

# Disom Phurga Lren Phurga Lia : Amin Hembrom

1971 serma re tina.k' santal disom phurga.lreko selet'len onko modre ar mit' hor. do\_ Amin Hembrom. Uniak' or.ak' do\_ Chapainawabgonj Nachol upa.jila. reak' Nezampur union reak' Rudrakund.a. ato. 77 serma umeran nui hor.ak' disa.-paesare jahan t.ont. age ba.nuk'taea. Ende.teron' niton' ho~ sin'ke sin' khat.aok'tege menaea.

Maran' phurga.l okte Amin Hembrom do\_ 26 umeran jua.n kor.ae tahe~kana. Ato-par. are apat' sa~o nalhae tuma.l kan tahe~kana. Gharon'jre a.d.ige san'geko tahe~kana. Ac'ren en'gat-apat' chad.a mo~r.e~ got.en kor.a ar pe kur.i boeha ar ac' bud.igoe tahe~kana.

Maran' phurga.l ehop'en khan pa.kista.ni ba.hni ar disom cak'laoko Amnura selet' ad.epase mimit' t.ot.hare lut.pat., hor. go.go.c', or.ak'-dua.r lo\_ rapak' nonkan ba.r.ic' beoharko ehop'ket'a. Un okte Amin Hembrom ad.epase hor.ko sa~o bharot disomko sa-calaoena.

Santal phurga.lia. do\_e menet'ket'a, Pa.hilre Gomostapur upa.jila. reak' Rohonpur re.l st.eson ar.e pa.chimbongo Maldah jila. singapur t.ot.hale sen mar.an'ena. Ond.ege mit' d.era-tha.nitre bo\_ho\_k' at.hr.e~k' lekale t.ha~iana. Dosar hilok' ond.e khonak' Bangitola skulteko kol ocoyena. Amdaj mit' cando leka tahe~kate, ina.kate Kutub nagrahateko kolket'koa. Ar ond.ege Amin Hembrom sa~o Rajshahi Godagari upa.jila. a.diba.si santalkoren a.k'yuric' Sagram Manjhi ak' n'epel-oprom hoeyenta.kina. Ado\_ un jo\_khenge Sagram Manjhi do\_ disom sa.dhina mentey udga.uket'koa. Ente tina.k'din nonka et.ak' disomre asraebo tahe~na. Mit'te la.pa.r.ha.i talate disombo sa.dhina.

Amin Hembrom ak' katha sa.rige monre gad.aomat'koa. Ar uniak' noa kathako hetaowak'taea ar la.pa.r.ha.i la.git'ko sap'r.aoena. Thor.a kor.akoante Maldah jila. Gourobagan t.ot.ha reak' youth camp ko calaoena. Mit' okte jiwi t.ont.a bo\_to\_rte bhit.a.ko ba.gikate bharotrele t.ha~ian tahe~kana. Menkhan nit nonkan jo\_to\_ bo\_to\_r deakate la.pa.r.ha.ire n'utum lekhayena. Bar hapta ten'jao (training)

kate Dinajpur jila ko kolket'koa. Ond'ge sanamko hatia.rko calat'koa. Amin Hembrom ho'e calaoena. Noa do\_ pa.hil dhap tahe~kana.

Ha.tia.r capalao ten'jao la.git' Amin Hembrom selet' arho~ et.ak'ko Siliguri reak' mit't.en d.era teko kolket'koa. Ond.e ho~ bar hapta ten'jao hoyena. Ten'jao tayom bhariot reak' Dinajpur ( uta.r-da.khin) jila.. Amin Hembrom do\_e menket'a, Ha.tia.r sapap' tayom 7 no sector reak' tabere birbant.a hisa.btey jopor.aena. Noa sector ren birbant.ako Rajshahi, Pabna, Bogura ar Dinajpur t.ot.hakoreko la.r.ha.i.ena.

