

Dengue Rua

Nia ko din a.d.i ba.r.tikaete dengue rua. cha.plao akana got.a disomre. Noa rua.te ja.bukate aema hor. doko gujuk' kana. Onate nia ko dinre Haspatal kore ho~ dengue rogi te perec' akana. Enreho~ hor.ko talare ja~ha~n sontor se cetonge ba.nuk'a.

Dengue rua. cet' lekate cha.pla.uk'a?

Dengue rua. d.her do sikr.i~c' ko hotete mit' hor. khon et.ak' hor. t.hen uca.r.ok'a. Cedak' je, sikr.i~c' tinre dengue rua.te ja.bun akan hor.e gere unre uniak' hor.more mit' lekan virus do bolok'a. Ina.kate uni sikri~c' hotetege et.ak' hor.ak' hor.more noa rua. uca.r.ok'a. Onate dengue rua.te ja.bunok' hor.ko mosari bhitrire dohoko hoyok'a. Jemon uni khon et.ak' hor.ak' hor.more rua. ban' uca.r.ok'. Ba.r.tikaete okoe koak' hor.more Immunity se rua. birud ten'go daram reak' dar.e sa.kti komge onkan hor.ge a.d.i usa.ra noa rua.teko ja.bunok' kana.

Dengue rua. reak' cinha. ko:

1. Lac hasoa.
2. A.d.i ba.r.ti dak' tetan'a.
3. Ghane ghane bec' se bec' ban' bondok'a.
4. Bec' sa~ote ma~ya~m ho~ ond.on'ok'a.
5. Jambe khon ma~ya~m jorok'a.
6. Turui ghont.a khon ho~ d.her gha.r.ic' racate ban' hoyok'a.
7. Sahe~t' re muskil hoyok'a.
8. Hor.more lan'ga at.karok'a.
9. Hor.mo reak' tapmatra komok'a.

Dengue rua. khon rukhia. reak' upa.i:

1. Or.ak' ad.epase sapha sa.phi dohoe hoyok'a ar okare ho~ dak'ko ban' jawa ocoe hoyok'a.
2. Or.ak' ad.epase kore gid.ikak' ba.lt.in, t.ob , plast.ik kore dak' jarwak'a, onate bin ja.rur.ok' jinis d.asbinre gid.ikak' hoyok'a.

3. Ja.pit' okte mosari t.an'gao hoyok'a.
4. Ti dha.bic' an'grop'-kic'ric' ko horok hoyok'a.
5. Sikr.i~c' khon rukhia. n'am la.git' sikr.i~c' ran cream beohar hoyok'a hor.more ar or.ak're do jaoge Aerosol spray hoyok'a.

Dengue khon rukhia.k' la.git'te cetanre emen nia.mko leka calak' ar manao ganao hoyok'a. End.ekhan sanam hor.ko kha.t.ige dengue rua. khon rukhia. bon n'amte napae bon tahena, Ar nonkate niropon hor.mo ho~bon hamet. dar.eak'a.

In'an' Jo_s do_ Ce_t' ?

Bochor a.curok'kan sa~o sa~ote arho~_ he_c' set.arena Santal ja.tkoak' her.an dinisa. ma~ha~ 30 Jun. Noa din do_e disa. ocoet' bon kana Santal, A.diba.siko cetanre hoelen sanam lekan santhao, siba.r., bhina. bhini, be.ba.sut, ar disom, kort. kacaha.rikore deko, In'ra.jkoak' china.puri beohar, oka karonte do_ janamlan Santal hul 30 Jun, 1855 Khr. Noa hulre a.k'yurkoko tahe~kana Sidhu, Ka.nhu, Ca~nd, Bhaero bha.ya.diko. Bud a.kil udga.u suhu~k' ar gor.o gopor.oko n'amleda pargana, desma.n'jhi, ma.pa.n'jhiko ar ona elakakoren ba~r.tikae Santal ar et.ak' et.ak' A.diba.siko kho_n. Ado_ noa Santal hul reak' motlob ar jo_ste' do_ ce_t' tahe~kana? La.ilek do_ dho_rage tahe~kana- a) Sanam lekan siba.r., koclon ar ba.d.a.ria. deko koak' china.puri beohar bond. b) Sik'ba.r.ia. deko jumidar, sudkhor mahajon, jotdar, t.ho_kbaj, pha.sia.ra bepariko elaka khon laga n'irko. ar c) In'ra.j ar onkoak' sason bebstha humca.k' gid.iete akoak' raj sason t.arhao. Un o_kte_ Santal A.diba.siko jeleka siba.r. arko santhao ocok'kan tahe~a, end.ekhan onkoak' buj lekate akoak' hul reak' motlob/jo_s do_ t.hikge tahe~kana. Gha.t.ti do_ tahe~kana sanam se_nte apnarak' dar.e jothat leka ban' ajmao dar.eak', la.r.ha.i calao ar t.arhao reak' dar.e apnarre ban' tahe~kan, apnarak' monsuba. se_

