Migrain (Bo̱ho̱k´ haso) Hoelen Khan Cet´ Cet´ Ko Cekae Hoyok´a

Migrain bo̱ho̱k´ haso babotre sontor tahe˜n reak´ hapta 2021 n´utumte SKF bo̱no̱do̱bo̱s akan bises akhr̤a ‘Bo̱ho̱k´ la̤git´ Bo̱ho̱k´ Haso’ reak´ mo˜r̤e˜ak´ porbo reaṉ bisoi tahe˜kana Migraine reak´ cikit´sa ar ona kho̱n ban´cao n´am. Un hilok´ per̤a hisabte set̤ere tahe˜kana National Institute Of Neuroscience And Hospital reak´ Neurology bibhag ren sa˜oten professor Dr. Abu Nayim. Noa akhr̤a do̱e a̤yurleda Sushmita Shruti Chowdhury.

Aema lekan Bo̱ho̱k´ Haso:

Dr. Abu Nayim do̱e bad̤ae ocokeda, Me˜t´ cetan khon da̤bi dha̤bic´ noa bhag do̱ bo̱ho̱k´ kana. Ar bo̱ho̱k´ tahe˜len khan bo̱ho̱k´ haso do̱ tahe˜ngea. Me̱nkhan ja˜ha˜tin ja˜ha˜tinre nia̤ bo̱ho̱k´ haso kho̱nge me˜t´, lutur ar sinus reak´ muskil hoe dar̤eak´a. Pa̤hil porjai reak´ bo̱ho̱k´ haso re ja˜ha˜n karontet´ge ban̤ sendra n´amok´a. Ar 95 percent bo̱ho̱k´ hasoge nonkanak´ bo̱ho̱k´ haso kana. Ar 2-5 percent re n´e̱lok´ kana, Bo̱ho̱k´ haso sa˜o me˜t´, lutur ar mu˜ do̱ jopor̤ao menak´a. Noa ko bo̱ho̱k´ haso reak´ 70 percent arho˜ a̤d̤i cinta̤ kho̱n ho˜ hoyogo̱k´a. Noa do̱ko metak´ kana Tension Headache. Ar 30 percent do̱ hoyok´ kana Maigrain bo̱ho̱k´ haso.

Cekatebo̱n bujha̤ukea je okt̤ak´ bo̱ho̱k´ haso kana:

A̤d̤i at̤ cinta̤te bo̱ho̱k´ haso (Tension Headache) do̱ mit´ talaoge hasoa. E̱t̤ak´ sec´ Migraine bo̱ho̱k´ haso do̱ ja˜ha˜tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak´me bo̱cho̱rre mit´ dhao ho˜ hoe dar̤eak´a. Ar cinta̤te bo̱ho̱k´ haso (Tension Headache) do̱ cando ha̤surlen khange haso ho˜ d̤her idik´a. Migraine reak´ 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 reak´ 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 dharonaet´ 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.

O_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 niropon 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´ kedea. 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 dharonaet´ kana 25-30 Milion Euro do_e ka.mai jon˙a

Source: Bangladesh protidin

Chi̇n Kho̱n 54 Lakh Si̇nopharm Ko̱ro̱na T̤i̇ka̤ Do̱ Hec´ena

Chin kho̱n kirin akan Sinopharm reak´ arho˜ 54 lakh ko̱ro̱na t̤ika̤ disa̤mre hec´ena. Hola Sokolbar tala n´inda̤ 12:45 baja okte mit´t̤en ud̤a̤uk´ ga̤d̤ite noa t̤ika̤ do̱ Dkaka reak´ Hazrat Shahjalal Antorjatik Bimanbo̱ndo̱rre hec´ena. MNC&H ren Line Director Dr. Md. Shamsul Hoqe noa t̤ika̤ hatao se̱ atan̈ la̤git´ bimanbo̱ndo̱r rey tahe˜kana. Nia̤ dhao do̱ 54 lakh 1 hajar 350 doge t̤ika̤ do̱ hec´ena.