Onkoren a.kyuric'e tahe~kana Abdus Samad commander. Uniak' a.k'yurte Sonamosjid Kolabagan ar.e par.omkate Chapainawabgonj reak' Sibgonj le bo\_lo.yena. Pa.hilte Ar.gar.a ha.t.ia. la.pa.r.ha.i talatele sa.dinket'a. Ina.kate birbant.ako bhariot camp ko rua.rena. Mit'-bar din tahe~kate arho~ disomteko he\_c'ena. Aema okte Gomostapur, Bholahat reak' Rohonpur re thor.a okoc' la.iha.ireko selet'ena. Amin Hembrom do\_e la.i so\_do\_rket'a, Disom sa.dhinen ra.ska. khobor bhariot camp khonak'le bad.ae n'amkeda. Khange ra.ska.ste gharon'jren ar ad.epase hor.ko sa~o n'epel n'apam kha.tir janam disomle rua.r he\_c'ena. Sa.dhin tayom ekal ra.ska cehel-cepel monante disomle he\_c'ena.

Amin Hembrom ak' gharon'jren or.ak' hor.tae Jumri Murmu, ar mit' kor.a pea kur.i gidra. menak'kintaea. Bar kur.ikinak' bapla hoyakantakina. Hud.in' kur.i Subita Hembrom Rajshahi Tanor Upa.jila. Mohila College rey par.haok' kana. Amin Hembrom do\_ Ac'ak' turui bigha. bhit.a menak' reho~ khas hasarey basok' kana. Ona atore 28 got.en Santalkoak' gharon'j menak' akada.

Amin Hembrom doe bad.ae ocokeda, pa.hil khonak'ge phurga.lia. hisa.bte go\_r.o\_ye n'am a.gukana. Asok' kanae, Disom nae-napaete calak'a. Sa.dhin disomre sanamko supulukte mit'tebo tahe~na.

Subita Hembrom ac' baba kha.tir asambher.e go\_ro\_bok'kana. Menket'ae, disom sa.dhinre in' babawak' ho~ maran' da.yike do\_hoakada. In' baba do\_ jaoge Birbant.a hisa.bte a.d.iko man-manot'e kana. Onate a.d.igele go\_ro\_bo\_k' kana.

Uta.rbon'go Adibasi Forum ren sabha mukhia. Hingu Murmu ho'e

so\_do\_rket´a, ‘Amin Hembrom do\_ santal ja.t-gost.hiren go\_ro\_b kane. Santalren maran´ cikhna\_ kanae.

Onkaleka, Nachol upa.jila. phurga.lia. ren songsod sabha mukhia. Mushior Rahman ho~e menket´a, Amin Hembrom do\_ sa.rige maran´ birbant.a kanae. A.d.i alga so~r.a monan hor. kanae.

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# Mo\_n´go\_l Hilok´ Kho\_nak´ Nirdae Kelas Ehop´a: Sikhna\_tmontri

Darakan 15 March (Mon´golbar) kho\_n disom reak´ jo\_to\_ sikhna.t t.ha~onakore nirdae kelas ehop´a mente Sikhna.t Montri Dipu do\_e bad.ae ocokeda. Tehen´ Sanicar (12 March) Rajdha.ni reak´ Sher-e bangla balika mohabiddaloy reak´ ud.ha.ure kho\_bo\_ria.ko noa kathae la.iwat´koa.

Montri do\_e menkeda, ‘ Ko\_ro\_na hal-halot kha.tir nuna.k´ din kelas ban´ ehop´ akana. Menkhan niton´ ko\_ro\_na hal-halot rawal no~k´akana. Ar d.her gidra.ge t.ika. tabereko he\_c´akana. Ona ia.te 15 March kho\_nak´ eka\_l nirdae se\_ jo\_to\_ subject kelas hoyok´a.

Arho~e bad.ae ocokeda, Madhomik re khat.o sila.bas lekate kelas hoyok´a ar noa cetanrege bo\_cho\_r muca.t´ bid.a.u ho~ hoyogo\_k´a.

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# Primary Re Mahasoe Hataoko Reak' Bid\_a\_u

Sarkari Primary Sikhna.t T.ha~onare Assistant mahasoe hatao reak' got\_a akana. Ona kha.tir bid\_a\_u do\_ darakan April cando bhitrire hoyok'a.

Ar bid\_a\_u re bac-bachao ocok'ko do\_ July cando kho\_nge ka.mireko bahalok'a mente Prathomik ar Gonosikha Montronaloy do\_e bad\_ae ocokeda.

