire tahe~kanak' do_ tehen' suma_r akana.

Tehen' kho_n Disa.m reak' Primary, Secondary ar High Skul a~t.re menak' sikhna.t ga~ota kore jo_to_ lekanak' hor.mo ha.t.in' reak' a_nko manao salak' kelas do_ eho_p' akana. Onate a.d.i ra.ska. ko a.ika.uet' kana pa.t.hua. gaidra.ko. E_nte tehen' do_ mimit' gate ko sa~o n'apam n'epel do_ hoyok' kantakoa.

Me_nkhan jo_to_ pa.t.ha.u gidra.ko mask ho_ro_k' kate ar Mahasoe koak' batlao lekate kelasteko bo_lo_yena.

Source: Bangladesh-protidin

Migrain (Bo_ho_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a

Migrain bo_ho_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo_no_do_bo_s akan bises akhr.a 'Bo_ho_k' la.git' Bo_ho_k' Haso' reak' mo~r.e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho_n ban'cao n'am. Un hilok' per.a hisabte set.ere tahe~kana National Institute

Of Neuroscience And Hospital reack Neurology bibhag ren sa'oten professor Dr. Abu Nayim. Noa akhr.a do_e a.yurlada Sushmita Shruti Chowdhury.

Aema lekan Bo_ho_k' Haso:

Dr. Abu Nayim do_e bad.ae ocokeda, Me't' cetan khon da.bi dha.bic' noa bhag do_ bo_ho_k' kana. Ar bo_ho_k' tahe~len khan bo_ho_k' haso do_ tahe~ngea. Me_nkhan ja~ha~tin ja~ha~tinre nia bo_ho_k' haso kho_nge me't', lutur ar sinus reack' muskil hoe dar.eak'a. Pa.hil porjai reack' bo_ho_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo_ho_k' hasoge nonkanak' bo_ho_k' haso kana. Ar 2-5 percent re n'e_lok' kana, Bo_ho_k' haso sa'o me't', lutur ar mu~ do_ jopor.ae menak'a. Noa ko bo_ho_k' haso reack' 70 percent arho~ a.d.i cinta. kho_n ho~ hoyogo_k'a. Noa do_ko metak' kana Tension Headache. Ar 30 percent do_ hoyok' kana Maigrain bo_ho_k' haso.

Cekatebo_n bujha.ukea je okt.ak' bo_ho_k' haso kana:

A.d.i at. cinta.te bo_ho_k' haso (Tension Headache) do_ mit' talaoge hasoa. E_t.ak' sec' Migraine bo_ho_k' haso do_ ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak'me bo_cho_rre mit' dhao ho~ hoe dar.eak'a. Ar cinta.te bo_ho_k' haso (Tension Headache) do_ cando ha.surlen khang haso ho~ d.her idik'a. Migraine reack' haso do_ nonka a.ika.uk'a, menkeam bo_ho_k' bhitrire okoe con' cet'teko ha.net' kana. Pulse sa'ote noa haso ho~ tal mila.u kate rakap' dar.eak'a. Ar Tension Headache do_ a.d.i kajak'gea. Bo_ho_k' a.cur dar.eak'a, dudr.umge a.ika.uk'a. Bec' bec' at.karok'a. Seton' reack' ra~t ban' sahaok'a, Katha ror.re ho~ muskil hoe dar.eak'a.

O_koe do_ Migraine bo_ho_k' haso n'am dar.eakoa:

Ja~ha~e hor.koak'ge Migraine hoe dar.eak'a. Emanteak' bo_ho_k' haso leka maejiu ko ba.r.ti Migraine n'amet'koa. 16 bo_cho_r kho_n e_hop' kate 45 bo_cho_r dha.bic' noa bo_ho_k'

haso do_ tahe~ dar_eak'a. Nia laha- tayomre ho~ hoe dar_eak'a. Ba_r_tikaete n'e_logo_k' kana, gogo-babawak' tahe~kana. Ond_e kho_n ho~ hoe dar_eak'a.

