

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 niropon 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 kukmu 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. dalam, somaj saote sa_ga.i benao rakap', Santal gun-man ho_r.koak' katha ja_hir – non'kan emanteak' beparteko galmaraokeda . Aema nakha kho_n Santal o_no_lia., projukti banad.aeic', kho_ndro_nia.(reseachers) , niropon ho_r.mo_raranic', uthna.u ka_mia., a_n ka_mia., mahasoe ar pa.t.hua.ko sa~o 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 , Maike.l 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: Okoekoak' 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.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_ko_lbar (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_pci_k' 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'go daram lekan khemota tahe~n khan, a_d.i algate rog khon rukia_bo n'amdar_ekea. 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 napaeve 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 asambher_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.

Mit't_en Ba_r_ic' Gate

Mit' atore barea gate kor_akin baso_k' kan tahe~kana. Nonka milkin tahe~kana je_, mit' hor_ ar mit' hor_ bego_r o_ho_kin tahe~dar_eak'kan tahe~kana. Enkathe a.d.i ga_hir so_mpo_k ar a.d.ikin biswa_sjon' kan tahe~kana. Unkin modre mit' hor_ ba_nij-bepar mente bahre diso_mtey se_njon'ana. Ado_ ac'ak' me~r.he~t' sunduk do_gateak' da_yik're do_ho ot_okada.

Ado_ thor_a cando tayome ruar_ hec'ena. Khan sunduk a_guia mente gate t_hene calaoena. Menkhan uni gatetae metadea, ban'ma sunduk do_n'indir ko jo_m akada. Un jokhen cet'ge bae ro_r_leda, eka_l nijhum or_ak'e rua_rena. Ado_ uca_t. cecet'ak'e emaea mente mone muruk'keda ar a.t'-opso_r n'am la_git' koyok' horrey tahe~yena.

Onkage mit' din gatetae ren gidra_ eskare khild_u-enejo_k'kane n'elkedeadea. Khande uni ho_po_n gidra_i kombr_okedeadea. Ado_ uni gatetae pust_auena, gatetin'ge nonkae ka_mi akada.

End_ekhan onkage uni ho~ gate t_hene hec'ena, gidra_ rua_r_kae la_git'e neho~rae kana. Ado_ nonkae metawadea gidra_tam do_ ku~r.it' ko idikedeadea. Nonkanak' kathate gatetae a.d.itet'e mon dukena ar ac'ak' bhule an'go_c'keda ar uca_t. cecet'ak' ho~e n'amkeda. Ina_kate ona

me~_r.he~_t' sunduk gatetaeye rua_r.adea khan gidra. ho~ rua_r.e
n'amkedeas.

Sikha_una: Ja~ha~nak' ba_r.ic'ak'em ka_mi lekhan, ona reak' jo_ do_m
n'amgea.

Rel ga_d.i re dejo_k' la.git' Online hotete T_ikit. N'am Reak' Na~wa~ Nia_m

Ban'gladiso_mre laha khonge Rel ga_d.i re dejo_k' la.git' Online
hotete t_ikit. a_khrin'ok' kana. Diso_m hor_ko a_d.i algate railway
se_ re_l ga_d.i reak' website khon t_ikit.ko tuma.ljon' dar.eak'a.
Ente 26 March khonge nawa nia_mte t_ikit. a_khrin' ehop'ena. E-
T_ikit. system re nawa bhan'jte t_ikit. kirin' la.git' railway website
re mit' dhao n'utum ol car_hao (registration) lekhang hoyok'a honan'.

Registration reak' Nia_m-

- Pa_hilre ban'gladiso_m railway website
(www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.
- Bo_lo_ tayom website (Registration) tab re click hoyok'a.
Nonkate mit't.en page hijuk'a. Noa page re nijak' (Personal
Information) jor_ha menak' or_ak'ko purun hoyok'a. Ina_kate
mobile no_mbo_r re mit't.en OTP hijuk'a. End_ekhan ina_
purunkate (Verify) bo_tamre click lagaok'a.
- Jo_to_wak' niphut.te hoe pura.ulen khange registration so_pho_l
(Succesful) hoyok'a ar Bangladesh railway n'utumte nawa page
hijuk'a. Ar end_ekhan nond.gege User Auto Log in nok'a.