Source: Banglar Jonopod

TINẠḰEM HO̱ṄGO̱RA?

E̱ am Lo̱ṅgra,

Tinạḱem ho̱ṅgo̱ra?

Ato tamma Mo̱ṅgra,

Bikạuḱ kanem ḍaṅgra.

E̱ am Lo̱ṅgra,

Tinạḱem ho̱ṅgo̱ra?

Bạgiyme ṭhạurạ,

Bạgiyme pạurạ.

E̱ am Lo̱ṅgra,

Tinạḱem ho_ṅgo_ra?

Metamkanko bhạṛuạ,

Bikạuḱ kanem bhạluạ.

E_ am Lo_ṅgra,

Tinạḱem ho_ṅgo_ra?

Era uru dinko e_ge_ra,

Jhogṛale_nrem ge_ge_ra.

E_ am Lo_ṅgra,

Tinạḱem ho_ṅgo_ra?

Ujạṛo_ḱkan gại goṛa,

Aṅjo_mmese thoṛa.

Mit´t.eṅ 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 setoṅena.

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 hirin´ket´a. Seta doe bujha.uket´a, in´ren kisa˜.r. do

noa tha.ila.k´ doe hir.in´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 san̈gin´ 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´kedea, 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´ sadomak´ jan̈gae ha.mbur. uric´ket´a. Uni hor. doe bujha.uket´a, seton̈ 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 idiyegea. 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´ Ban̈gladisa.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´ Ban̈gladisa.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 baṅgla Criket Studiom re Press Conference kut̠hri re bo̱ndo̱bo̱s akat´ sombad sonmelonre Bissocup do̱le la̠i so̱do̱rket´koa maraṅ khelwar̠ bachaoic´ Minhazul Abedin Nannu. Ar uni salak´ arho˜ et̠ak´ bar̠ hor̠ khelwar̠ bachaokin Habibul Basher Sumon ar Abdur Razzak. Calaoen bar pe cando kho̱n okoe do̱ jatiyo do̱l reak´ T-Twenty series ko e̱nec´ akan, Onko mo̱d kho̱n 15 got̠en khelwar̠ ko bachao n´am akana. Ond̠e do̱ Mahmudullah Riyadh cha̠da ho˜ ga̠khur khelwar̠ hisa̠bte Mushfiqur Rahim, Sakib Al Hasan tako ho˜ me̱nak´koa se̱te̱lak´ kha̠tirte.

Mit´ Noṅjorte Baṅgladisa̠m ren Bissocup Squad-

Mahmudullah Riyadh (A̠k´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 Be̱go̱r Google Drive Beohar

Markin Search Giant Google akoak´ Storage seba google drive do̱ internet begor beohar reak´ phaeda do̱ko a̠gukeda. Cedak´ je̱, phone se̱ internet baṅ tahe˜lenre ho˜ Offline re Google Drive re do̱ho akan nothi se̱ chubi jhic´kate n´e̱l reak´ a̠t menak´a. Ne̱ so̱do̱r akan mit´t̠en Blog post re Tech Giant gaota do̱ noa katha ko bad̠ae ocokeda. Aso̱kaete PAN card, Voter card se̱ Driving Lisence lekan nijak´ kago̱j (file) , Office reak´ PDF file chad̠a ho˜

ja.rur.ak´ ko Google Drive re do_hok´a. Je_mon ja.rur. okte ona t.uṅ ghur.ite n´e_lgo_k´.

Me_nkhan digital nothi se_ kago_j okte maraṅ muskil do_ noage, Internet bego_r beohar reak´ ja˜ha˜n upa.ige ba.nuk´a. Aema okte sa.ṅgin´ 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 lekhange noa phaeda do_ baṅ 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´lena 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_, kathae, ho_r. ho˜ kula.i t.henko jo_m ocok´ kan tahe˜kana. Ado_ onka taha˜n tahe˜nte, kathae, 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 sajon˙a. 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.uena.