Migraine karonak'te cet' ja~ha~n muskilak' hoe dar_ekea:

Ban', Cinta_ reak' ja~ha~n karonge ba_nuk'a. Secondary bo_ho_k' haso hoelen khan thor_a cinta_ reak' kangea. Me_nkhan pa_hilak' re cinta_ reak' karonge ba_nuk'a. Cedak' je_, Bo_ho_k' kho_n ehobok' kan bo_ho_k' haso do_ bo_ho_k' reak' cet' ho~ bae loksana. Me~t', mu~ ar lutur kho_n ehobok' bo_ho_k' haso thor_a sensitive. Lahate ko dharonat' kan tahe~na Migraine sa~o Stroke reak' ga_hir sompok menak'a. Me_nkhan, khond-rond (Gobesona) kate ja~ha~n pormange ban' n'am akana. Migraine reak' cikit'sa lekhan mon'jok'a. Me_nkhan aema o_kte ban' mon'j uta_rok'a. Aema din ran jo_jo_m joyok'a. Migraine re me~t' tayom nakha hasoa. Aema hor_ do_ me~t' ren dactor t_henko senok'a. Cosma ko ho_ro_ga. E_nre ho~ thor_a do_ mon'jok', nirdae do_ ban' mon'j ut_arok'a.

Migraine reak' cikit'sa:

Diagnosis ocoe hoyok'a. Ina_ chad_a ho~ gharon'j reak' nagam tahe~n khan, jo_to_ cinha_ko mila_u katec' ale do_ thor_a ranle e_mogo_k'a. Mone re do_ho_e hoyok'a, Cando re judi bar-pe dhao nonka a_d_i kajak' bo_ho_k' haso hoyok', e_nd_ekhan e_t.ak' ran do_le emakoa. Haso e_hop' torage ran jo_m lekhan una_k' do_ ban' hasoa.

Maejiu kodo_ cet' lekate Migraine ko sambr_aoa:

Bha_rti hor_mo tahe~n o_kte Migraine do_ sabhabik ghot_na kana. Arho~ ale Migraine reak' oka lekan ranle emako, ona do_ bha_rti hor_mo tahe~n o_kte emok' ban' ganok'a. Nond_e mit't_en ha_si reak' ghot_na menak'a. O_koe koak' do_ laha kho_nak'ge Genuine Migraine tahe~n, bha_rti hor_mo tahe~n o_kte ona do_ 50 percent belare do_ mon'jok'a. Ar o_koe koak' Migraine reak' nagam banuk', Onkoak' 16 percent belare

do_bha_rti hor_mo okte Migraine hoyok'a. Arho~ gidra.
janam tayom mon'jok'a.

0_koeak' ghane ghane Migraine hoyok', uniak' judi Tension Headache hoyok', unre?

Mit' hor_ak' nonkan bar lekan bo_ho_k' haso hoe dar_eak'a.
Unre okako ran do_bar lekan hasorey ka_mia, onkan rangele
emakoa. Migraine bo_ho_k' haso me_nak'tae rogi do_sabhabik
leka bako ka_mi dar_eak'a. Je_mon Skul, College se_Office
calak', olok' par_haok'- noako ban'ko dar_eak'a.

Hor_mo khat_aok' sa~o sa~ote Migraine reak' sompok:

A.d.i cinta. tahe~len khan, ja_pit' ko_m hoylen khan, mit'
san'j ban' jo_m lekhan, ackage ba_r.ti hor_mo khat_ao lekhan
Migraine hoe dar_eak'a. Migraine kh_on sa_n'gin're tahe~n
la_git' hor_mo ar mo_n niropo do_hoe ja_rur_a. Jaoge hor_mo
khat_ao, tar_am, bhan'jao (beyam) ja_rur_a. Migraine do_
bo_ho_k' hatan' reak' rua_kana. Hatan' reak' cet' ho~ bae
loksana. Cikit'sa lekhan aema okte mon'j ho~ mon'j
ho_do_k'a. Me_nkhan mon'j ho~ ban' mon'j dar_eak'a. Ban'
mon'j lenkhan sambr_aote do_hoe hoyok'a. O_kte na_pitre
ja_pit' hoyok'a. O_kte na_pit're jo_m hoyok'a. Dak' n'u~i
lagaok'a. Ar ona sa~ote thor_a hor_mo bhan'jao kate apnarte
napae tahe~n ja_rura. Migraine se_bo_ho_k' haso do_ja~ha~n
maran' muskilak' cet' ho~ ban' kana.

