

27 September Tayom Jhijok' Kana Bissobiddaloy

Darakan 27 September bhitrite disa_m reak' jo_to_ Bissobiddaloy re par_haok' kan pa_thua_ko ko_ro_na t_ika_ la_git' n'utum ol car_hao (registration) ka_mi do_mucan' la_gido_k'kana. Tehen' Mon'golbar sikhna_t Montri Dipu Moni Bissobiddaloy jhic' babotre University Grants Commission (UGC) ar bissobiddaloy koren maran' a_k'yurko (upacarjo) sa_o mit' dupur_up' do_e hoe ocokeda. Ar dupur_up're noako got_akeda.

Ona sa~ote arho~ Sikkha Montronaloy ren totho ar Jonosonjog Officer M A Khayer do_e me_nkeda, Bissobiddaloy ko menlekhac' akoak' tahe~n ho_l room ko jhic' dar_eak'a, Tobe Judi Bissobiddaloy ren mahasoe ar pa_thua_ko ko_ro_na reak' mit't_en doge ko hatao akat' khan. Ar okoe ak' campusre a_t' me_nak' unko do sastho montronaloy ak' gorote sastho kendro ba_isa_u kate t_ika_ ka_mi horako ehop' lagao akoo.

Bissobiddaloyre par_haok'kan pa_t_hua_ko modre o_koekoak' NID card ba_nuk', onko do_akoak' Jonmo nibondhon namber (UGC) te kol hoyok'takoo. E_nd_ekhan Surokha App re jonmo nibondhon namber jor_ao kate pa_thua_ko ko_ro_na t_ika_ hatao la_git' n'utum ko ol car_hao dar_eak'a.

Source: Padmatimes

Sagram (Hasdak´) Manjhi Dinisa Ma~ha~ n´utumte Santals times reak´ virtual galmaro

Sagram (Hasdak´) Dinisa Ma~ha~ n´utumte Santal Times Sec´ Khon mit´ virtual galmaro hoe pura ena hola 13 september 2021 ta rik (Sombar) a yup´ 9:00 baja okte. Noa gapamarao akhr a do zoom re facebook santalstimes rean´ sakam (page re live) sorasori ucha nena. Sagram (Hasdak´) Dinisa Ma~ha~ gapamarao akhr are Manot per a hisa bte selet´ko tahe~kana Adiba sikoren onolia ar columnist Mn. Mithusilak´ Murmu, Professor Rajen Hembrom, Uttor Bon´go Forum ren mukhia Mn. Hingu Murmu general secretar´y, Adv. Probhat Tudu, Tabitha Foundation ren Director ar santalstimes ren a yuric´ Manotan Stephen Soren, Santal ono~r he~ onolia Manotan Samiel Mardy, ar Santali news 24.com ren Co-Editor Samar M. Soren, Rajshai Government College ren Lecturer Manotan Samson Hasdak´, Lalit nagar Degree College ren Assit. Professor Manotan Rajen Hembrom, Sagram (Hasdak) Manjhi dinisa ma~ha~ akhr a ayurrey tahe~kana Prodip Hembrom



Sagram (Hasdak´) do nia september cando reak´ 08 ta rik 1978 serma nia dhur i dha rti´ ba gi´ak´ tahena. Noa galmarao akhr are Sagram (Hasdak´) Manjhi ak´ bha la ianak´ ka mi ar

uniak' jion jin'igi babotre galamarao hoyena. Sagram (Hasdak') Manjhi Santalko eskar do ban bickom noa Rajshahi Tanore, Godagari, Nachole t.otharen sanam ja.t koren maran' a.k'yuric'e tahekana.

Uni do_ 1901 se_rmare Rajshahi jila., Godagar.i upa.jila. reak' Malkomola n'utuman atorey janam lena. Uniak' n'utum disa.te nit ac'ak' t.ola do 'Sagram par.a" ko metak' kana. Sagram (Hasdak') Manjhi do 1954 sermare Pakistan Member Of Legislative Assembly ren mit' manotan member e tahekana. Ona chad.a ho uni do Bangladisom furgal tayom Gogram union porisod re election se vot.te jita.oan Manotan

Chairman e tahekana. 1971 sermare Ban'gladisa.mre maran' furgal hoylen okte, a.d.i jhu~kan mo_ne_ante disa.m rukhia.i la.git' samakoe udga.ulet'koa. Ar uniak' kathate aema hor.ko sa.rige Bangladisom phurla.l la.r.ha.ireko n'ir phe.d.lena. Sagram (Hasdak') Manjhi do_ a.d.i ga.khur. sa~ota susa.r.ia hor.e tahe~kana. Uni do_ sikna.t gagoj, sa~ota lahanti, Niropon hor.mo cehaona emok' ar manwa koak' a.ida.ri rukhia.hore tahekana. Unia'k' ka.mi ko do sa.rige aema s E_nte uniak' kurumut.ute Godagari Upa.jila.re Bottoli Adibasi Prathomik Biddaloy' benao akana, Modhumath re benao akana Bir.la Prathomik Biddaloy. Ina. chad.a ho~ Pa.nihara t.olarey benao

rakap' akada' Panihar Public Library.