Prathomik sikha odhidaptor calaoen 2021 serma 20 October noa reak' d.harwa.k'e so\_do\_rleda. Menkhan ko\_ro\_na mahama.~ri kha.tir nit ho~ bid\_a\_u a.uri hataok'a. Menkhan April cando bid\_a\_u hoyok'a mente nit akana.

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## Do\_sar Doge T\_ika\_ (gonotika) 28 March Eho\_p' La\_gido\_k' Kana

26 February tina.k' do\_ pa.hil doge t\_ika\_ ko hatao akat' onko do\_ 28 March kho\_n ko\_ro\_na dosar doge t\_ika\_ ko n'ama. Dosar dhapre mit'dinte mit' karor\_ doge emogo\_k'a me\_nte bad\_ae n'am akana. 28 March kho\_nak' Rajdha\_ni selet' got\_a disomre dosar doge emok' metak'me gonot\_ika\_ do ehop'a.

Calaoen 8 March Sastho Odhidaptor reak' Covid-19 t\_ika\_ sasap'r\_ao Taskforce committee ren sodosso socib Dr. Md. Shamsul Hoqe ak' suhiat' mit' cit\_hite noa kho\_bo\_r la\_i lahawakana.

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# Kidney Ma~ha~ko Manaokeda Amnura Lutheran Mission Haspatal

Tehen' got a dha\_rti Kidney ma~ha~ din. International Society Of Nephrology and International Fedaration Of Kidney Foundation 2006 serma March cando reak' dosar Lukhibar (10 March) Kidney ma~ha~ mentey ghosona akada. Noa ma~ha~ reak' aso\_l jo\_stet' do\_Kidney babotre sanam hor\_ko so\_ntor se\_aodhanko.

Onka leka Amnura Lutheran Mission Haspatal ho~ tehen' noa ma~ha~ko manaokeda. Tehen'ak' Kidney ma~ha~ akhr\_are Manotan Dr. Suvas C. Sarkar do\_akhr\_are jarwalen sanam hor\_ko a\_d\_i daman kathateye udga.uket'koa. Uni do\_e menkeda, Kidney do\_Niropon hor\_mo reak' maran' uta\_r mit'.en ha\_t.in' kana. Kidney do\_hor\_mo kho\_n mula.ha\_n koe od.ok gid.ikak'a ar hor\_more ma~ya~me sarsaoa, ona sa~ote hor\_mo reak' mimit' jan'koe ket.ec'a. Onate niropon hor\_mo tahe~nre sa\_rige Kidney napae do\_hoe hoyok'a. Arho~e la\_i so\_do\_rket'a, n'u bubula.k' lekan ba\_r.ic'ak' metak' me ta\_r.i, ha.nd.i, bir.i-cut.i, sikaret. emanteak' kho\_n pharak're tahe~n babotre selet' akan hor\_koe uskurket'koa.

Noa akhr\_a talate sanamkoe udga.uket'koa je\_, Kidney mon'j do\_ho\_e la.git' d.her d.her dak' n'u~i hoyok'a. Ar ar.ak'-sakam ba\_r.ti jo\_m hoyok'a. Ona sa~ote bhage bhage jo\_jinis se\_pho\_lmud jo\_m reak' a.d.ige ja\_rur. menak'a. End.ekhan Kidney niropon se\_mon'j tahe~ dar.eak'a.

Ona chad\_a ho~ Kidney babotre mit' bar udga\_u kathakin ror\_keda, Dr. Simion Kisku, ar Program Oficer Prodip Hembrom (NAGR). A.d.i napaete noa akhr\_a hoe pura\_uena.

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# Tv re Tehen'ak' Enec' - Khila d.

## Fut. boll

UEFA Champion League

Real Madrid-PSG

N'inda. 2 baja okte

Sony Ten 2 channel re.

## UEFA Europa League

Fc Porto-Olympic Lio

N'inda., 11:45 baja okte.

Sony Six channel re procarok'a.