Source: Prothom alo

Messi Do_ 'Sona ren Jel' Lekanae

Lionel Messi lekan suka_r (superstar) do_ seton' din re_be_go_r uca_r.te do_l reko n'am akadea PSG. Argentina superstar la_git' Champion League re kukmu~ reko matao akana phorasi club. PSG Messi ko n'amkedete aema po_rho_ ko n'amet'kana mat_h bahreko reho~. Barcelona ren sa_bik a_k'yuric'e selet'en tayom khonge league 1 ren brand value rean' aema lahanti hoy akana.

Metak'me, Messi ko n'amkedete ko monejon' kana ban'ma 'Sona ren Jel' ko n'am akadea. PSG ar Messiwak' kago_j-ko_lo_mte chukti oktege Argentina Superstar ak' n'utum ol menak' Ja_rsi mit' ghur_itege a_khrin' cabayena.

Nia_ ko din talatege PSG sec' kho_n enec' la_git' Messi ko o_jo_k' kedeo. Jel, Cricketer leka namd_ak jo_to_ ga~ota sa~o chukti hoy akantaea PSG wak'. Cricketer ko sa~o pe serma reak' oka chukti, ona kho_n PSG dharonat' kana 25-30 Milion Euro do_e ka_mai jon'a

Source: Bangladesh protidin

Chin Kho_n 54 Lakh Sinopharm Ko_ro_na T_ika_ Do_ Hec'ena

Chin kho_n kirin akan Sinopharm reak' arho~ 54 lakh ko_ro_na t_ika_ disa_mre hec'ena. Hola Sokolbar tala n'inda. 12:45

baja okte mit't.en ud.a.uk' ga.d.ite noa t.ika. do_ Dkaka
reak' Hazrat Shahjalal Antorjatic Bimanbo_ndo_rre hec'ena.
MNC&H ren Line Director Dr. Md. Shamsul Hoqe noa t.ika.
hatao se_atan' la.git' bimanbo_ndo_r rey tahe~kana. Nia.
dhao do_ 54 lakh 1 hajar 350 doge t.ika. do_ hec'ena.

Source: Banglar Jonopod

TINAKEM HO_NGO_RA?

E_ am Lo_ngra,

Tinakem ho_ngo_ra?

Ato tamma Mo_ngra,

Bikauk kanem dangra.

E_ am Lo_ngra,

Tinakem ho_ngo_ra?

Bagiyme taura,

Bagiyme paura.

E_ am Lo_ngra,

Tinakem ho_ngo_ra?

Metamkanko bharua,

Bikauk kanem bharua.

E_ am Lo_ngra,

Tinaḡkem ho_ṅgo_ra?

Era uru dinko e_ge_ra,

Jhogṛale_nrem ge_ge_ra.

E_ am Lo_ṅgra,

Tinaḡkem ho_ṅgo_ra?

Ujaṛo_kkan gai goṛa,

Aṅjo_mmese thoṛa.

Mit't_en Pa_tia_r Seta

Mit' hor_ren a_d.i dula_r.ia. setae tahe~kana. A_d.i a~t.e bolaolena. Uni hor_ ja~ha~ sec'geye calak', seta ho~ uni sa~oteye calak'a. Uni hor_ do dokandare tahe~kana. Mit' din uni hor_ sadomre dec'kate mit' jaegateye senena. Uni seta ho~ ac'ren kisa_r. sa~ote tayom tayomteye da_r. idiket'a. Uni hor_ rua_r. jokhec', mit' tha_ila.k' t.akae a.gu darayet' tahe~kana. Tarasin' okte tahe~kana, ar a_d.i seton'ena.