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 khange korkot. sakam do_ n´u˜r go_t´ena. Khange 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_ltalin´me. Khange 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 bhit̩ua̩k´, n´e̩lme cet´ leka n´e̩lok´ kana. Amak´ do̩ okor onka do̩ n´e̩lok´ kana? Am do̩m ge̩r topak´ akat´a; t̩hik se̩ ban̓? Ado̩ uni kula̩i do̩ cet´ ho˜ bae me̩n dar̩eat´a, tirup´ hapeyenae. Ado̩ paha tula̩mte jan̓gae malaoket´taea are bho̩radea, are metadea, Am do̩n´ bho̩ram kana; tehen´ khon do̩ o̩ho̩ko tiok´ dar̩elema. Ar am do̩m haraoente manwa t̩henem jo̩m ocok´a, ja˜ha˜regeko n´umme se̩ ape ja̩tko, laga lagateko go̩c´pea, ar go̩c´kate apeak´ do̩ moela ho˜ moelako jo̩mtapea, e̩nte am do̩ onkan´ sarapam kana.

Ona ia̩te ale ho̩r̩ ho̩po̩n do̩ kula̩i reak´ do̩ nit dha̩bic´ moela ho˜ moelale jo̩met´takoa; onkoak´ do̩ bale gid̩iyet´a, jo̩to̩le sur̩e jo̩met´takoa.

Source: Santal Folk Tales

A̩diba̩siko ren A̩yuric´ Sagram Ma̩jhiwak´ Gur Ma˜ha˜ Disa̩ Rua̩r̩

Sagram Hasda (Ma̩jhi) do̩ a̩diba̩siko ban´cao reak´ kukmu˜ye uduk´at´koa soman hasaren girobas akan Santal, Urao selet´ aema adiba̩siko. Santalko ren nui maran̓ a̩yuric´ do̩ 1901 se̩rmare Rajshahi jila̩, Godagar̩i upa̩jila̩ reak´ Malkomola n´utuman t̩olare (Ne̩be̩tar do̩ uniak´ n´utum lekate ‘Sagram Par̩a) rey janam akana. Ako t̩ola khon amdaj 20 kilometer sa̩n̓gin´ re menak´ skulrey par̩haok´ kan tahe˜kana. Bad̩ae n´am akana, Secondary bid̩au e̩mok´ laharege par̩haok´ do̩e ba̩gi akada.

Nuna.k´ sa.n̓gin´ 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_n̓ 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 Ban̓gladisa.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 Ban̓gladisa.re a.ida.ri salak´ girobasok´ la.git´e udga.uket´koa. E_ken ina. mo_to_ do_ ban̓ 1974 sermare sa.dhin Ban̓glsdisa.mre Program Union Porisod re Chairman po_drey bachao ocolena.

1971 sermare maran̓ 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 monejon̓leda, 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.nte. 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.

Jatiyo Bissobiddaloy re

Honors Pa̱hil Bo̱cho̱r Professional Course re Bhurti

Jatiyo Bissobiddaloy re 2020-21 sikhna̱t serma reak´ pa̱hil bo̱cho̱r snatok se̱ graduation (soman) professional course re bhurti do̱ eho̱pok´ la̱git´. Online re pa̱hil ardas do̱ darakan 12 September a̱yup´ ber 4 baja okte eho̱bok´a. Ar noa ardas do̱ 28 September n´inda̱ okte 12 baja dha̱bic´ calak´a. Ona course re bhurti reak´ ja˜ha˜e pa̱ṯhua̱koak´ kusi-sana menak´ khan, Jatiyo Bissobiddaloy reak´ bhurti babotre menak´ Website (www.nu.ac.bd/admissions khon Form do̱ purun hoyok´a. Ardas la̱git´ fee do̱ College hotete niṯ akat´ mobile Banking talate 29 September bhitrire joma e̱mok´ hoyok´a. Nia̱ sikhna̱t sermare bhurti kan pa̱ṯhua̱koak´ online kelas do̱ 20 October khonge eho̱bok´a.

Source: Prothom alo