motlob In'ra.jko batao ocoko reak' targhar ban' bad.ae, noakoge gha.t.ti se_ obhab do.Tobe ja.t hisa.bte jaoge gorob reak' katha do_ noage, bir bant.a leka jiwiko alae akada, apnar bako soprotlena. Khan arho~ kukli- Santal hul reak' jo_s do_ tina.k'gan arjao akana? He~, ro_r. rua.r. do_ muskilgea !

Nit do_ arho~ nia jugren jua.nko t.hen kukli- amak' jo_s do_ ce_t'? In'ak' jo_s do_ ce_t' kana ? A.diba.si hisa.bte aboak' lahanti reak' dorson do_ ce_t' ? Noa maran' salmesal somajre ekal mesal mila_u uta.rok' ? Se_ sirja.n reak' nanahuna.r mut.ha.n t.ika_u do_ho_ete ja.t bhina. bhini hudis ba.gi gid.ikate jo_t.o_ ja.t, dho_ro_m, pa_rsi, legcarren ho_r.ko sa~o nira.ite girobasok' ? Raja.ri reak' ilin/cap begor, man manot lia. apnar somaj reak' lahanti ar disom lahantire jo_to_koak' se_pe_le_t' ?Nindara A.diba.si sikhna.t jua.nko disom, ja.t ar apnar somaj, legcar, pa_rsi, apnar man manot, ka.mi n'am reak' a.t ar noa karonte apnar gharon'j khon a.d.i jha.lre tahe~n hoyok'kan emanko lia. ga.hir hudisok'ko ce_t'et' kana. He~, noako babot do_ aboko hudistege lekkan tabona. O_kte_ parom calak'kan buhire apnar buha.l paromok' do_ ekal ban' t.hik kana. Non'kaete do_ kha.t.ige ba.i ba.ite mohor met.aok' do_bre bon par.aok'a; ar ban' khan jaejugge et.ak'koren gula.m leka kat.a latarre bon tahe~na, oka do_ sirja.n reak' bemanot. Galmaraore jopor.ao menak' kha.tirte arho~_ menkok'a- mit' bar A.diba.si ho_r.ko apnar jo_m n'u~ reak' aotanko (□□□□□□□□) tear dar.eakat'a t.hikge. Menkhan, adomko do_ ac' ac'tege somaj ar apto gust.iko khon pharak akanko tahe~n kana. Onko do_ somajre ce_t' ka.mirege bako lagaok' kana ar noa la.git' ce_t' da.nd ho~ ba.nuk'takoa. Arho~ mit' bar cetan sikhna.t jua.nko do_ napae napaeko cinta. bhabnaea, mon'j ka.mikoko ti jan'gawak'a; menek oka do_ ako bhitrire mot reak' bemil, apayurre bekusi, bintiric', dho_ro_m lia. re_t.e_pe_te_ eman karonkote maran' ranajot. do_ ban' tear rakap' kana. La.t.u ho_r.ko bhitrire ho~_ nia.ko karonge. Thor.a sikhna.t kor.a kur.iko aemage pharak disomre ka.mi kha.tirte menak'koa. Ond.e nanaparkan muskilak'kote tenakan, adomko do_ arho~ be_sapha, belek jin'gire se_le_t' akan, okoe do_ rua. hasore ja.bun akan menak'koa.No~k'o~e non'ka abo A.diba.si ho_r. hopon koak' jingi hal do_.