Ado hor ar_e reak' mit't_en dare but_a.re sadom khone a~r.goyena, are jira_uena. Unre uni do ona t_aka tha_ila.k' otreye dohoket'a. Jira_uen khane arho~ sadomreye dec'ena, ar sadome kamsaokede, Menkhan ona t_aka tha_ila.k' doe hiri_n'ket'a. Seta doe bujha.uket'a, in'ren kisa~_r. do noa tha_ila.k' doe hiri_n'ket'a. Khange seta do ona tha_ila.k' gerkate ik'diye t.est.aket'a.

Menkhan bae dar_eat'a. Ina.k'tege d.her san'gin' ac'ren kisa~_r. doe calaoena. Seta do ac'ren kisa~_r. tioge la_git' a_d.i a~t.e da_r.ket'a, ar a_d.i a~t.e bhok' idiket'a mit' gha_r.i khangeye n'ir tiok'kede, ar a_d.i a~t. unre ho~e bhok'ket'a. Menkhan uni hor_ do setawak' bhok' bae hetaoat'a. Seta doe n'elket'a, nitok' in'ren

kisa~.r. do bae rua.r.a, ona ia.te sadomge a.cur rua.r.e la.git'
sadamak' jan'gae ha.mbur. uric'ket'a. Uni hor. doe bujha.uket'a,
seton' ia.te ja.nic' nui seta do ackae bhalok'ena. Jivet'in' dohole
khan d.her hor.e loksankoa.

Ona ia.te uni hor. uni setae t.hukedea. Ba.puric' seta a.d.i a~t.e
rak'ket'a, ar ona dare but.a t.hengeye n'ir rua.r.ena. Menkhan uni
hor. doe sen idiyegae. Thor.a sa.n'gin'e senen khan, t.aka tha.ila.k'
doe disa.ket'a. Ado ekalte sadome a.curkedea, ar ons dare but.a.
t.hene set.er got'ena. Unre uni dula.r.ia. seta do ona tha.ila.k'e
burum lot.om akat' tahe~kana, ar ac'ren kisa~.r.ak' jinis
rukhia.ket'taea.

Uni seta do ac'ren kisa~.r.e n'elkede khan, cand.bole t.hepe
t.hepeket'a. Uni hor. do sadom khon usa.rae a~r.goyena, ar ac'ren
dula.r.ia. setae ha.r.up'kedea, ar me~t' dak' joroyentaea.

T-20 Bissocup La .git' Ban'gladisa .m ren Do_lko La .i So _do _rket'ko

Darakan 17 September kho_n hoyok' la.gido_k'kan T-Twenty
Bissocup la.git' Ban'gladisa.m ren do_l ko la.i so_do_r
akat'koa. Ge_l mo~r.e~ (15) member ren a.k'yuric' ko do_ho
akadea Mahumudullah Riyadh. Tehen' Lukhibar tikin 12 baja
tayom Mirpur Shere ban'gla Criket Studiom re Press
Conference kut.hri re bo_ndo_bo_s akat' sombad sonmelonre
Bissocup do_le la.i so_do_rket'koa maran' khelwar. bachaoic'
Minhazul Abedin Nannu. Ar uni salak' arho~ et.ak' bar. hor.
khelwar. bachaokin Habibul Basher Sumon ar Abdur Razzak.
Calaoen bar pe cando kho_n okoe do_ jatiyo do_l reak' T-
Twenty series ko e_nec' akan, Onko mo_d kho_n 15 got.en

khelwar ko bachao n'am akana. Ond.e do_ Mahmudullah Riyadh cha.da ho~ ga.khur khelwar. hisa.bte Mushfiqur Rahim, Sakib Al Hasan tako ho~ me.nak'koa se.te.lak' kha.tirte.

Mit' Non'jorte Ban'gladisa.m ren Bissocup Squad-

Mahmudullah Riyadh (A.k'yuric'), Sakib Al Hasan, Mushfiqur Rahim, Sowmo Sarkar, Liton kumar Das, Nayim Sekh, Afif Hosen, Kazi Nurul Islam Sowhan, Shamim Hosen Patwari, Mostafizur Rahman, Taskin Ahmed, Md. Saifudddin, Soriful Islam, Sekh Mehedi Hosen ar Nasum Ahmed.

