

KA_HU~ AR GHAR_WA

Mit't.en dare re_mit't.en ce~r.e~ tuka. tahe~kana. Ar uni ce~r.e~ak' tuka. do_a.d.i a.ula.u-jha.ula.u ar bin saphage tahe~kana. Uniak' jinisko_ do_ hand.e nand.e taralbasal tahe~n kan tahe~na. Ar ond.ege arho~ mit't.en et.ak' dare re_mit't.en ce~r.e~ tuka. tahe~kana. Uni ce~r.e~ak' tuka. do_a.d.i sa.ita.ute ar sapha-sa.phi tahe~kana. Me_nkhan unkin ce~r.e~ talare a.d.i mill do_ban' tahe~kana. Ackage mit din do_hoedak' ehop'ena, onate Ka.hu~ak' tuka. ra.put kut.ra.entaea. Unre Ka.hu do_a.d.i mu~skilreye par.aena, cet'e cekaea me_nte bae hudis n'amet tahe~ kana. Ar note ka.hu do_dak're lohot' cabaena.

Unre Ka.hu~ do_uni Ghar.wa ce~r.e~ ak' kathae disa. kede. Un okte Ka.hu~ do_et.ak' dare ud.au calaokate Ghar.wa ce~r.e~ ak' dua.re thop' thop'e lagaoena ar hohoe ehop'ena, Ghar.wa misera dua.r jhic'mese in' do_bhitriten' bolok'a, bhitri kho_n Ghar.wa do_e me_nkeda ka.hu~ dada, ka.hu~ dada mit gha.r.i ten'gonme, in'ren gidra.n' paeraedea. No_a katha an'jom kate ka.hu do_mit' gha.r.ic'e ta.n'gi keda. Arho~ mit' gha.r.i tayom Ka.hu~ do_dua.re t.hop t.hop katec'e menkeda, E misera dua.r jhic'me, Ghar.wa do_e ror.rua.r.keda Ka.hu~ dada mit' gha.r.i ten'gonme gidra.jhan'gan' horok'ae kana.

Arho~ mit' gha.r.i tayom ka.hu~ do_dua.re t.helao keda, un okte Ghar.wa do_e me_nkeda, Ka.hu~ dada E Ka.hu~ dada ar mit' gha.r.i ta.n'gime in'ren gidra.ca.ndiren' t.ika.k'kae kana, Ka.hu~ do_ar bae ta.n'gi dar.eak' kan tahe~na ente uni do_rear.teye thartharaok' kan tahe~na. O_nate uni Ghar.wa ce~r.e~ do_dua.r jhic' la.git' ghane ghane ne~ho~rae lagaoena. Ka.hu~ ak' ne~ho~rte Ghar.wa ce~r.e~ do_dua.r jhic' kate bhitri sec' hijuk'e metadea. Bhitri bolo tayom Ghar.wa do_Ka.hu~ jo_do_k' la.git' gamchai emadea are metadea Ka.hu~ dada nond.ege dur.up hatar.ok'me ar hor.mo re.ak' dak' do_hawet'me in' do_n' paera hec'lenge. No_a

katha ror_ kate Ghar_wa do_ paera la_git'e senena.

Ka_hu~ do_ mit' gha_r.i dur.up' tayom daka_e or_ak' kho_n
a.d.i mon'j so_ do_e n'amet' tahe~na ar ona so_ do_
tahe~kana khir daka re_ak' so_. Un okte ka_hu do_ lob bae
sambr_ao dar_eak'te ba_i ba_ite daka or_ak' sen kate thor_a
thor_ate ona jo_to_ khir daka_e jom cabakeda. Ar note_
Ghar_wa do_ paera kho_n rua_r. hec'katec'e n'el keda Ka_hu~
do_ daka or_ak' bo_lo_ kate jo_to_ khir daka_e jo_m
cabaoakada. Unre Ghar_wa do_ a.d.i a~t.e bhabnayena are
ran'gaoena. Ghar_wa ce~r.e~ do_ ran'gaote culha_ re_ak' kat_
sen'gel ka_hu~ak' pha~.k'r.a.k' rey capat keda. Ar son'ge
son'ge Ka_hu~ ak' pha~.k'r.a.k' do_ lok' ehop'entaea. Khange
ka_hu do_ chat.pat_ao kate_ye goc'ena.

No_a golpo re_ak' cecetak' bisoi do_ hoyok' kana et.ak'
hor_ak' jahan jinisre_ tis ho~ alom laloca.

COVID (Ko_ro_na) : Ban'gladiso_m re arho~ Hor_ t_ika_ ka_mihora ehop'ena, pe lekan hor_ko t_ika_ko n'am

Lukhibar (01.07.2021) kho_n Dhaka selet' got_a disa_mre
arho~ ko_ro_na virus re_ak' t_ika_ e_m ka_mihora ko_ ehop'
akana. Nia_ dhao do_ disa_m reak' aema centre re China
re_ak' ran benao sa~ota Sinopharm reak' t_ika_ ar eken
Rajdha_ni Dhaka re juktorast_ro re_ak' ran benao sa~ota ko_
Pfizer reak' tika_ ko_ emako_ kana. Sastho odhidaptor sabha
mukhia_ Dr. Md. Robed Amin noa khobore la_i sodor akada.

Okare N'amok'a?