T_ikit. kirin' reak' bhan'jtet'-

- Pa_hilre ban'gladiso_m railway website

(www.eticket.railway.gov.bd) re bo_lo_k' hoyok'a.

- Auto jhic' (Log In) ban' hoelen khan panel re E-mail address ar Password purun mar_an'kate Log In bo_tamre click lagaok'a.
- Log In tayom okat.ak' page hijuk' onare dar_an (journey) reak' ta_rik', pa_hil st_eson, muca.t' metak'me oka st_eson rem phed.o_k', purukkate Find Ticket bo_tamre click hoyok'a. Tayomak' page re te_l ga.d.i reak' n'utum, dur.up'ak' jaega menak'a se ban'a, ar ga.d.i tin jokhen calaok'a ona do_e uduga.
- Ado_onka leka view seats (dur.up'ak' n'eljon'me) bo_tamre click kate kusi-sanaleka dur.up'ak' seat bachaojon' (Select) kate Continue Purchase click hoyok'a.
- VISA card, MASTER card se_Bkash payment tayom E-Ticket Auto Download hoyok'a. Ona sa~o sao~te ja.tri ak' E-mail re t.ikit. reak' copy calak'a.
- E-mail inbox khonak' t.ikit. print kate photo ID selet' Ticket Print Information te jonor_ao akan source st_eson khonak'ge jatra metak'me calak' lahare chapao akan t.ikit. tuma.l hoyok'a.

Santal Casa Goc'enkin Reak' Bica_r La_git' Manwa Tonol

Santal casa Avinath Mardi ar Robi Mardi goc'enkin sa~o jopor_ao menae d_ip cak'laaic' Sakhawat Hossen giripter ar bica_r la_git' Rajshahi re manwa tonol hoe pura_u akana. Ona sa~ote Godagari thanaren OC Kamrul Islam birud katha rakap'akante a.d.i usa.ra da.yik khon ocoge reak' da.bi emakana.

Jatiyo adivasi porisod Rajshahi jila_sabha mukhia. Bimol Chondro Rajoar ak' a.k'yurte So_mbar (28 March) adivasi porisod Rajshahi jila_bibha.g reak' bo_ndo_boste Sahebbajar Zeropoint re noa manwa tonol re adivasi mukhia_ko sa~o aema lekan huda_ren hor_ko selet'lana. Manwa

tonol khonak' da.yikre ga.phla.t-hela hili karonak'te OC ocoge reak'
da.bi akana.

Jatiyo adivasi porisod ren sabha mukhia. Robindronath Soren do_e
menkeda, goc'enkin reak' bica.rle khojkana. D.ip cak'laoic' (Driver)
sa~o okoeko jopor.ao menak'ko a.n lekate onkoak' bicar hoyok'ma. Ar OC
Kamrul Islam ho~ mamla hatao a.d.itet'e d.hilisili akada, uniak' ho~
sa.ja.ile khojkana.

Onkaleka jatiyo porisod bharapon sa.da.i sompadok, jatiyo adivasi
porisod Bimol Chondro Rajoar ar Rajshahi mohila porisod ren sabha
mukhia. Kolpona Ray noko ho~ko la.i so.do.rket'a, je_nukin boehawak'
gujuk' reak' bica.rko khojkeda. Ar Godagari ren OC nui do_ adivasi
hor.ko birudren kanae. Ente nukin babot ba.r.ic' ba.r.ic' kathae
menakada. Ban'ma tar.i-ha.nd.i n'ukatec'ge nonkakin goc'ena. Maran'
da.yik'an hor_ cekate noa ga.r dinre nonkanak'e men dar_ekea? Cekate
ren'gec'-ore_c' hor.ko nonkae nistr.auet'koa? Nonkan OC o_ho_ge
ja.rur.a. Onate ac'ak' da.yik' khone ocog ocok'ma.

Manwa tonolre arho~ kathako ror.keda, Jatiyo adivasi porisod ren
bharapon sa.da.i sompadok Gonesh Mardi, Daptar sompadok Suvash Chondro
Hembrom, Rajshahi mohanogor adivasi porisod ren sa.da.i sompadok
Alindorai Bisas, Godagari upa.jila. ren sabha mukhia. Robindronath
Hembrom, Nator jila. ren San'gothonik sompadok Raghunath Ekka selet'
arho~ samajik ar rajnitik a.kyurko.