Khan, muca.t're arho~ jua.n kor.a kur.iko t.hen kukli- Santal hul reak' motlob/ jo_s tahe~kana. Naha~k' noa dha.rti in'an' cinta. bhabna jugre amak' jo_s do_ ce_t' ? Amak' ar somaj lahantie reak' dorson do_ ce_t'? Jo_stet' do_ n'el t.hik hoyok'a, miť sa~ote ar ban' khan eskar ho~ lahak'tege hoyok'a, hante nhote hon.d.ealen khan do_ ban' hoyok'a.Tin din aboak' mon ontorre jothat jo_stet' ban' gad.aok'a, bin-hiska. jotokote kajakte babon lahak'a undin abo somaj reak' as akan jo_stet' joaok' do_ ban' n'elok'a.

Jisuge Aboren hor Uduk'ic'

Jisu do Thomae metadea, " In'ge hortet', sariak'tet', ar jion. In' hotete ban'khan okoe ho~ Baba t.hen ohoko sen dar.elena." (Johon 14:6).

Tehen' okoet.ak' hor. ho~ Jisu n'ele la.git' ar Uniak' katha an'jom la.git' hahan'karte bako calak' kana. Ar nan'graha kore uniak' hoho ho~ ban' an'jom n'amok' kana. "Nasaretren Jisu onkatey tar.am idiyeda". (Luke 18:37) menkate okoe ho~ bako hohoyeda .

Enreho~, tehen' noa katha do sa.riak'gea je Jisu bae n'el n'amok'kan reho~ abo sa~ore menaea, hore uduk' abon kana are a.yuret' bona. Dula.r. katha abo t.hene ja.hiret'kana. Ar okoeko do et.ak' t.ua.rko se ren'gec'ko se rua.re ja.bun rugi la.git' ko ka.miyet' Jisu do onkoe gor.o are bhorako kana. Onate abo mon'j taken la.git' ar Jisuak' daya ar a.sirbad n'am la.git' uni t.hen neho~r hoyok' tabona ar Jisu do abo son'gete tahena ar aboak' neho~r katha ko an'jomtabona.

Darakan Sokolbar SSC Bid .a .u Reak´ Jo Sodorok´a

Calaoen 30 April Secondary School Certificate (SSC) ar ona man reak´ bid .a .u ehop´lena. Ona bid .a .u are (9) got .en sikhna .t board reak´ tabere bargel (20) lakh khon ho´ d .her pa .t .hua . gidra . bid .a .u ko em akada. Ado ona SSC bida .u reak´ jo do darakan Sokolbar (28.07.23) July sodorok´a. Bid .a .u reak´ jo sodorok´te eken mit´ din ba .ki menak´a. Sokolbar setak´ 10:30 baja tala do nij nij sikhna .t t .ha´ona khon ar Online re mit´ sa´ote sodorok´a.

SSC Pa .t .hua . ko do cet´ lekate bid .au jo ko bad .ae dar .eak´a, ona ho´ Dhaka Madhomik ar Ucho Madhomik sikhna .t board pust .aute bad .ae ocokeda. Dhaka sikhna .t board reak´ mit´ d .ha .rwa .k´re menakana, SSC pa .t .hua . ko do sikhna .t board reak´ website educationboardresults.gov.bd re bolokate Roll no, Registration no, bid .a .u reak´ n´utum, bochor metak´me bid .a .u emakat´ serma se sal ar sikhna .t board select katec´ submit bat .on re click lekhangе jo bad .ae n´amok´a. Ina . chad .a ho´ mobile re ho´ jo bad .ae n´amok´a. Ona la .git´ Message option re bolo katec´ SSC ol hoyok´a ar space emkate board reak´ n´utum pa .hil pea akhor ol katec´ arho´ space emkate roll no ol hoyok´a arho´ space emkate bida .u reak´ bochor se sal ol katec´ 16222 nombor re kol hoyok´a. (Udharon lekate-SSC DHA ROLL YEAR) nonka ol hoyok´. Noa ko ol kate t .hikte kol lekhangе bid .a .u reak´ jo do message hotete bad .ae n´amok´a.