Ban'gladisa_m re_calaoen May cando ar June cando Pfizer re_ak' t_ika. bid_au la_git' e_m ehop' akana. Okoe talare ho~ jahan ror_rua_r. ban' n'amlente Lukhibar kho_n ehop' akana noa_ t_ika. ka_mihora ko_. Pfizer tika. thor.agete Dhaka reak' eyae (7) go_t_en centre re pa_hil do e_mgok'a.

Centre ko_ do_ hoyok' kana, Dhaka Medical College, Sir Solimullah Medical College, Sohid Sohwardi Medical College Haspatal, Mugda Medical College Haspatal, Bonn'gobundhu Shekh Mujib Medical Haspatal, Shekh Rasel Gastorlever Haspatal ar Kurmit_olla General Haspatal.

Ina. chad_a ho~ Sinopharm reak' t_ika. got_a disa_mre 40 got_en centre re e_m hoyok'a. Noa ko_ modre menak'a disa_m reak' jo_to_ Medical College Haspatal sa~o, Jila. sodor Haspatal, bar sa~e mo~r_e~ gel (250) bicha_na Haspatal. Noa ko centre khon dina_m din setak' 8 baja khon a_yup' bela 3 baja ha_bic' n'utum ol car_hao akat' hor_ko_ pa_hil doge t_ika. ko_ hatao dar_eak'a.

Okoe do_ Tika. ko_ N'ama?

Jo_to_ centre kho_n dina_m din 100 khon 200 doge t_ika. e_mok' reak' katha menak'a. Me_nkhan Lockdown poristhiti kha_tir tika. e_m reak' son'kha do_ thor_a ko_m dar_eak'a mente Mr. Amin do_e la_i akada. Nia. dhao t_ika. reak' son'kha thor_a n'okgete ol car_hao reak' dhoron ho~ thor_a akana. Surokha website lekate nit kha_li a_n banco ba_hini, Cikit'sa sikna_t sa~o jopor_ao menak' babotre olok' par_hao gidra_ko_ ar Bissobiddaloi re_n abasik halls re_ menak'ko_ gidra_ko_ tika. ko_ n'ama.

Ina. tayom pon gel (40) parom umeren hor_ko_ ho~ e_m hoyok'a.

Me_nkhan Surokkha App re laha reak' leakage bar gel pon (24) got_en Catagori reak' katha me_n hoy akana. Sastho

odhidaptar sec' khon bad,ae n'am akana, prathomik cikit'sa seba khat re_jopor,ao akan ko_metak'me Doctor, Nurse ar Medical Assistant ona sa~ote Police ar a_n rukhia. ba_hini sodosso ko_t_ika ko_e_makoa. Public Bissibiddaloi re ta_lika. menak' ko_olok' par_hao gidra ko_ho~ nia dhao t_ika ko_n'ama. Okoe do_laha dhao t_ika hatao la_git' n'utum ko_ol car_haolet ar bako hatao dar_eakat' onko ho~ nia dhao do_ko_n'ama mente la_i sodor akana. Sastho odhidaptar re_n line Director ar tika kamihora ren a_yuric' Dr. Shamsul Hoge do_budhbar ko_ro_na bulletin rey la_i akada, okako_disa_mre Sinopharm reak' tika ba_sut akan, onako_disa_mre ren ka_mia_ hor_ko_ho~ t_ika ko_n'ama. Okoeko_Oxford AstraZeneca reak' tika pa_hil doge hatao tayom dosar doge bako hatao dar_eakada onko ho Pfizer ar synoferm reak' tika hatao niro_po_n hoyok'a se ban' Mr. Amin do_e me_nkeda. Uni do_e me_nkeda, vaccine mesal hoyok'a se ban' ona reak' aema report do_od_ok' akana. Noa ko report tege Ban'gladisa_m National Imionaization Technical Committee dur_up' kate got_a katha ko_hataoa je_et_ak' disa_m leka tika re mesal-juri abo disa_mre hoy dar_eak'a se ban'. Got_a katha ban' hatao ha_bic' AstraZeneca pa_hil doge ko_hatao akat' onko do_cet' tika ho~ bako n'ama. Pfizer se Sinopharm – ja~ha~t_ak' tika_ge hatao hoyok', ona re_ak' pa_hil doge hatao pon (4) hapta se_bar gel ira_l (28) din talare dosar doge hatao hoyok'a me_n te Dr. Rubed Amin do_e me_n akada. Pa_hil doge t_ika hatao tayom tayom dhao re_ak' doge hatao reak' ta_rik card re ol dohoe hoyok'a.

Cet' Lekate Ol Car_hao hoyok'a?

Laha n'am hok' lekate okoe do_tika hatao lek kan ko_, onko la_git' budhbar kho_n ol car_hao re_ak' ka_mi hora ko_e_hop' akana. T_ika hatao okte do_laha leakage menak'a. www.surokkha.gov.bd web port_al re_bolo kate ban' khan google play re_bolo kate "surokkha" App download kate ol car_hao hoyok'a ar t_ika card tma_l hoyok'a. Ina_kate

mobile phone re **SMS** talate tika. e_m reak' ta_rik ar centre bad_ae n'amlen khan ,okte na_pitre centre calaokate t_ika. hatao hoyok'a. T_ika. card ar NID son'ge re dohoe hoyok'a mente Mr. Hoqe do_e menkeda.

Lockdown Okte Tika.