Source: Sonali Songbad

Internet Be_go_r Google Drive Beohar

Markin Search Giant Google akoak' Storage seba google drive do_ internet begor beohar reak' phaeda do_ko a.gukeda. Cedak' je_, phone se_ internet ban' tahe~lenre ho~ Offline re Google Drive re do_ho akan nothi se_ chubi jhic'kate n'e_l reak' a.t menak'a. Ne_ so_do_r akan mit't.en Blog post re Tech Giant gaota do_ noa katha ko bad.ae ocokeda. Aso_kaete PAN card, Voter card se_ Driving Lisence lekan nijak' kago_j (file) , Office reak' PDF file chad.a ho~ ja.rur.ak' ko Google Drive re do_hok'a. Je_mon ja.rur. okte ona t.un' ghur.ite n'e_lgo_k'.

Me_nkhan digital nothi se_ kago_j okte maran' muskil do_ noage, Internet bego_r beohar reak' ja~ha~n upa.ige ba.nuk'a. Aema okte sa.n'gin' t.ot.hako re Network t.ont.ate muskilre par.aok' hoyok' kana. Noa muskil cabae la.git'ge na~wa~ Projukti (Technology) do_e a.gukeda. Noa ia.te

Google do_e bad_ae ocokeda, nit kho_n Offline reho~ Google Drive re PDF file, Office reak' ja_rur.ak' kago_j ko n'e_l n'amok'a. Arho~ bad_ae n'am akana, Drive re digital file kha_li save lekhang noa phaeda do_ban' n'amok'a. Internet bond tahe~n okte Google Drive re digital nothi se_file n'e_l jo_khe_n jo_po_r.ao menak' nothire ' Right Click' kate 'Available Offline' option re Click hoyok'a.

2019 serma kho_n na~wa~ projukti reak' mo_ho_r.a ko calaokeda Google. Aema hatao Milan hor_ko selet'lana ona mo_ho_r.a re. Onare po_rho_ n'am tayom nia. dhao sanamko la_git' a.guyena se_so_do_rena noa projukti.

Source: Korotoa

Ho_r_ Ar Kula_i Reak' Katha

Sedae jugre do_, katha, ho_r. ho~ kula_i t.henko jo_m ocok' kan tahe~kana. Ado_onka taha~n tahe~nte, katha, mit' din do_mit't.en ho_r. do_T.ha.kur t.hen aro_jok'e calaoena. Ado_e metae kan, E_Tha.kur baba, am t.henge mit't.en aro_jok' la_git' in' he_c' akana. Ado_e metadea, Cet' a.rij kantama? La_ime. Ado_e me_nket'a, Noko kula_i ja_tge a.d.i ba_r.ic'ko noksanet'lea. Hud.in' janwarko hoeyena, sakam latarre ho~ko okokok' kana, ado_bale n'e_l n'am ho_tet'koa. Acka ma_rko jo_m go_t'et'lea. La.t.u janwar khan do_, n'e_l daram go_t'kotele n'ir sajona. Noko kat.ic' janwar do_bale n'e_l daram ho_t' dar_eako kana, onate am t.hen aro_jok' in' he_c' akana. Ma dayakate an'jo_mkatin'me.

Ado_T.ha.kure me_nket'a, Acha bogege. E_nd.e_khan phalna din hilok' setak're he_c' go_dok'me, ar kula_iren so_rdar ho~ e_n hilok' do_n' man'gaoea. Am ho~ ina. din hilok' do_