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# Got a Dha\_rti Maejiu Ma~ha~ Manao

Tehen' Mon'golbar (8 March) Got a dha\_rti Maejiu Ma~ha~ ko manaokeda National Agency For Green Revolution (NAGR). Got a Dha\_rti Maejiu Ma~ha~ n'utumte mit' akhr.a do\_hoe pura. uena. Got a dha\_rti maejiu ma~ha~ akhr. are aema lekan bhage bhage kathako se solha kathako

so\_do\_rena. Cet'lekate maejiuko lahanti hoyok'a mente. Sa\_rige noa akhr\_are aema cecet'ak' kathako tahe~kana.

Tehen'ak' akhr\_are Manotan per\_a hisa\_bte selet'e tahe~kana National Agency For Green Revolution (NAGR) ren a\_k'yuric' Stephen Soren, 1,2,3 ward Jhilim Union Porisod ren Maejiu member Johra Begum ar ona sa~ote selet'e tahe~kana Uttor Bon'go Forum ren sabha mukhia\_ manotan Hingu Murmu. Manotan per\_ako do\_ bhage bhage kathate akhr\_are selet' akan maejiuko mit' bar daman kathateko uskurket'koa.

Arho~ selet'ko tahe~kana Program Officer Prodip Hembrom NAGR, Secretary Promila Hasda NAGR, Mahasoe Nirola Murmu Tabitha Kindergarten School, Mahasoe Nilufa Parvin Tabitha Kindergarten School, The Santalstimes.com ren gor\_oic' Sumitra Murmu, Ar Mit' pa\_thua\_ kur\_i Santa Khatun. Got\_a dha\_rti maejiu ma~ha~ n'utumte sap'r\_aolen akhr\_a a\_d\_i napaete hoe pura\_uena.

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## Mejiukoak' Lahanti Cedak' Ja\_rur\_a

Na~ha~k' jug nia\_ko dinre sanam somaj ar rajost\_ie an'goca je, Maejiuak' lahanti chad\_a mit't\_en disom re do lahanti ban' hoe dar\_eak'a. Maejiuko do mit'mit' gharon'jren mukhia\_ko kanako. Maejiuko hotetege gharon'jre marsal bambera se\_ supulukte gharon'jko ak'yura. Onka lekabo men dar\_ekea Maejiuak' lahanti mane do cet' kana mente? Noa bisoe rebon men dar\_eak'a, lahanti do hoyok' kana sanam ka\_mi re maejiu ho~ ko ka\_mi dar\_eak'a noa sa~o ka\_ud\_i sec' lekate ket.ec' se gor\_o ko n'am, nia\_ sa~o sa~o te akoak' sa\_dhin te maejiu koho~ akoak' ektia\_ri hatao reak' dar\_e tahe~n tako.

Et\_ak' sec' lekate do maejiuak' nijak' ektia\_ri n'am reak' dar\_e. Aboak' somajre thor\_a din lahare do maejiukoak' olok' par\_haok' cet' se apnarte ten'go ket\_ejok' do algate do bako n'elet' kan tahe~kana.

Rojgar ar gharon'j reak' sanam lekan ektia,ri do eken kor,a hoponak' da,yik tahe~kana. Mit' jokhec' noa disomren maejiu ar herel hor, do juda, juda,geko hudiset'ko tahe~kana. Ar noa juda, hudis reak' karontet' do hoyok' kana maejiu ar herelak' ka,mi reak' dar,e reak' bhedtet'. Ona okte noako hudiset' tahe~kana kur,i hopon do eken or,ak' sambr,ao ar gidra, n'el la,git'ge or,ak'reko tahe~na. Ona jokhen nonkan katha ho~ an'jom akana ban'ma maejiu do herelak' ka,mi bako dar,eak'a. Sedae reak' din sec'bon ben'get' arbo tan'khi lekhan nonkanak' hudis tayomre mit't,en karon tahe~kana, Ona okte kur,i gidra, do eken gharon'j reak' ka,m-kajtege jion do khemaok' ar herel hopon do olok' par,haok'ko metakokan tahe~kana.