Ko_ro_na virus re_ak' tika. e_m ka_mihora lockdown okte ho~ ol car_hao akat hor_ko_ do t_ika. ko_ hatao dar_eak'a. Got_a disa_mre lockdown calak' okte ja~ha~e t_ika. hatao reak'e menjon' khan Police t_ika. card uduk' ako khangе hoyok'a.

Tina_k t_ika. menak'a...

January cando reak' muca_t sec' kho_n Briten re_ benao akan ar Bharot re_ak' Siram Institute Oxford Astraageneca covisilt tika. do_ bida_u la_git e_m ehopena. Tayomte 7 February kho_n ona tika e_m ka_mihora .do gota disa_mre ehop'ena. Me_nkhan Bharot chukti lekate okte na_pitre Ban'gladisa_m do_ tika ban' e_m hoy akante no_a ka_mihora do_ muskilre par_aena ar 26 April kho_n pa_hil doge tika. e_m k_mihora do_ bondena. Okoe do_ pahil doge re_ak' tika. ko_ hatao n'am akat' onko modre aema hor_ge dosar doge t_ika. e_m lekan Sarkarak' ja~ha~n upa_ige ba_nuk'a. Nia. okte, Ban'gladesh Sarkar do_ na~wa~te Chin, Juktorastro ar et_ak' disa_m kho_n tika. a_gu re_ak'e kurumut_u keda.

Ban'gladisa_mre Pa_hilre Oxford Astrazeneca re_ak' E_m Hoy akana.

Ona dharalekate tika. re_ak' Antorjatic Platform Covax kho_n calaoen 31 May Pfizer BioNTech re_ak' benao akan 1 lakh do do_ Ban'gladisa_m sandes hisa_btei n'am akada. Ina. tayom 21 June pe_a Haspatal re_ 360 hor. talare ona tika. bid_a_u la_git' e_m ehop'ena. No_a lahare Chin kho_n May ar June cando re_ak' talamala re_ bar dhaote Synoferm re_ak' mot. gel mit (11) lakh t_ika. Ban'gladisa_mte hec'ena. 25 May kho_n sinopharm re_ak' bid_a_u la_git' e_m e_hop'ena. Sinopharm kho_n sarkari porjai re_ak' 1.5 ka_rur. ka_ud.i

do_re_ak' t_ika_kirin' cukti do_hoy_pura_uena. Cukti lekate June July ar August cando re_mo~r.e~ (5) lakh kate mot_1.5 ka_rur_tika_hijuk' re_ak' katha. Me_nkhan nitok' ha_bic' kirin' akat' t_ika_do_ban' hec' akana. Me_nkhan China Dutabas sutro kho_n bad_ae n'am akana, Ban'gladisa_m re_ak' kirin' akat' Sinopharm 20 lakh t_ika. Ban'gladisa_m re_jogar_la_git' sapr_ao akana. Tobe_tis hijuk'a ban' menogok' kana. No_te, darakan bar dinre Juktorastro re_ak' moderna bar gel mo~r.e~ (25) lakh doge Covid019 reak' tika. Ban'gladisa_mre hijuk'a me_nte Sastho Montri Jahid Malek do_e la_i so_d_or keda . Sokolbar, n'inda 11:20 baja re_Dhaka Sahjalal Antorjatic Bimanbondorre America kho_n kul akat Moderna mot_25 doge tika. re_ak' pa_hil doge hisa_bte amdaj 12 lakh tika_hijuk'a. Dosar din 3 July, Sunibar setak're, ina tha~irege moderna sarec' akan 13 lakh t_ika_do_hijuk'a. Lukhibar tikin okte Sastho ar poribar kollan Montri Jahid Malek no_a kho_bo_r do_e la_i keda. No_a t_ika_hatao la_git' uni do_Sokolbar n'inda. Hajrat Sahjalal Bimanbondorre set_ere tahe~na me_nte Montronalo_i kho_n bad_ae n'am akana. Nonkate et_ak' tika_ko_hijuk' ehop'len khan t_ika_e_m re_ak' son'kha ho~d.her hoyok'a me_nte la_i so_do_r keda Dr. Robed Amin.

BBC Ban'gla kho_n torjo_ma re Sumitra Murmu

HUL JOHAR

E_ Sido-Kanhu,

E_ Cand-Bhaero,

E_ Phulo-Jhano,

Teheñ apeak gur mähäre,

Teheñ apeak dinisa mähäre,

Hul Joharle ro_řet´kana!

Jo_to_ge...

Lařu kařić,

Korakan kuřikan,

Kařić gidraķan,

Hařamkan Buđhikan,

Hul Joharle menet´kana!

Sanamge...