Meskoc´

Meskoc´

(1)

Iskulte bilom calak' reak' karontet'-

Mahasoe: E Ga.blu, cedak' kelas hijuk'em bilomena?

Ga.blu: Mahasoe, en'ga.n' a.pun' kin jhogr.ak' kan tahe~kana.

Mahasoe: Cedak' am dom thiret'kina ado? Juri-pa.ri ak' jhogr.a do ac' ac'tege cabak'a.

Ga.blu: Ona don' bad.aegea Mahasoe.

Mahasoe: End.ekhan cet' tobe?

Ga.blu: Ente in'ak' send.el mit't.en en'ga.n' ar mit't.en do a.pun' ak' tire tahe~kana.

(2)

Mit't.en d.urukia. pocra hor. gad.ate paerak'-e sen akana-

Pocra hor.: E ke~ot.a boeha, gad.are bin' ko ba.nuk'koa tho?

Ke~ot.a: Ban'a boeha, ba.nuk'koa bin'.

Pocra hor.: end.ekhan ma nirbhabnan' paera dar.eak'a.

Ke~ot.a: He~ paera dar.eak'geam, Menkhan thor.a sontorte paera hoyok'a.

Pocra hor.: Cedak?

Ke~ot.a: Mit't.en tayan menaea. Unige sanam bin'-e jom marao akat'koa.

Mit't.en Pha.kir Hor.ak' Golpo

Gad.a d.hipre mit't.en pha.kir se kokoe hor.e dur.up' akan tahe~kana. Ona ar.ete mit' hor.e parom calak'kan okte pha.kire kulikededa, "cedak' nond.em dur.up' akana? Ado uni ror. rua.r.adea, " tinre noa gad.a an'jedok'a, jemon noa gad.an' parom dar.eak'. " khangé uni hor.e mengot'keda, noa do cet katham meneda, got.a gad.a an'jedok'em ta.n'gi horet' khan, tisre ho~ ohoge noa gad.am parom dar.eak'a? Unre uni pha.kir se kokoe hor.e menkeda, Sanam hor. noagen' bujha.u ocoyet'koa je, Ape modre okoe do jao ghur.ige memen kan je, noa jion jingi reak' joto lekan da.yik ka.mi kon' pura.u lekhangé kusi ra.ska. hesec' sekrec' ren' tahe~na, joto hor. sa~oin' n'apama, hor.kon' seba joton koa, a.cur arin' mand.rao bar.aea, nonkan katha ror. do ban' t.hika. Cedak'je onko do bet.hik katha ko ror.or. kana.

Sikha.una: Mit'din sanamko noa dha.rtibon ba.giak'a menkhan noa dha.rti jion jingi reak' aboak' da.yik tis ho~ ban' cabak'a. Onate aboak' jion reak' joto lekan da.yik ko aboak' jion reak' calak' horre son'ge son'gete ka.mi hoyok'a. One oka do abo mimit'ko kusi ra.ska. ar suke emabon. Aboak' da.yik reak' bojha una.k' do babon hamala, oka do aboak' jionre suk bodolte eken duk da.ndite perec'kok'.

A.kilan Hor.

Mit't.en a.kilan bha.gan hor.e tahe~kana. Jao hilok' a.yup' bela uni t.hen hor.ko hijuk'kan tahe~kana. Ar uni hor. do onkoak' suk-duk muskil reak' katha an'jomkate aema lekan solhae emakoa ar ona muskil cabae reak' hore uduk'ako kan tahena. Adom hor. do ina. mit' muskil karonak'te ghane ghane hijuk' ko ehop'ena. Ado hec'kate ko rak'et tahena.

Mit'din uni a.kilan hor. do hec' akan hor.ko mit't.en meskoc'e la.iat'koa. Ona meskoc' an'jomte selet' akan joto hor. landa landateko lan'ga cabayena. Ina. mit' gha.r.i tayom arho~ ina. mit' meskoc' ge la.iat'koa, nia. dhao do an'jomkate thor.a hor.ko landakeda. Tinre tesar dhao ona meskoc'e la.ikeda, unre onko hor. modre okoege bako landaleda. Adoe menkeda, "Ghane ghane mit't.en meskoc' an'jomte landa ban' sanayet'pea, menkhan ina. mit' muskil ia.te cedak' ghane ghane pe rarak' kana?