The Santals Times
Santak Sodor re Aboak Aran

SAGRAM (HASDAK) MAJHI
DINISA MAHA

Gapalmarao:

 NITAIKALAKHOMO Member, Executive of Chhokola	 HUNGA KARAO Chairman IAT	 RAJSHI SODHI Asst. Professor Lecturer Sagren college	 STEPHEN SODHI Executive Director Santals Foundation
 ANU JINNET TONY Member Executive, IAT	 HARISH KANAR Instructor in English, Santals Univ. College	 SARAS N. SODHI CO-EDITOR SantalsTimes.com	 KAMEL SODHI Special Post
 Gopal Majhi Special Inv. Sagram (Hasdak) Majhi	 BESSOR MOHANA MAJHI Special Inv. Sagram (Hasdak) Majhi	 Program co-ordinator PROFESSOR	

SOMBAR | 8:00 PM
13 September 2021
<https://www.facebook.com/The-Santals-Times-112930403802170/>

Arho~ 1976 sernare 6 June khon Sagram (Hasdak') Manjhi ak' kurumutute santal ar urao koak' a.rica.li lakture ra.khijogao ar hor.ko t.hen sodo_r la.git' Bangladesh Betar Rajshahi khon 'MADOL' n'utuman mit' akhr.a ucha.n ehop'ekeda oka do nit ho~ calao idik kangea. Sagram (Hasdak') Manjhi ak' join khon aema sikhna.t do abo lagit' menak'a uniak' nia. ka.mi hora ko de bon pan'ja idiya ar aboak' jion bon lahantia mente galmarao re sanam manotan ko uskur ko emkeda ar nia. diso_m re tinak' a.diva.si ko sa~ota sur.ia ar mon'j ka.mire akoak' n'utum ko dohoakada sanam k obo sendra n'am koa ar onkoak' ka_mi hora nawa pir.hi ren ko t.hen sodor reak arji ko dohokeda. Ona chad.a ho nia. gapalmarao kho_n Sagram (Hasdak') Manjhi ak' jion ca.rit ar uniak' nagam olcar.hao ona sa~o uniak' mukmut.ha.n ar Sagram (Hasdak') Manjhi n'utumte Rajshahi re mit' sor.ok dahar reak' n'utum rean' da._bi ko ja.hirkeda nia. galmarao hotete te.

2023 Serma Kho_n PSC Ar JSC Bid_a_u Ban' Tahe~na, Tesar Kelas Dha_bic' reak' Ba_rsik Bid_a_u Ho~ Ban' Tahe~na

Sikhna.t Montri Dipu Momi do_e menket'ae, 2023 serma khon Prathomik Somaponi reak' bid_a_u (PSC) ar Junior Sschool Certificate (JSC) bida_u do_ban' tahe~na. Tesar kelas dha_bic' do_bo_cho_r muca.t' reak' (barsik) bid_a_u ho~ ban' tahe~na. Nawate ro_r. so_do_r akan jatiyo sikhna.t curriculum lekate are-gel (Nine-Ten) kelas re pa.t.hua.ko bako bibha.gkoa, karigori sikhna.tge ba.r.tiko mo_ne_ak'a.

Tehen' tikin sikhna.t Montri noa kathae ro_r.keda. Uni do_arho~e me_nkeda, Secondary School Certificate (SSC) bida_u do_hoyok'a e_ken gel kelas reak' selebas cetanre. Higher Secondary School Certificate (HSC) reak' jo_ (result) do_hoyok'a gel mit' ar gel bar kelas reak' bo_cho_r muca.t' bida_u reak' jo_mila.ukate. HSC reak' n'utum ar grading dhara do_bo_do_l dar.eak'a.

Tuma_l- Bangladesh protidin

T-sports re Tehen'ak' Khila_d.

Ban'galdisa_m re pa_hil Sports channel do_hoyok' kana T-sports. Disa_m reak' enec' khila_d. sa~o sa~ote nia_channel do_jao oktege aema lekan khila_d ko do_e porcaret' sey

uduk'et' kana. Tehen' T-sports re oka do_ n'elo_go_k'a....

