

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.

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'laaic' 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'laos idik'kana.

Niropon Hor_mo Tahe~n Babo_t Ja_rur_ak' jo_mak'ko

Hor_more ja~ha~ lekan rog birud ten'igo daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia bo n'amdarekea. Noakanak' thora 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 thora adhe ar khijur rit' gunda 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` hagam ta_nic`lenkhan toate benaok` 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.

Rel ga_d_i re de_jo_k` la_git` Online hotete T_ikit_ N`am Reak` Na~wa~ Nia_m

Ban`gladiso_mre laha khonge Rel ga_d_i re de_jo_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 (Successful) hoyok`a ar Bangladesh railway n`utumte nawa page hijuk`a. Ar end_ekhan nond_ege 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'ia, 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 saote 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 saote 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' bicar le khojkana. Dip cak'laotic' (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' bicar ko 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 nisar_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.

Muskil Dosare Sri Lanka, Mit' Cup Ca Reak' Dam 115 T_aka

Itihas reak' jo_to_ khon maran' uta_r metak'me muskil dosare par_ao akana Asia reak' Diso_m Sri Lanka. Ona diso_mre nit jo_to_ lekan jinis-pa_t_i dam a_d_i d_herakana. Muskil dosa khonak' ban'caok'a mente hor_ko ad_epase disomteko parom calak'kana.

Sri Lanka re nebetar mit' kg caule reak' dam 1106 t.aka, Ban'gladiso_m reak' ka.ud.i sec'te 330 t.aka. Cini reak' dam ho~ nonkage. Ar onka leka 400 gram peket. toa reak' dam 3 hajar rupi se_ t.aka. Ban'gladiso_m lekate amdaj 900 t.aka. End.ekhan Toa ar Cini dam d.her akante mit' cup Ca reak' dam 380 t.aka, Ban'gladiso_m lekate 115 t.aka. Arho~ onkage Chapa kago_j reak' t.ont.ate sikhna.t t.ha~onare bid.a.u ho~ ba.til akana. Enkathae ona diso_mre 21 March kho_n bida.u ehop' reak' katha tahe~kana. Menkhan ehop' bar din lahare bida.u n'eljutic' bida.u bo_nd reak'e ja.hirakat'a.

Ente kago_j ho~ kirin' lagaoakoa, ka.li ho~. Antorjatic kho_bo_rre menakana, Sri Lanka sikhna.t daptar bid.a.u hatao la.git' kago_j ho~ ban'ko kula.u ant.ao dar.eak' kana . Ko_ro_na mahama.ri kha.tir Sri Lanka ba.r.ic' dosarey par.ao akana. Noa kha.tir diso_mren maran' montri Mahinda Rajapaksa ko dusiedi kana. Ente ad.epase Ban'gladiso_m ar Bharot do_ noa hal-halot a.d.i ga.khur. salak'kin muka.bela akada. Ar note Sri Lanka ko_ro_na ehop' khonge ka.ud.i sec'te a.d.i ont.on-obhab dosarey par.ao akana. Menkhan re_n'ige_c'-ore_c' hor.koak' gharon'jre nonkan dosa dukanak' kangea. Noa muskil dosa cabae la.git' kurumut_ure menak'koa.

Ro_ho_e Akat' Ho_r_o_ Khetre Dak' Ban' N'ante Bar Boeha Bis Jo_mtekin Gurena

Ho_r_o_ khe_tre dak' ban'kin n'amet' birud ten'go daram kha.tir bar boeha bis jo_mtekin gurena. Budhbar (23 March) n'inda. Godagari reak' Isanipur t.ot.hare noa ghot.na ghot.ao akana.

Nia. ghot.na khan Borendro Unnoyon ma.liki ren ga.hir no_l ren operator -e n'ir pharak' akat'a. Ona t.ot.ha ren A.diba.si santal talare kurud-edre do_ janam akana mente bad.ae n'am akana.

Gur akan Avinath Mardi (30) do_ upa_jila. Deopara union reak' Nabaibottola Nimghutu t_ot_ha Babu Chand Mardi ren Hopon kanae. Ar uniren Kaka khur_a boeha Robi Mardi (32) ho~ Ramek Haspatalre cikitsa, hatao oktegey gurena.

Ad_epase hor_ko bad_ae ocokeda, Budhbar (23 March) Khetre dak' hataoa mente bar boeha BMD ren operator t_henkin se_nena. Dak' tayom biskin chit_a_ua mentekin bad_ae ocokede. Menkhan Operator do_ nonkae ror_rua_r_atkina, o_ho_ge dak'in' emkebena. Ma abenge noa bis jo_m bar_akak'ben. Ar sa_rige edrete ran'gao ban'kin sambr_aolet'te banar boeha biskin jo_mket'a.

Godagari thanaren bharapon a_piser (OC) Kamrul Hasan bad_ae ocokeda, Noa ghot_na tojbij la_git' a_n lekate bebostha hataok'a.

Onka leka ad_epase hor_ko modre Unnoyonkormi Catherine Hasda, prosason t_hen nonkae la_i so_do_rket'a. Dak' hataoa mente 10-12 din khonak'kin a_curok'kan enreho~ ghane ghaneko rua_r_kakin kana. Nonkan duk-da.ndi ban'kin sahaolet'te biskin jo_mket'a. Noa ghot_na rean' bica_rle kho_j kana. Tayom daram nonkanak' alo hoyok'ma.