a.ikha. hijuk'me. Ado_e me_nket'a, Acha bogege. Khange ona din tiok'en khan sa.ri setak'reye calaoena, ar kula.i ho~ tinre co_e se_n akan. Khange ado_ bana ho_r.kin se_n n'apamena. Ado_ T.ha.kure kuliyet'kina, Henda ya kula.i, an'jo_met' kanan', ban'ma, a.d.i ba.r.ic' am do_m jo_met'koa; sa.ri se_ nase? Ado_ kula.iye me_nket'a, Okor ba? In' do_ ban' jo_met'koa; akoge aleko jo_met'lea. To_be_bam jo_met'koa. Ado_e me_nket'a, Ban'a. Ado_ uni ho_re kulikedea, Henda ya manwa, sa.ri, kathae, ape do_ kula.ipe jo_met'koa? Ado_e me_nket'a, Okor ba? Ale do_ bale jo_met'koa. Akoge bogete ale manwa ja.tko jo_met'lea. Ado_ T.ha.kure me_nket'a, Kula.i ar manwa, bana ho_r. in' kuliyet'bena. Bana ho_r.geben hund.a. bar.ek' kana. O_ko_e ho~ baben ka.bulet'a. Mit't.en bica.r hoyok'tabena; a.ikha. ona ka.miben, onarege abenak' do_ phand.aok'tabena. Ado_ bana ho_r.kin me_nket'a, Acha, ma hukuma.lin'me.

Ado_ kula.iye metadea, E_ ya kula.i, am do_ kita. ho_rho_ in' metam kana. Judi noa bochor dinte kita. sakamem ho_rho_ n'u~rket'a me_nkhan, amgeko jo_mmea. Onkae metadea. Ar uni ho_r. ho~e metae kana, E_ ya manwa, am in' metam kana. Ado_e me_nket'a, Ma ro_r.me. Am do_ korkot. sakam ho_rho_eme. Judi onam ho_rho_ n'u~rket'a me_nkhan, kula.iyem jo_m dar.eakoa; ar bam ho_rho_ n'u~rle khan, e.nd.e_khan ape manwa do_ kula.i t.henpe jo_m ocok'a. Nia. bo_cho_r mo_to_rege bana ho_r. ho_rho_ n'u~rben. Kalo_m nia. cando nia. din hilok' ona reak' sakam a.gua.n'ben, ar ona sakam in' n'e_ltabena; sa.rigeben ho_rho_ n'u~r akat'a se_ban', onan' n'e_ltabena. Ma am do_ ina. dare, ar nui do_ hane hana dare, ma tikin khonge ho_rho_eben. Ona sakam n'u~r tora bar.e_ a.gu go_dben. Ja~ha~ hilok'ge n'u~rok', unrege a.gu go_dben. Ar bica.r do_ noa cando noa din hilok' in' bica.rtabena. Ina.ge katha do_; ma calak'ben. Ado_kin calao bar.ayena, apan a.pin ho_rho_kin dhura.uen a.

Khange ado_ ho_rho_ ho_rho_te d.e.ke_ sanam ce_d.e.yentakina, e_nre ho~ ban'ge n'u~rok'. E_nre ho~

kathae, ba.gi do_ bakin ba.giak' kana. Kula.i ho~ ja~ha~e
ho_r.e n'amle khan do_e metakoa. Dose_ ya, uni manwa n'e_l
a.gulepe, bhalae ho_rho_ n'u~rket'a se_ ban'. Khanko n'e_l
a.gukedege, ado_ko he_c' rua.r.enge, ado_e kulikoa, Cele ya,
ho_rho_ n'u~rket'ae? Ado_ko metaea, Ban'a ya, bae le_t.e_c'
dar.eak' kana. Ado_e metakoa, O_ko_e bad.ae, na~ha~k'e
ho_rho_ n'u~rket'a me_nkhan, abo do_ko jo_mbongea. Ar judi
in' na~ha~k' in' ho_rho_ n'u~rket'a me_nkhan, onkobo
jo_mkoa. Ado_ ako ja.t onkae galmaraoakoa. Ar uni ho_r. ho~
ja~ha~eko ac' t.henko se_nlen khan do_e metakoa, Dose_ ya,
uni kula.i n'e_l a.guyepe , bhalae ho_rho_ n'u~rket'ae se_
ban'? Ado_ko metaea, Bae le_t.e_c' dar.eak' kana. Ado_e
metakoa, O_ko_e bad.ae, judi uniye ho_rho_ n'u~rket'a
me_nkhan do_ abo manwa do_ko jo_mbongea; ai in' bar.e_n'
ho_rho_ n'u~rle khan, e_nd.e_khan onkobo jo_mkoa. Ado_ sa.ri
onka jida. jid ho_rho_tegekin tahe~yena. Ado_ sa.ri bo_cho_r
din tiogok' dela dili khangе korkot. sakam do_ n'u~r
go_t'ena. Khangе ado_ uni ho_r.e ra.ska. go_t'ena; ado_
halan'kate ona sakam do_ T.ha.kur t.hene idi go_t'ket'a.
Ado_ uni kula.i ho~e ho_rho_ bhagaoen khan, mocateye ge_r
topak'ket'a are idiket'a . Ado_ T.ha.kurkin metae kana,
No~k'o~e baba, lin' ho_rho_ n'u~r a.guket'a; n'e_ltalín'me.
Khangе ado_ bana ho_r.ak' sakame n'e_lket'ta.kina. Ado_
kula.iye metae kana, Am do_ bam ho_rho_ n'u~rlet'a; amak'
do_ ban' sa.budok' kana. Ado_ kula.iye me_nket'a, Ban'a,
baba, ho_rho_ n'u~r akat'gean'.