Metakme,

Santal ho_po_n,

Deko ho_po_n,

Ũra~o Muņđa,

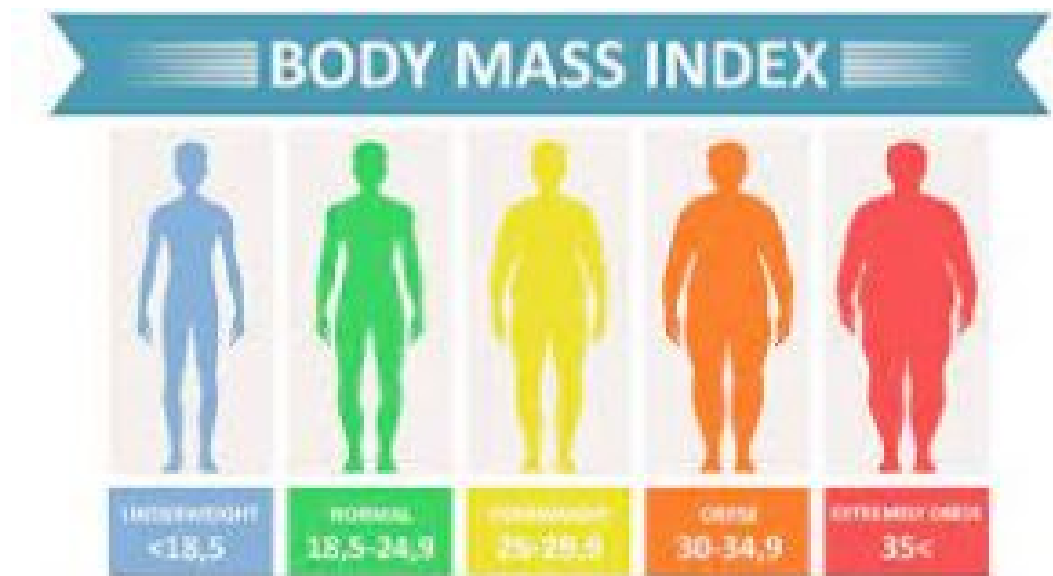
Ho_ khařia,

Hul Joharle ařaņet´kana!

Me_nkhan,
Jo_kho_nge apeak,
Noa dinle hiṛiñe_t'kana,
Ape leka laṛhaile paçakkana!
E_nhõ_ Hul Johar ro_ṛ do_,
Ekalge bale hiṛiña.

Hor_mo Reak' Ojon Sucok' se Body Mass Index Do Cet' Kana?

Hor_mo do aboak' join reak' mit't.en
maran' uta_r sandes bo men dareyak'a. Gidra_ okteren'
par_hao leda, hor_moge joto suk reak' asol tet'. Noa nitok'
ad_i bes te bo at_kar dareyak'a. Ente napai hor_mo ge
mit't.en adorso hor_mo tear re maran' da_yik' se bhumikae
doho darek'a. Ar abo laha khonge bon badaya je napai hormo
rege mit't.en napai mondo tahe~na.



Adisedae ren ninda.n se sadharon hor. ko doko hudiset' tahe~ kana, napai homo hor. doko unko kana okoeak' hor.mo do usul ar mot.a sot.a. Menkhan biggan se science doe meneda usul ar mot.a sot.alen khan ge do napai hor.mo do ban kana. Onate nitok' sedae se laha okte reak' hudis se dharona do ar bako hitaoak' kana.

Mosby's Medical Dictionary, 8th edition, 2009 lekate hor.mo do hoyok' kana; rog bidhi se eman teak' osabhabik' poristithi khon sahar.akae hor.mo hat.in', mon reak' hudis-cinta ar sa~otareak' bhage dosa. Onate okoe ba.r.tiko mot.a unko joto hor. do menkhan bolbana do ban'ko hoe dar.aya. Boron' okoe ba.r.ti ko mot.a unko ge aema lekan hor.mo reak' muskil dosare ko tahe~n kana. Ar non ka ad.i mot.a hoyok' reak' sana kan gea sthulota se ledgec' mot.a do. Cetan reak' songa lekate, sthulotha se ledgec' mot.a do bogic' bodolte rua. lek mente Cikit'sa biggan se Medical Science re mit' nawa sakha upel akana. Sthulota se ledgec' mot.a khatirte hor.mo reak' ojon do sabhabik lekate ge d.her calak'a. Pura. boyosko mit' hor.ak' hor.mo re matra ba.r.ti ojon got.ak' la.git' usul ar hor.mo reak' ojon re oka anupatik har sodorok' onage bon metak' kana Body Mass Index se hor.mo reak' ojon sucok'. Khat..o te noa do BMI n'utum ko bahanaya . Body mass index bad.ae okte re abo do mit't.en katha se word 'Sthulota' se ledgec' mot.a son'ge bon oprom akana.

Nitok' thor_a khat_ote bad_ae reak' bon kurumut_u legi.

Sthulota se ledgec' mot_a do cet' ko metak'a?

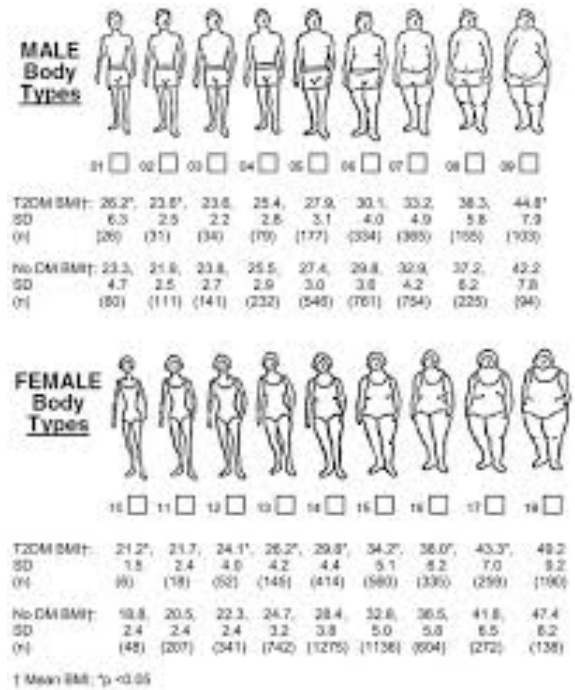
Sadharon lekate la_i lekhan adorso hormo ojon reak' 20% se ona khon ba_r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot_a ko metak' kana. Sthulota se ledgec' mot_a do nonkan mit' dosa kana tinre ja~ha~e hor_hor_mo sec' te mot_ak' tegiye tahe~na.