Arho~ onkage ona atoren casa Habil Murmu ho~e bad_ae ocoket'a, Ho_r_o_ro_ho_e 50 din hoyena. Menkhan mit' din ho~ dak'ge bae em legaleda dekbhalic' (operator) Sakhawat. Ente dak' emok' reak' ja~ha~n seria_lge ba_nuk'taea. Enkathae onate ac' ho~ et_ak' no_l khonak' dak'e hatao akat'a.

Sakhawat birudre casa Sagor Mardi ho~ nonkae menet'kana. Hape Tehen', gapa, mean' nahak'in' emapea nonka menkatec'e ek'r_e bot.ec'kakoa.

Khet n'en'el ko calaoenma cehel-cepel dak'. Ente Sakhawat do_ Avinath Mardi ak' Gujuk' kho_bo_r an'jo_mte harephare khet'e dak' akat'taea. Menkhan nit ho~ ghot_na reak' tojbij calak' kana. Noa aso_l karontet' d_und_ha_u od_ok la_git'.

Ban`gladiso_m Reak` Sa_dhinota Ma~ha~ Manao

Ban`gladisom reak` Sa_dhinota Ma~ha~ ko manaokeda Chapainawabgonj jila. Reak` Amnura Mission reak` Tabitha Kindergarten School. Tehen` ona n`utumte gapalmarao , gidra_koak` chobi a~kao ar enec`-seren` ko hoe ocokeda. Sa_dhinota ma~ha~ babotre Mahasoe do_mit` bar disa_dohr_ae la_git` sikha_una kathako gapamaraoat`koa. Ina_tayom do_Gidra_ko talare haparao reak` sap`r_aolena metak`me Mimit` kelas ren gidra_la_git` mimit` lekan chobiko a~kao ocoket`koa. Ar enkate gidra_ko a_d_i kusi -ra_skate akoak` mo_ne lekako a~kao so_do_rket`a.



Menkhan hud_in` machate hoeyen reho~ akhr_a talate gidra_ko a_d_itetet`ko ra_ska_yena ar aema lekan cecet`ak`ko n`amket`a. Ina_kate Mahasoe ko do_akhr_are bachao n`amen gidra_ko talare kur_a_i ko em hat_in`ket`a. A_d_i naepaete noa akhr_a hoe pura_uena.

Sa dhinota Ma~ha~

Tehen' 26 March mit't en bises din metak' me sa dhinota ma~ha~ kana. 1971 sermare tehen' ak' dinre got a dha rti rean' naksare nawa rajost i hisa bte apnarte la i so do rok' te ja hirlena mit' disom, oka do Ban'gladisom. Ha r ia r hasa-bhit are arak' je_n'ge_t' je_n'ge_t' mayamte chikna akan disom sa dhin reak' 51 wak' ma~ha~ kana.

1971, 25 March a d i kar an' kur cun' n'inda pa kista ni bahniko ban'gla ren hor ko cetanre ekal a d i ba r ic' ko beoharleda se ko hamlaleda. Bo_n'go_bondhu ho~ko giripter kedea. Enreho~ giripter lahare 26 March par aoen torage Bo_n'go_bo_ndhu Rahman Dhakare Ban'gladisom sa dhinota ja hirlet'a. Ar ona la i ja hirket' katha Ban'gladisom selet' got a disomre aema lekate porcar ehop'ena. 1970 sermare sadharon bac-bachao re Awami League ko jit'en reho~ Bo_n'go_bo_ndhu t hen pa kista niko khemota ban' emkate ekal ban'gla hor ko go go c'ko ehop'ena. Onkokoak' aso_l jo_stet' tahe~kana Awami League sa~o purub pa kistanre tina k' laha~t se rajniti a k'yur hor ko menak'ko sanamko go_c' kako.

Bo_n'go_bondu giriptar lahare ac'ak' tahe~n t ha~i Dhanmond i khonak'ge sa dhinota ja hir ar ja~ha~leka katec'ge pa kista ni milimisia ko birudre ten'go daram la git'e metat'koa. Mit' okte son'bidhan turui ak' ta lika re Bo_n'go_bo_ndhu ak' la i ja hirat'ko sapr ao se ona tabereko a guket'a. Mit' bida l jo_khen EPR-Transmit er hotete got a disomre sarsadleyena. Ina kate Chot ogram Redio center khonak' 26-25 March thor a hor ko mit't e Bo_n'go_bondu se_c' khonak' sa dhinota reak'ko ja hirket'a.

Bo_n'go_bondhu la i ja hirakat' damanak' da lilre nonka ol tahe~kana, Pase_c' noa kangea alekoak' muca t' katha. Tehen' kho_nak' Ban'gladisom sa dhinena. Ban'gladisomren sanam hor kon' neho~rape kana, ja~ha~rege menak'pe, ma cet'ko menak'tape onatege ma ten'go ket_ejo_k'pe milimisia ba hniko birudre. Ban'gla disom auri rukhia.

ar sa_dhin dha_bic' la.pa.r.ha.i calao idipe. Disom kho_n sanam
pa.kista.ni do_kho_lia.ko laga n'ir kope. Sheikh Mujibur Rahman. 26
March 1971.