Gel are shotok re dha,r,ti reak' aema disomre maejiu ebhen reak' mit't,en d,heo do hec'l,ena ar d,heo kha,t,irte bar gel shotok sec' do aema Da,khin Asia, disomren maejiu Kamini Roy, Begom Rokeya, Nobab Phoegunecha noko maejiu do akoak' ka,mi hotete ko n'el ocok' akada je, maejiu koho~ jotoak' ko dar,eak'a. Ar onkoak' uduk' horteko he,c'l,ena Suphiya Kamal. Jahanara Imam sa~o ar ho~ aema maejiu. Maejiuak' ebhenteak' pa,hilak' do hoyok' kana sikhna,t. Begom Rokeyak' olak'tege maejiuak' kukmu ko sa,riak' hoeakana. Et,ak' hor,ak' latarre tahe~n ar or,ak're sin' pot,om akan maejiuko Begom Rokeya ak' olak'te apnar kha,t,iran ar manotak' jion ko manakada. Abonak' disomre maejiu ka,mi dar,e reak' horte aema ta,kic'ak' do menak'a. Aema din khon somajre calao hec' akan Dhorom sec' khon ren'gec' nacar, ar sikhna,t chad,a aema ta,kic'ak'te maejiuak' dar,e do eset' akana. Nia, babotte bon menlekhan pa,hilre hijuk'a ra,khi jogao reak' katha. Ente noa ra,khi jogaotege d,her maejiuko akoak' sa,riak' a,ida,ri khon ko get' begar ocoakana. Ra,khi jogar,tege maejiuko pust,ihinota, olok' par,haok' ban' cet' ar bha~e reak' hende n'u~tre ko tahe~kana.

Adom maejiu do a,d,i ren'gec' kha,t,ir te ban' do n'amet' jomak', ban' do tahe~n la,git' t,ha~i, ban' akoak' jin'gi reak' khojok'ak'ko. Aema lekan okulan ar t,ont,ate maejiuko t,hikte bako par,hao dar,eakada. Maejiuak' dar,ere ren'gec' sa~o ar mit't,en maran' ta,kic'ak' do hoyok' kana kur,i gidra,ko olok' par,haok' te a,d,i ko taenomgea. Dha,r,ti reak' disom sec' bon ben'get'ak' khan bon n'el n'ama ond,e maejiu ar herel hopon mit' kate ja~ha~ ban' ja~ha~nak' ka,mieda ar

arjao kate akoak' jion ko khemaoda. Menkhan sikhna.t obhab kha.tirte abo disomre kur.i gidra. apnarte ten'go ket.ejok' la.git' oka jinis ja.rur. ona dokkhota, joggota do bako n'am akada. Nia. katha re bon men dar.eak'a je, kur.i gidra. tayomre tahe~n reak' kha.t.itet' do somaj re sanamak' tayomre sikhna.t reak' obhab bon n'ama. Mit' sec' lekate ren'gec' nacar te kur.i gidra. olok' par.haok' sec' khonak'ko get' begar akana ar et.ak' sec' khon olok' par.haok' kha.tirte sa.riak' joggota bako n'am akada. Ar nonkate maejiu somaj re ren'gec' ho~ tahe~ idik' kana aema lekanak' muskil ko ho~.

Cet'leka joutuk, ka.t.ic' umer re bapla, ar mit' herel aema bahujon'. Olok' par.haok' ban' bad.ae ar thor.a olok' par.haok' bad.ae kur.i gidra.koak' baplare ja~wa~e kor.a sec' khon joutuk ko khojok' (diku somajre) ar nonkatege maejiu akoak' mon'j got.awak' bako n'am kha.tirte akoren kur.i gidra. ka.t.ic' umer re ko bapla kako kana.

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## **Sher-e Bangla Sona Reak' Siro\_pae N'amkeda Rajshahi Ren Merina Hasda**

Sa~ota rean' mimit' ka.mihorakore maran' uta.r cikhna. se\_ bhage bhage ka.mi n'utumte Sher-e bangla so\_na siro\_pa-2022 rey man manot ocoyena A.diba.si a.k'yuric' Merina Hasda. Uni do\_ Rajshahi Damkura ha.t. rean' besorkari unnoyon songstha Masaus ren nirbahi a.k'yuric' kanae. So\_ko\_lbar (4 march) n'uhum okte Dhaka reak' Bijoyngor Hotel-71 threister hollroom re mit' akhr.a talateko man manotkedeada.