Cekate bon bujha_oa je in do sthulota se ledgec' mot_a dosare talare mena_n'a se ban'?

Sthulota se ledgec' mot_a reak' dosa son' la_git' do BMI se Body Mass Index reak' hudis phed_hoe lena. Belgium ren Jotirbid, Gonitbid, Sonkha tottobid, ar Somajbiggani Adlophe Quetelet joto khon pa_hil hor_mo reak' noa sucok' reak' video doe sodor ledae. Wikipedia reak' khobor lekate 1830-1850 Serma reak' bhitrire uni do noa babotre ja_r.ur.ok' lekan bhe_de sodor kedae.

BMI se hor_mo reak' ojon sucok' cet' lekate nirnoya?

Body Mass Index se hor_mo reak' ojon sucok' reak' son'ga khon abo bon badae akada je mit' hor_ak' hor_more matra khon ba_r.ti ojon got_ae lagit' usul ar ojonre oka anupatik har se rate sodoroak'a onage hormo reak' ojon sucok' se Body Mass Index ko metak' kana.



Noate abobon men dar_eak'a je Monekak'me amak' hor_mo reak' ojon 60 kg ar am do 5 feet 6 inch usul mit' hor_kanam. Noa te amak' BMI reak' man tinak'? Se amak' sthulota se ledgec' mot_a reak' oka dosa re menak'mea. Dela pa_hil re BMI man ligi; nonde amak' hor_mo reak' ojon do 60 kg ar hormo reak' usul do 5 feet 6 inch:

Abo bon bad_aya: 1 inch = 0.0833 feet,

metak'me 6 inch = (0.083 6) = 0.04998 feet.

Tobe amak' usul tin'goena = (5+0.04998) feet = 5.4998 feet.

Abo bon bad_aya: 1 feet = 0.305 meters.

Tobe 5,4998 feet = 0.305 5.4998 = 1.677439 meters.

Cetan reak' somikoronre asol man ba_esa_o lekhac' n'amok'a;

BMI=21.32

Tobe amak' hor_mo reak' ojon sucok' do hoyok' kana 21.32

Nitok' latar reak' chok bon n'ela. Nonde BMI man reak' sreeni bibhag tear hoe akana. Abo bon bujha.o dar.eak' kana je amak' BMI man Jodi 18 latar re taken unre bujha.o hoyok'a je am do roga hormo antem bosobasok' kana.

BODY MASS INDEX (BMI)

Classification BMI score (kg/
)

Under weight	 18.5
Normal	18.5-24.9
Over weight	25.0-29.0
Obese	30.0-40.0
Extreme	 40.0

Amak' man Jodi 18.5- 24.9 hoyok' tobe sabhabik ar bogi hor.mo menama. Ba.r.ti ojon khetro re noa reak' man sadharonto 25.0-29.0 tahena. Ar sthulota se ledgec' mot.a hor.mo reak' pa.hil stor khetro re 30-34.9 hoyok'a. Amak' man Jodi 35-40 hoyok' tobe amdo sthulota se legec' mot.a hor.mo reak' dosar dhap' re menama. Am Jodi hor.mo reak' ojon sucok 40 khon ba.r.ti man n'el ocole khan tobe amak' sthulota se ledgec' mot.a hormo do tesar dhap' re menak'a. Onate am do bujha.o lagaoama je amak' hor.mo reak' dosa do ba.r.ic' sec'. Jaha~tin okterege amak' dua.re kot.ab dar.e atama. Ente sthulota se ledgec' mot.a hor.mo kha.tirte Koronari koram rua., t.aip-2, Diabetes, Cancer (breast, colon) High blood pressure, Stroke, ar ho~ aema aema botoranak' rua. hoe dar.eya. Onate noa babotre sontor akae tahe~n do adi bogia.

Sthulota se legec' mot.a do cekate hoyok'a?

Mimit' hor. a.d.i ba.r.ti Calories jom, menkhan ja.rur. lek

hor.mo ban khat.ao ge sthulota se ledgec' mot.ak' reak'
maran' karon mente ganog kana. Ona chad.a ban' ja.pit'
dareak', ja.r.ur. leka jira.ok', unko boss re menak'
(Genetic), Gharoj reak' join jin'gi, mon sec'te bajao ar
eman tiak' ko ho~ sthulota se ledgec' mot.a reak' karon
mente lekhak' kana.

Cekate sthulota se ledgec' mot.a do bon tegu darama?

Noa khetro re jao hilok' beyamok' (Exercise) chad.a ar cet'
ho~ ba.nuk'a? Din hilok' setak're taram, paerak' ar eman
teak' hotete d.her.kaete sthulota se ledgec' mot.a do kot.a
gidic'a. Ona chad.a pust.i jomak' ko jom, laloc' jomak' ko
jom ba.gi, dar.eak' khan hor.mo reak' ojon jao hilok'
ariba.ndite aema rukhia. n'amok'a.

Nacholre re 166 serma HUL ma~ha~ disa. ruar. ar MAD0_L puthi ud.ha. uena

Chapainawabgonj jila. re.ak' Nachol upa.jila. re. hola 30 June
2021 Santal Hul Ma~ha~ reak' 166 serma ko_ manao keda.
Uta.rbon'go A.diba.si Foram ak' a.yurte setak' 11 baja tala
okte Shidu- Ka.nhuak' naksare bahamala horok'aete no_a akhr.a

do_ ehop'lena.