Football

La Liga

Getafe-Elche

N'inda_ 12.00 baja okte n'el n'amok'a

Granada-Real Betis

N'inda_ 2.00 baja okte

Source: Kalerkantho

Ivory Coast re So_nton_ri (Military) Ud_a_uk' Ga_d_i (Helicopter) Bina_ste Mo~r_e~ (5) hor_ko Gurena

Ivory Coast reak' ut_ar nakha t_othare mit't_en so_nton_ri
(Military) ud_a_uk' ga_d_i (Helicopter) do_bina_sena. Ar
noa kha_tir Mo~r_e~ hor_ko gurena. Burkina Faso ar_e t_hen
noa Helicopter do_bina_s akana. Ar e_kkalte noare tina_k'
hor_ko tahe~kan sanam hor_ko gurena.

Ivory Coast reak' Protirokha Montronaloy mit' biboronte
bad_ae ocokeda, Uda_uk' ga_d_i do_ ona t_othare pahra
la_git' Mission rey selet'lena. Cedak' noa a~or_e ga~or_e~
hoyena nit' ha_bic' ona do_ ban' sapha akana. Mit'
biboronte bad_ae oco akana, a~or_e ga~or_e~ reak' karontet'
ko sendaet' kana. Ivory coast sa~o Burkina Faso o_t' sima_na

tahe~ kha_tirte ond_e do_ uchur koak' dhawa do_ a.d.i a~t.
d.her akana.

Calaoen serma Burkina Faso re be_s bar-pe dhao gujuk' lekan
dhawa ko calao akada Al Kayedar sa~o jopor_ao jon'igiko. Ona
tayom kho_nge disa_m do_ berukhia. reak' khand re pura_u
akana.

Source: Korotoa

17 Cando Tayom Jhicyena Iskul

Ko_ro_na ma~ha~ma_ri kha_tir calaoen serma reak' 17 March
khonak' disa_m reak' jo_to_ Skul college do_ bond tahe~kana.
Me_nkhan 17 cando tayom tehen' kho_n Skul- College reak'
dua_r jhic' akana. Skul- College calak' la_git' sanam
pa_t.hua. gidra_ko ta_n'igi se_ koyok' horreko tahe~kana.
Una_k' din kho_n uiha_r ar ta_n'igire tahe~kanak' do_ tehen'
suma_r akana.

Tehen' kho_n Disa_m reak' Primary, Secondary ar High Skul
a~t_re menak' sikhna_t ga~ota kore jo_to_ lekanak' hor_mo
ha_t.in' reak' a_nko manao salak' kelas do_ eho_p' akana.
Onate a.d.i ra_ska. ko a_ika.uet' kana pa_t.hua. gaidra_ko.
E_nte tehen' do_ mimit' gate ko sa~o n'apam n'epel do_
hoyok' kantakoa.

Me_nkhan jo_to_ pa_t.ha_u gidra_ko mask ho_ro_k' kate ar
Mahasoe koak' batlao lekate kelasteko bo_lo_yena.

Source: Bangladesh-protidin

Migrain (Bo_ho_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a

Migrain bo_ho_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo_no_do_bo_s akan bises akhr.a 'Bo_ho_k' la_git' Bo_ho_k' Haso' reak' mo~r.e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho_n ban'cao n'am. Un hilok' per.a hisabte set.ere tahe~kana National Institute Of Neuroscience And Hospital reak' Neurology bibhag ren sa~oten professor Dr. Abu Nayim. Noa akhr.a do_e a.yurleda Sushmita Shruti Chowdhury.

Aema lekan Bo_ho_k' Haso:

Dr. Abu Nayim do_e bad.ae ocokeda, Me~t' cetan khon da.bi dha.bic' noa bhag do_ bo_ho_k' kana. Ar bo_ho_k' tahe~len khan bo_ho_k' haso do_ tahe~ngea. Me_nkhan ja~ha~tin ja~ha~tinre nia bo_ho_k' haso kho_nge me~t', lutur ar sinus reak' muskil hoe dar.eak'a. Pa.hil porjai reak' bo_ho_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo_ho_k' hasoge nonkanak' bo_ho_k' haso kana. Ar 2-5 percent re n'e_lok' kana, Bo_ho_k' haso sa~o me~t', lutur ar mu~ do_ jopor.ao menak'a. Noa ko bo_ho_k' haso reak' 70 percent arho~ a.d.i cinta kho_n ho~ hoyogo_k'a. Noa do_ko metak' kana Tension Headache. Ar 30 percent do_ hoyok' kana Maigrain bo_ho_k' haso.