Sikha.una: Duk-da.ndi, muskil do eken dar.e ar okto-e nost.oya. Noa do tis ho~ muskil do bae miman'sa dar.eak'a.

Lumpy Skin (LSD) Rog

Ban'gladisom reak' adom adom t.ot.hare D.an'gra koak' mit' lekan rog se rua. do hec' par.ao akana. One oka do D.an'gra ak' got.a hor.mo metak'me hartare d.ambak' d.ombok' rakabok' kana. Ona rog do Lumpy skin (LSD) rog ko metak'kana. Nia.ko dinre D.an'gra merom a.sulet'ko hor.ko a.d.i botor ar cintare menak'koa. Ba.r.tikaete Lumpy skin rog do virus kana. Noa virus rogte ja.bun kate aema Mi~hu~ D.an'gra koko gujuk' kana. D.aktar ko menet' kana, noa rog do virus kana. Nit dha.bic'te rog reak' jahan ran rehet'ge ban' benao akana.

Noa rogte ja.bunok'kan D.an'gra do pa.hilte rua. n'amkoa, jojom ban' sanakoa. Ba.i ba.ite rua. d.her idilen khan mu~ ar moca khon ulidak' ond.on'ok'takoa, jan'ga ar hot.ok' phula.uk'takoa, ja.bun akan D.an'gra ak' kor.am latar bar jan'ga reak' tala baraba.rire dak' jarwak'a. Ina.kate D.an'gra ak' got.ae hor.more d.ambak' d.ombok' rakabok'a ar ona do seak'a. Ina. chad.a ho~ hor.mo reak' up' ho~ n'urok'takoa, harta ho~ pot.agok'takoa. Noa rog biseskaete la.t.u D.an'gra do ban' n'amet'koa, ente onkoak' do sahao dar.e d.heragea. Hud.in' se ka.t.ic' mi~hu~ D.an'gra ko d.her n'amet'koa. A.d.i algate noko doko ja.bunok' kana. Cedak' je hor.more rog birud ten'go daram

reak' dar_e do komgetakoa. Mit' D.an'gra khon et.ak' D.an'gra ak' hor.more noa rog do sikri~c'-ro~ hotete uca.r.ok'a. Onate noa rogte D.an'gra ko ban'cao ko la.git'te mosari beohar a.d.i ja.rur. kana. Ina chad_a katet' reho~ D.an'gra ko sapha sa.phi dohoko hoyok'a. Ja~ha~e D.an'gra ak' hor.more noa rog reak' cinha. n'elok're pa.hilte jib janwar ren raranko sa~o katha ror. hoyok'a se hapatal ho~ idiko hoyok'a. End.ekhan okte na.pitre ja.bun akan D.an'gra cikit'sa ko n'amlekhan algategeko napae dar.eak'te niropon hor.mo ko n'am rua.r. dar.eak'a.

Ga_~r_i~ Ak' Go_lpo_

Mit' atore a.d.i uta.r ga_~r_i~ ko tahe~kana. Mit' dhao mit't.en ho_r.e la.i ja.hirkeda je, uni do_ Ga_~r_i~ kirin' koa ar mimit' got.en Ga_~r_i~ ak' dam gel (10) t.aka katec'e emo_k'a. Ado_ atoren ho_r. ho~ko ta.n'khikeda ad.epasere a.d.i uta.r Ga_~r_i~ menak'koa, end.ekhan noa katha ho~ a.d.i ba.r.ic'ak' do_ ban' kana. Khange atoren ho_r.ko bir-gajar. ko senente Ga_~r_i~ sasap' ka.miko dhura.uen a. Ado_ ro_r. sad.e akat' katha leakage atoren ho_r.ko t.hen khonak' gel t.aka katec' mit' hajar (1,000) got.en Ga_~r_i~ kirin'ket'koa. Ina.kate arho~e ja.hirkeda, nit khon do_ mimit' got.en Ga_~r_i~ ak' dam bargel (20) t.aka katec'.