Nia akhr.a ren Maran' neota per.a hisa.bte selet'e tahekana Nachol upojila ren santal birbanta Mukti joddha Amin Hembrom. Ena chad.a manot per.a hisa.bte The Santals Times ren chapa so_do_ric' Mn. Stephen Soren, Nachole A.diva.si Academy ren mukhia. Mn. Jotin Hembrom, Utta.rbon'go A.diva.si Forum ren Maran' Mukhia. Mn. Hingu Murmu, Chapainawabganj jila. Uttra.rbon'go A.diva.si Forum da.r ga~otaren mukhia. Mn. Kornelius Murmu, Nachole Adiva.si Maejue a.yuric' Ranjona Rani Bormon, Mn. Modon Hasda, Prodip Hembrom ar ho~ manotan ko set.er ko tahe~kana.

Sanamko Hul sandes johare emak'koa Mn. Bir Muktijoddha Amin Hembrom ar uniak' titige Hul Ma~ha~re Sida.-ka.nhu ar onko sa~o la.r.haelen sanamko disa. rua.r. lagit' Mado_l n'utuman mit' chapa so_do_r puthi do hoyena.

Nia Mado_l chapa so_do_r puthi do Utta.r Bon'go A.diva.si ga~ota kho_n pa.hil do_m Hul disa. rua.r. mit' cinha. puthi menteko chapa so_do_r keda. Ar noa puthire Bangldiso_mren Mo_ntri , Attorney General ak' hul johar katha ko_ menak'a ar diso_m ren maran' mara' onolia. koak' onol ko ho~ chapa akana nia. puthire. Noa Madol do kin sap'r.ao akada Utta.r Bon'go A.diva.si Forum ren Secretary Advocate Probhat Tudu ar onolia. Mithusilak Murmu.

No_a akhr.a re_ Uta.rbon'go A.diba.si Foram re_n sabha mukhia. Hingu Murmu do_e me_nkeda,1855 serma re_ak' 30 June Shidu-

Ka_nhu, Chand, Voirob ak' a_yurte bhognad_hi ato re amdaj 10 hajar hor_ko set_erkate re_n'gec' nacar hor_ko santhao ocok' kan birudre la_r.ha.i la_git'e udga.uket' koa. No_a la_r.ha.ire_ amdaj 30 hajar hor_ko_ jiwi ko_ emleda. Tehen' ho~ abo aema lekate bon koclon ocok' kana. Tehen' gapa abo ho~ aboak' opromt_ont_a rebo par_ao akana. Sarkar abo do_upa.ja.ti, ka.t.ic' ja.tren hor_ ar aema lekan n'utumte ko_bahanayet' bon kana. Me_nkhan abo do_ sedae kho_nge no_a disa_mrebo_ girobasok' kana. Uni do_ sarkar t_hen a_diba.si santal ko_ la_git' sujog jemon ko_ n'am ona la_git' da.bi keda.

Nachol a_diba.si Academi re_n sabha mukhia. Jotin Hembrom do_e menkeda, hasa do_ a_diba.si koak' maran' mu~skilak' kana. No_a hasa la_git'ge a_diba.si santal hor_ko do ba_rti bon koclon ocok' kana. Uni ho~ sarkar t_hen uta_rbon'go a_diba.si santal ko_ la_git' et.ak' hasa montronalo i la_git'e da.bi keda.

The Santals Times ren sodoric' Stephen Soren do_e me_nkeda, okte re_ak' bodol hoylen re_ ho~ a_diba.si ko_ cetan kho_n santhao do_ ban' thor_a akana.

Got_a Disa_m Re_ Eho_p'ena Kajak Lock down

Ko_ro_na ma~ha~ma_ri birudre_ ten'go daramok' la_git' got_a disa_mre eyae(7) din la_git' kajak lockdown e_hop' akana. Tehen' Lukhibar (01) July paha poho 6 bajak' okte_ khon e_hop' akan no_a lockdown do_ darakan (7) July tala n'in'da. ha_bic' tahe~na. Nia_ dhao re_ak' lockdown d_o kajakte hoy pura_u la_git' POLIS, RAB, BGB ar Ansar selet Army ko_moedan re_ ko_ tahe~na. No_a okte hor_ko_ ar ga.d.i ko_

calak' hijuk' ar aema lekan sarkari- Besarkari sa~ota ko_a_yur babotre kajak manao ganao hukum ko_Budhbar (30 June) Montri porisod bibhag do_e la_i so_do_r akada. Montri porisod kho_n la_i so_do_r akan parwanare_me_n akana, Sarkari- Besarkari jo_to_office, ga.di ar dokan ko_bond tahe~na. Nia_ okte ja_rur_ begor bahre ja~ha~eye od_oklen khan kajak mu~skil re_par_aok'a, Sarkar sec' kho_n la_i so_do_r akana. Arho~ parwanare_me_n akana, ko_ro_na rog (Covid-19) re_ak' nitak' poristhiti hudis gand_on kate hukum batao la_git' 1 July setak' 6 baja kho_n 7 July tala n'inda. ha_bic' latarre ol uduk' akan manao-ganao ko_e_m hoyena-

1. Jo_to_ Sarkari, Adhasarkari ar Besarkari office ko_bond tahe~na.
2. D_ahar, re_l ar dak' horte calak' ga.d.i ko_selet' jo_to_ lekan ga.d.i ko_bond tahe~na. Disa_m bhitri re_calak' Biman ho~ bond tahe~na.
3. Shoppingmol/ market selet jo_to_ dokan ko_bond tahe~na.
4. Jo_to_ porjoton (Tourist Centre), Resort, Community centre ar Ra_ska.jo_n' centre ko_bond tahe~na.
5. D_her hor_ko_jarwak' nonkanak' samajik (Bapla biha., Janam ma~ha~, picnic Party) Rajnitik ar dho_ro_m acar-onust_han ko_bond tahe~na.