Noa akhr.are manotan per.akoak' tite crest, uttorio ar certificate ho~e atan'ket'a. Sher-e Bangla A.K Fazlul Hoqe gobesona porisod, South Asia Social Aducation Foundation ar 71 media vision noa akhr.ae bo\_ndo\_bo\_sleda. Man manot n'utumte Masaus ren sanam ka.mia.ko Merina Hasda joharko em caladea. Ado\_ thor.ako kuklikedere nonkae menkeda

Merina Hasda, Uni do\_aema din khonak'ge a\_diba.si ja.t-gosthi koak' ma.nmi a.ida.ri, pa.rsi ar legcar paltur ra.khi jogao jo\_to\_n ar ona sa~ote aema lekan ka.mi huda. benao rakap're a.d.i muruk'e ka.mi idikana.

Et.ak' et.ak' a\_diba.si ja.tiko akoak' a.ida.ri hamet' la.git' ho~ miljule ka.mi kana. Nonkae man manoten ia.te sa.rige uniak' ka.mire arho~ jhu~k' mon he\_c'adea me\_ntey bad.ae ocokeda. Ona t.hao~naren sanam ka.mia.ko ga.hir mo\_n kho\_ne sarhaoket'koa.

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# Cet' Lekate Migraine (Bo\_ho\_k' Haso) Kho\_n Rukhia\_bo N'amkea

Migraine mit' lekan bo\_ho\_k' haso kana. Bo\_ho\_k' re ja~ha~ mit' ar.e kho\_nak'ge noa haso ehop'a. Migraine bo\_ho\_k' haso a.d.i gha.r.ic' do\_tahena. Okoe ak' nonkan et.ket.or.e~ menak'tako, Onko do bo\_ho\_k' haso sa~o be\_c' be\_c'ko at.kara. Noa haso a.d.i algate ban' maraok'a, thor.a din do\_hasoa. Onate tina.k' hor.koak' noa haso menak', noa haso cet' kha.tirte ehop'a ona babotre bad.aejon' ja.rur. menak'a. Nonkate Migraine khonak' pharak'bo tahe~ dar.ekea.

## 1. Ren'gec'te tahe~n:

Ren'gec'te tahe~len khan Migraine bo\_ho\_k' haso ehop'a. Ente ren'gec'te tahe~nre gastric reak' muskil n'elogo\_k'a, oka do bo\_ho\_k' haso d.her dar.eak'a.

## 2. Hoe-dak' bichna\_u (abohaoa):

A.d.i ba.r.ti seton're na.curle kxanho~ bo\_ho\_k' haso ehop' dar.eak'a. Ina.kate lo\_lo\_seton' kha.tirte hoe dar.eak'a.

### 3. Mo\_nre uca\_t\_:

Okoe do\_ asambher\_ se\_ a.d.i ba\_r.ti uca\_t.teko ka\_mikan, ar jo\_m-n'u rean' ja~ha~n nit\_ akan okto ba\_nuk'tako se\_ ban'ko manaet' kan, onkanko hor.ge ba\_r.ti noa bo\_ho\_k' haso n'amet'ko kana.

End\_ete nonkanak' mo\_nak' uca\_t\_ dea gid\_ikak' reak' kurumut\_ui hoyok'a.

4. Ja~ha~nak' sad\_e: kajak' rir\_a.n' r.ar.an'te seren' an'jo\_m emanteak' kha\_tirte Migraine bo\_ho\_k' haso n'an'ama. A.d.i rir\_a.n' r.ar.an' kha\_tir amdaj bar din dha\_bic' haso tahe~ dar\_eak'a.

### 5. A.d.i ba\_r.ti ja\_pit':

Okte na\_pitre ja\_pit' sanamko la\_git' a.d.i ja\_rur\_a. Ente oktere ban' ja\_pit'le khan hor\_more aema lekan et\_ket\_o~r.e~ n'elogo\_k'a. Okoe do\_ jao hilok' 5-6 ghont\_a ko ja\_pit', Ackage mit' okte onkanko hor\_d.herko ja\_pit' lekhan bo\_ho\_k' haso ehop' dar\_eakoa. Onate sanamko sontor ar aodhan tahe~n hoyok'tabona.