Cekatebo_n bujha.ukea je okt.ak' bo_ho_k' haso kana:

A.d.i at. cinta.te bo_ho_k' haso (Tension Headache) do_ mit' talaoge hasoa. E_t.ak' sec' Migraine bo_ho_k' haso do_ ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din,

pe din. Metak' me bo_cho_rre mit' dhao ho~ hoe dar_eak'a. Ar cinta_te bo_ho_k' haso (Tension Headache) do_cando ha_surlen khange haso ho~ d_her idik'a. Migraine reak' haso do_nonka a_ika_uk'a, menkeam bo_ho_k' bhitrire okoe con_cet'teko ha_net' kana. Pulse sa~ote noa haso ho~ tal mila_u kate rakap' dar_eak'a. Ar Tension Headache do_a_d_i kajak'gea. Bo_ho_k' a_cur dar_eak'a, dudr_umge a_ika_uk'a. Bec' bec' at_karok'a. Seton' reak' ra~t ban' sahaok'a, Katha_ror_re ho~ muskil hoe dar_eak'a.

O_koe do_Migraine bo_ho_k' haso n'am dar_eakoa:

Ja~ha~e hor_koak'ge Migraine hoe dar_eak'a. Emanteak' bo_ho_k' haso leka maejiu ko ba_r_ti Migraine n'amet'koa. 16 bo_cho_r kho_n e_hop' kate 45 bo_cho_r dha_bic' noa bo_ho_k' haso do_tahẽ dar_eak'a. Nia laha-tayomre ho~ hoe dar_eak'a. Ba_r_tikaete n'e_logo_k' kana, gogo-babawak' tahe~kana. Ond_e kho_n ho~ hoe dar_eak'a.

Migraine karonak'te cet' ja~ha~n muskilak' hoe dar_ekea:

Ban', Cinta_reak' ja~ha~n karonge ba_nuk'a. Secondary bo_ho_k' haso hoelen khan thor_a cinta_reak' kangea. Me_nkhan pa_hilak' re cinta_reak' karonge ba_nuk'a. Cedak' je_, Bo_ho_k' kho_n ehobok' kan bo_ho_k' haso do_bo_ho_k' reak' cet' ho~ bae loksana. Me~t', mu~ ar lutur kho_n ehobok' bo_ho_k' haso thor_a sensitive. Lahate ko dharonat' kan tahe~na Migraine sa~o Stroke reak' ga_hir sompok menak'a. Me_nkhan, khond-rond (Gobesona) kate ja~ha~n pormange ban' n'am akana. Migraine reak' cikit'sa lekhan mon'jok'a. Me_nkhan aema o_kte ban' mon'j uta_rok'a. Aema din ran jo_jo_m joyok'a. Migraine re me~t' tayom nakha hasoa. Aema hor_do_me~t' ren dactor t_henko senok'a. Cosma ko ho_ro_ga. E_nre ho~ thor_a do_mon'jok', nirdae do_ban' mon'j ut_arok'a.

Migraine reak' cikit'sa:

Diagnosis ocoe hoyok'a. Ina_chad_a ho~ gharon'j reak' nagam

tahe~n khan, jo_to_cinha_ko mila_u katec' ale do_thor_a ranle e_mogo_k'a. Mone re do_ho_e hoyok'a, Cando re judi bar-pe dhao nonka a_d_i kajak' bo_ho_k' haso hoyok', e_nd_ekhan e_t.ak' ran do_le emakoa. Haso e_hop' torage ran jo_m lekhan una_k' do_ban' hasoa.

Maejiu kodo_cet' lekate Migraine ko sambr_aoa:

Bha_rti hor_mo tahe~n o_kte Migraine do_sabhabik ghot_na kana. Arho~ ale Migraine reak' oka lekan ranle emako, ona do_bha_rti hor_mo tahe~n o_kte emok' ban' ganok'a. Nond_e mit't_en ha_si reak' ghot_na menak'a. O_koe koak' do_laha kho_nak'ge Genuine Migraine tahe~n, bha_rti hor_mo tahe~n o_kte ona do_50 percent belare do_mon'jok'a. Ar o_koe koak' Migraine reak' nagam banuk', Onkoak' 16 percent belare do_bha_rti hor_mo okte Migraine hoyok'a. Arho~ gidra_janam tayom mon'jok'a.

O_koeak' ghane ghane Migraine hoyok', uniak' judi Tension Headache hoyok', unre?