No_a lahare mon'golbar n'inda. mit khobor re_la_i so_do_r akana, Lukhibar kho_n ja_rur.ak' poriseba ko_e_mok' kan ka_mia_ ko_cha.d.a ar ja_rur_ begor ja~ha~e bahreteye od_ok'len khan uni birudre_kajak sa.ja.i ko_hataoa. No_a khobor re_arho~ me_n hoy akana, Sanam ko_Mask horok' selet jo_to_ lekan hor.mo jo_to_n (sasthobidhi) ko_manao la_git' Sarkar do_e neho~r akada.

SANTAL HUL

Santal hor_ ho a_diba_si,
Ren'gec' teten're tahe~nako a_di kusi.
Montako ho~ sapha sor_a,
Ro_r_ landaeako a_d.i ra_ska..
Birgajar_ sapha kate,
Benao anako khet-bar_ge.
Cas ako ho_r_o,guhum,jond_ra ar rahe_r_,
Jo_m n'u ako bochor parom.
Ona n'elte jumidar mahajon koak',
Hec'en takoa ba_r_ic' sana.
Ehop' keda ko_ ho_r_ hopon santhao,
Hamet' jon' anako khet bar_ge.
Santal hor_ kore hec' par_aoena,
Ren'gec' tetan' ar haron kost_o.
Jumidar mahajon kho_n,
Santal hor_ko sa_dhin la_git'.
1855 salre 30 ma Junre,
Sida_,Ka_nhukin ho_ho_ leda hul ma~ha~.
Onate E santal hor_ko,
Manot ma bon ho~ hul ma~ha~.
Bhina-bhini hir_in' kate

Ti-ti sapap' kate,

Ten'gun mabon ho santhao hor.ko upa.rte,

Rukhia.i mabon ho khet-bar.geko.

Santal Hul

A.d.i sedae reak' katha se ka.hni do ban' kana-East India n'utuman Company do England ren Maran' Ra.niak' sasons er Raj okte re nia. Bharot upomaha disomreko hec'lana. Ar onko do nia. disom re East India Company ko jhic' keda ba.nij bapari la.git' ar ona calao la.git' hukum ko n'amkeda nond.en ko Rapajko t.hen.

On okte nook sahebko metakokan pond. harta hor.ko do eken nia. disom re banij baparige monsuba. do tahekantakoa ena. chad.a do ar jahan motlob se jos (metak' me disom dokhol) do ban' tahe~kana. Sedae reak' on okte do nia. disom do d.herge deko se musla. jomidar/mohajonkoRajok' kan tahekana. Menkhan Delhi ren Rapaj latar onko do akoak' Raj ko calaoet' kantahekana.

On okte do onko raj ko latarre tahekan porjako do sulukte ban'ko bosotok' kantahena. Porjako talare aema lekan ret.haret.hi, hiska.-ba.d.a.e do tahekana; kumr.u d.a.ku reak' utpat tahekana. Unre do okoeak' dar.e unigei dher mon'je tahekan tahena; se unko hor.ak' ge jaega jumiko nonka hoyok' kantahena. Manwa ko talare akoak' daya dula.r. do ban' tahekan takoa. Okoeko raj ko tahe kanonko do disom disom se onat.ot.haren hor. ko d.ant.ao la.git' jahan ektia.re bako bahalet' tahekana. Menkhan nonkate n'elena je onko hor.ko talare ret.haret.hi arho~ dher idiyena ar dher hor. ko do akoren rajak' hokum bako he~taoada. Ar nonka te

onko Raj se jomidarko do dhonko sap' samt,ao ar nanan upa,ite hamet, jon' ko lagaoena; menkhan porja ko talare do a,d,i beba,ric' dosa hoyena , onko do raj hukum ban'ko manaoeda, akoak' kusi ar sana leka calaok' ko ehop' ena ar nanan parkan ba,r,ic' ka,mi kumr,u-d,a,ku nia,ko reko lobdhaoena. Nia, n'elte East India Company do ako ak' company reak' dhonda,ula,t rukhia,i la,git' ar apan ar t,ika,o taken la,git' onaren raj ko t,hen 1690 sermare mit' hukum ko bahal kate Hugli jila, reak' gad,a ar,e re ko benao rakap'keda Fort William n'utuman mit' maran' don'gol.