Ado_ Tha.kure me_nket'a, Ban'a, bam ho_rho_ n'u~r akat'a. Am
do_ bhit.ua.k' t.hen mundhi do_ okor n'e_lok' kana? Ar
nuiak' sakam bhit.ua.k', n'e_lme cet' leka n'e_lok' kana.
Amak' do_ okor onka do_ n'e_lok' kana? Am do_m ge_r topak'
akat'a; t.hik se_ ban'? Ado_ uni kula.i do_ cet' ho~ bae
me_n dar.eat'a, tirup' hapeyenaе. Ado_ paha tula.mte jan'gae
malaoket'taea are bho_radea, are metadea, Am do_n' bho_ram
kana; tehen' khon do_ o_ho_ko tiok' dar.elema. Ar am do_m
haraoente manwa t.henem jo_m ocok'a, ja~ha~regeko n'umme se_
ape ja.tko, laga lagateko go_c'pea, ar go_c'kate apeak' do_

moela ho~ moelako jo_mtapea, e_nte am do_ onkan' sarapam kana.

Ona ia_te ale ho_r. ho_po_n do_ kula.i reak' do_ nit dha_bic' moela ho~ moelale jo_met'takoa; onkoak' do_ bale gid_iyet'a, jo_to_le sur.e jo_met'takoa.

Source: Santal Folk Tales

A_diba_siko ren A_yuric' Sagram Ma_jhiwak' Gur Ma~ha~ Disa_Rua_r.

Sagram Hasda (Ma_jhi) do_ a_diba_siko ban'cao reak' kukmu~ye uduk'at'koa soman hasaren girobas akan Santal, Urao selet' aema adiba_siko. Santalko ren nui maran' a_yuric' do_ 1901 se_rmare Rajshahi jila., Godagar.i upa.jila. reak' Malkomola n'utuman t.olare (Ne_be_tar do_ uniak' n'utum lekate 'Sagram Par.a) rey janam akana. Ako t ola khon amdaj 20 kilometer sa_n'gin' re menak' skulrey par.haok' kan tahe~kana. Bad.ae n'am akana, Secondary bid.au e_mok' laharege par.haok' do_e ba.gi akada.

Nuna.k' sa_n'gin' hor calak' hijuk' oktere a_diba_siko la.git' thor.a ka_mia mentey at_karkeda. Rajnoitik gharon'jre bae janam akan reho~, a_diba_si hor.koak' duk-kost.o n'e_lte Rajnitigey bachaoana. 1954 sermare hoylen bachao tot' (nirbacon) re Juktofront khon bachao ocolena ar Member Of Lagislative Assembly. Rajshahi Sagorpar.a re 1956 sermare ba.isa.uleda ' Sagram Majhi Adibasi Chatrobas'. 1 January 1957 sermare 40 t_aka reak' bhar.a or.ak're 19

pa.t.hua.koante noa hostel do_e ehop'leda. Ac'ak' noa kukmu~
lekate benao akan hostelre tahe~kate aema a.diba.si kor.a
sikna.t ko hamet'jo_n' akana ar akoak' jionre marsal do_
bamber akana.