Atoren ho_r.ko noa katha an'jomte arho~ a.d.i kurumut.u salak' Ga_~r_i~ sasap'ko ond.on'ena. Onate a.d.i usa.ra ad.epasere Ga_~r_i~ koak' son'kha ho~ kom cabayena. Hor.ko ho~ apan a.pin or.ak' rua.r.ok' ko ehop'ena. Khange uni ho_r. do_ nia. dhao Ga_~r_i~ ak' dam bargel mo~r.e~ (25) t.aka katec'e got.akeda. Note Ga_~r_i~ ko ho~ nuna.k' ko komena je, Ga_~r_i~ sendra n'an'amge a.d.i muskil.

Ina.kate onkage arho~ mo~r.e~gel (50) t.aka d.herked a. Uni ho_r. do_ noa nawa dam ja.hir katet' ac'ak' ba.nij bepar ka.mi kha.tirte so_ho_r bajarte senena. Ado_ ac'ak' ka.mi reak' da.yik do_ ac'ren son'ge

ho_r.e emadea. Nia dhao uni ho_r.ren sa~o go_r.o_ic' do_khan'ca
perec' Ga~r.i~ od.ok'ket'kote ato ho_r.koe n'el ocoket'koa. Are
metat'koa, nit noko mimit' got.en Ga~r.i~ in' t.hen khon pegel
mo~r.e~ (35) t.aka katec'pe kirin' dar.eakoa. Ente nit' ma ar bir-
gajar.re cele Ga~r.i~ge ba.nuk'ko. End.ekhan mahasoe-e rua.r. hec'len
khan mo~r.e~gel (50) t.aka katec' uni t.henpe a.khrin' dar.eakkoa.
Khang onko bebuj lelha ho_r. do_a.d.i usa.ra uniak' kathateko
ma.lun'ena ar jo_to_ Ga~r.i~ko kirin'ket'koa. Ina.kate dosar hilok'
khon uni ho_r. ho~e an'genena, ina. tayom nit dha.bic'te unkin ho_r.
ona atore ba_kin n'el n'am akana.

Seton' Reak' Ra~tte Got_a Ba_iha_r. Rohor. Cabak' Kana

N'el n'elte got_a ba.rsa. din parom calaoena. Enreho~ got_a disomre
serma dak reak' a.d.ige t.ont.a par.ao akana. Jao sermage ba.rsa. din
do ekal got_a khet-bar.ge ar hor-bir ko dak'te cehel cepel ar rear.ge
hisit' hisit'e hoe-et' kan tahe~kana. Menkhan nes bochor do got_a
ba_iha_r. khet-bar.ge ko setaon'te rohor. cabak' kana. Khan nes bochor
agha~r. hor.o rohoe re cas-abadko a.d.i muskilreko par.ao akana. Onate
nia dhao do agha~r. hor.o rohoe la.git' casa se cas abadko kirin'
dak'te hor.o ko rohoe kana, ar kirin' dak' arec' bakhrate a.d.i at.
t.aka paesa ho~ khoroc' lagaoako kana, one okoe do dak' t.ont.ate nit
ho~ hor.o bako abad dar.eak' kan. Dak' ba.nuk'te hor.o rohoe ar khet
bar.ge losot' reak' ja~ha~n bhir.ge ba.nuk'a. Ba_iha_r. kore ja~ha~n
nahel reak' sad.e ho~ ban' an'jomok' kana. Got_a ba_iha_r. d.an'gra
merom ko a.tin' bar.aeda.

Entebon at.kar dar.eak' kana, niako din re tinak' kajak' lolo seton'
din calak' kana. Setak' tora cando rakap' khon ehop'kate got_a din

bhor a.d.i kajake seton`eda. Sanam casa hor.ko ghane ghane serma
sec`ko ben`get` rakap`et` kana. Noa as ar bhorsa katec`ge je, Tinre
sisirja.uic` serma dak`e ja.r.ia mente. Ar rohoe akat` hor.o khet`ko
serma dak`e n`amte napaete hara buruk`. Sanamko ina.mit` as ar bhorsa
ko dohoyet` kana. Cedak`je nia.ko dinre dak` reak` a.d.i ja.r.ur.
menak`a.