Katha an'jomok'a je un okte pa,chimren marawar,i hor,ko do okoe bur,g,iko metako kan aema hor, nia, onko do ond,eko boloyena ar ona Fort William reak' thor,a do ko jobor dokhol keda. Ar ona ad,epaseren raj ko noko ko thirko la,git' jahan bebosthage bako hatao dar,eada. 1756 serma sec' disom reak' obostha do ar ho~ ba,r,ic'jok' sec' ge mond,ha calaok' lagaoena ar East India Company ren koak' ho obostha ho ba,r,ic'ena. 1957 sermare Saheb ar Musla, ko talare la,r,ha,i hoyena one polasi lar,ha,i,ko metak' kan ar unre Musla,ko do saheb se En'rej t,henko harao ocoyena. Musla, se Dekoko bhagao katege En'rej/sahebko do nia, Bangla-Bihar-Ur,ishsa reak' sason a,ida,riko hamet, jon'ana. Menkhan mamla mokadoma ar bica,r-acar rean' sanam a,ida,ri do onko lahateko sasonet' kan tahekan raj ko t,henge tahe~yena. Ar nonkate sanam sason ka,miko apnar ak' tireko a,goko ehop'ena.

1769 serma re Bangla-Bihar-Ur,ishsa noako sanam t,ha,~ire a,n' jaega jumi reak' lekha-jokha ar ol lagit enrej saheb do kamia ko bahal ket koa. William Harwood saheb do raj mahalere ko doho kedea jemon uni do nonde khon Bhagolpur reak' dakhin nakha ar Santal Parganae n'el dareak. Engrej saheb ren jaega jumi ol bahal ka,miya, ko do buru re ona latarre bosotok kan sanam adiba,si mar se pahari ar Santal koak jion bako buj dar,eaka monjte. Ar onate onko sa~ote bahal ka,mia, hor, do bako bonotlena. Bahal ka,mia, hor,

tuluc do Hindu ar Deko (Musla) Mohajon, Jumidar ko tuluc monj jopor.ao. tahe~kantakoa. Ar noa okte East India Comapany reak' kaud.i cukti tan'khile khan 1772 sermare Lord Warren Hestings n'utman saheb do nia Bangladisomren Governor hisabte dayik salate hec'ena.

Onako dinre buru ar buru latar ko rean' ot barge do sanam adibasi hor. koge mak sapha kateko jomet kan tahena. Menkhan ona do ona t.ot.ha ren Hindu ar Deko Mohajon, Jomi dar ko akoak dokhol re a.goe lagit aema lekan budhi odok ko ehopena. Menkhan ona ad.epase bosot akan sanam adibasi hor. koak' kumr.u ar d.aku utpatte jumi Darren hor.ko bako hatao dar.eak kan tahena.

Sikna .t Ga~ota ko _ Reak' Chut .i Do _Arho~ Dherena.

Disa.m re.ak' High iskul ar College porjai re_ menak' sikna.t ga~ota ko_ ar Ibtedayi, Madrasa ko_ re_ calak'kan chut.i do_ darakan 31 July ha.bic' d.her hoy akana. Tehen' mon'golbar sikna.t montronaloï la.i so_do_r keda, got.a dha.rti re_ ko_ro_na poristhiti arho~ ba.r.ic' sec' mohnd.a akana. Lockdown ho~ usra.u akana. Olok' par.haok' gidra. ko_, Mahasoe ko_, ka.mia. ko_ ar gog'o babawak' hor.mo ra.khi-jogao la.git ar jo_to_ sec' kho_n rukhia.k' n'am la.git' hudis gand.on kate ar covid 19 babot re_ Jatio solha committee sa~o galmarao kate no_a chut.i do_ d.her hoy akana. Mucat' re_ la.i so_do_r akan leka chut.i tahe~kana 30 June ha.bic'.

Source: Prothom alo

Disa_m Re_ Mot_ Hor_ son`kha 16 Ka_ror_ 91 lakh.

Disa_m re_ nitok' mot_ hor_ son`kha gel turui (16) ka\_ror are gel mit (91) lakh. Ban`gladisa_m porison`khan Breau (BBS) MSVAB (3 tesarak') Prokolpo report re\_ 'Bangladesh Sample Vitle Statistik 2020' so\_do\_r re no\_a khobor bad\_ae oco keda. No\_a lahare\_ 2020 serma disa\_m re\_ mot\_ hor\_ son`kha ko_ tahe`kana 16 ka\_ror lakh 2 hajar . Sombar (28June) Rajdha\_ni re\_ak' Agargao Breau hotete noa khobor sodor akana. No\_a sodo\_rte bad\_ae akana, 2021 serma re\_ak' January ha\_bic'te disa\_m re\_ mot\_ hor\_ son`kha 16 ka_ror 91 lakh 1 hajar. Hor_ son`kha d\_her re\_ak' persent do\_ hoyok' kana 1.30, gor\_ 72.8 serma, maejiu koak' bharsa akan gor\_ ayo 74.5 serma, baba hor\_ koak' gor\_ ayo 71.2 persent. No\_a so\_do\_r re\_ arho~ bad\_ae n'am akana, mot\_ gidra\_ janam son`kha 2.04, hajar re_ gidra_ janam okta meajiu ko_ gujuk' kan son`kha do\_ 1.63 persent, Calaoen 15 serma re\_ak' hor\_ ko\_ak' sikna.t son`kha 75.6 persent, 7 serma ar parom akan hor_ koak' sikna.t son`kha 75.2 persent, arho~ paraom akan 7 serma re_

maejiu koak' sikna.t son`kha 72.9 persent. Disa_m re_ 15 serma re_ Internet beoharet' kan 43.5 persent hor_ ko_. Ona modre_ baba hor_ ko_ hoyok' kana 7 persent ar maejiu ko_ do_ 34.3 persent. Source: Banglar janapod