Arho~ 1957 sermare Union Porisod re ad.e-pase (Sthanio
Sarkar) got.hon okte Chairman huda.re do_e bachao ocolena.

1958 sermare ac'ak' ka.mi t.ha.~i Program re Sastho
Complaint Benaore go~rto~r.o~c' do_e do_ho akada. 1962
sermare Nap reak' center committee sodosso se_ member po_d
do_e n'amkeda, 1970 sermare do_ nirbacon rey selet'lena.
Me_nkhan nirbaconre Awami League hor.ko t.hene bhagao
ocoena. Ar 1962 sermare Dhaka selet' got.a Ban'gladisa.mre
hulmal eho_p'en khan santal hor., urao ja.ti-gost.hiko modre
aema do_ disa.m ko da.r. ba.giada. E_nreho~ Sagram Ma.jhi
do_ sanam hor.ko dil ar sa.huse em akat'koa, janam disa.m
Ban'gladisa.re a.ida.ri salak' girobasok' la.git'e
udga.uket'koa. E_ken ina. mo_to_ do_ ban' 1974 sermare
sa.dhin Ban'gladisa.mre Program Union Porisod re Chairman
po_drey bachao ocolena.

1971 sermare maran' la.r.ha.i e_hop'en khan aema maejiu-baba
hor.ko ad.epase disa.mre asraiko hataokeda. Uni ho~ mit'
okte sima.na do_e paromleda. E_nre ho~ thir se hape do_ bae
tahe~kana. Jo_to_ okte a.diba.siko bujha.uako monejon'leda,
disa.m do_ rukhia.i la.git'e udga.u akat'koa. Acren ka.t.ic'
hopontet' Sudhir Hasda (Ma.jhi) ho~ la.r.ha.i la.git'e
kulledea. Rajshasi jiwi but.a.rire hostel benao talate
a.diba.siko talare sikna.t reak' diuha. jolok' ia.te a.d.i
a~t.e kurumut.u akada. Uniak' nonkan kurumut.u ar jhu~k' mon
kha.tir Godagari Upa.jila.re ' Bot.toli Adibasi Prathomik
Biddaloy' benao akana, Modhumath re benao akana Bir.la
Prathomik Biddaloy. Ina. chad.a ho~ Sitolpur A.diba.si
bo_so_k' kan t.ot.hare ar mit't.en Skul do_e benao akada,
Ne_be_tar do_ ona skul do_ Sarkari kedako.

Arho~ Sagram Ma.jhi do_ ac'ren thor.a gatiko jor.aokate un
okte reak' Ojopar.a t.olare 1945 sermare benao rakap' kedae

' Panihar Public Library, Panihar t.olare. Bad.ae n'am akana nitok' ona library re pe ge_l (30) hajar khon ba.r.ti puthi, magazine ko tuma.l menak'a. Disa.m ren namd.ak onolia., kobi, sa~ohet' Gobesona koak' ja.rur.ak' ko jagaokate library do_calak' kana. Polli Kubi Josim Uddin, Kubi Bonde Ali Mia ho~ nia. library member re tahe~kana. Unige pa.hil t.olare murukh je_no aloko tahe~n ona reak' ka.mikoe a.yurleda. Ad.epase ren'gec' nacar, murukh gharon'j khon gidra.ko sap' a.gukate skulrey bhurti reak' bebosthaet'kan tahe~na. Ra.sika a.diba.siko la.git' 1976 sermare Ban'gladesh Betar Rajshahi khon akhr.a ucha.n reak'e bo.ndo_bo_set'kan tahe~na.

1976 sermare 6 June khon sa.bik lekate santal ar urao ko la.git' ' MADOL' ucha.n ehop'ena uniak' likho_n go_r.ho_n.te. A.diba.si koak' ka.ud.i ar sa~ota lahanti la.git' uni do_ac' apatak' bhit.a ho~ Sarkar kut.ir silpa. benao la.git'e ar.ak'ade tahe~kana. Nagar sa~ota somaj do_Mr. Ma.jhi do_Rajshahi ren gunan gidra. hisa.bteko cinha. akadea.