Mit' hor.ak' nonkan bar lekan bo_ho_k' haso hoe dar_eak'a. Unre okako ran do_bar lekan hasorey ka_mia, onkan rangele emakoa. Migraine bo_ho_k' haso me_nak'tae rogi do_sabhabik leka bako ka_mi dar_eak'a. Je_mon Skul, College se_Office calak', olok' par_haok'- noako ban'ko dar_eak'a.

Hor_mo khat_aok' sa~o sa~ote Migraine reak' sompok:

A_d_i cinta tahe~len khan, ja_pit' ko_m hoylen khan, mit' san'j ban' jo_m lekhan, ackage ba_rti hor_mo khat_ao lekhan Migraine hoe dar_eak'a. Migraine kh_on sa_n'gin're tahe~n la_git' hor_mo ar mo_n niropon do_hoe ja_rur_a. Jaoge hor_mo khat_ao, tar_am, bhan'jao (beyam) ja_rur_a. Migraine do_bo_ho_k' hatan' reak' rua_kana. Hatan' reak' cet' ho~ bae loksana. Cikit'sa lekhan aema okte mon'j ho~ mon'j ho_do_k'a. Me_nkhan mon'j ho~ ban' mon'j dar_eak'a. Ban' mon'j lenkhan sambr_aote do_hoe hoyok'a. O_kte na_pitre ja_pit' hoyok'a. O_kte na_pit're jo_m hoyok'a. Dak' n'u~i

lagaok'a. Ar ona sa~ote thora hor mo bhan'jao kate apnarte napae tahe~n ja rura. Migraine se bo_ho_k' haso do_ ja~ha~n maran' muskilak' cet' ho~ ban' kana.

Source: Prothom alo

Messi Do_ 'Sona ren Jel' Lekanae

Lionel Messi lekan suka_r (superstar) do_ seton' din re_ be_go_r uca_r.te do_l reko n'am akadea PSG. Argentina superstar la_git' Champion League re kukmu~ reko matao akana phorasi club. PSG Messi ko n'amkedete aema po_rho_ ko n'amet'kana mat.h bahreko reho~. Barcelona ren sa_bik a_k'yuric'e selet'en tayom khonge league 1 ren brand value rean' aema lahanti hoy akana.

Metak'me, Messi ko n'amkedete ko monejon' kana ban'ma 'Sona ren Jel' ko n'am akadea. PSG ar Messiwak' kago_j-ko_lo_mte chukti oktege Argentina Superstar ak' n'utum ol menak' Ja_rsi mit' ghur_itege a_khrin' cabayena.

Nia_ ko din talatege PSG sec' kho_n enec' la_git' Messi ko o_jo_k' kedeo. Jel, Cricketer leka namdak jo_to_ ga~ota sa~o chukti hoy akantaea PSG wak'. Cricketer ko sa~o pe serma reak' oka chukti, ona kho_n PSG dharonat' kana 25-30 Milion Euro do_e ka_mai jon'a

Source: Bangladesh protidin

Chin Kho_n 54 Lakh Sinopharm Ko_ro_na T_ika Do Hec'ena

Chin kho_n kirin akan Sinopharm reak' arho~ 54 lakh ko_ro_na t_ika disa mre hec'ena. Hola Sokolbar tala n'inda 12:45 baja okte mit't en ud a uk' ga d ite noa t_ika do Dkaka reak' Hazrat Shahjalal Antorjatic Bimanbo_ndo_rre hec'ena. MNC&H ren Line Director Dr. Md. Shamsul Hoqe noa t_ika hatao se_atan' la git' bimanbo_ndo_r rey tahe~kana. Nia dhao do_ 54 lakh 1 hajar 350 doge t_ika do hec'ena.

Source: Banglar Jonopod

TINA_KEM HO_NGO_RA?

E_ am Lo_ngra,

Tina_kem ho_ngo_ra?

Ato tamma Mo_ngra,

Bikauk kanem da_ngra.

E_ am Lo_ngra,

Tina_kem ho_ngo_ra?

Bagiyme t_haura,

Bagiyme pa_ura.

E_ am Lo_ńgra,
Tinąkem ho_ńgo_ra?
Metamkanko bhaṛua,
Bikaúk kanem bhałua.

E_ am Lo_ńgra,
Tinąkem ho_ńgo_ra?
Era uru dinko e_ge_ra,
Jhogṛale_nrem ge_ge_ra.

E_ am Lo_ńgra,
Tinąkem ho_ńgo_ra?
Ujaṛo_kkan gai goṛa,
Ańjo_mmese thoṛa.