

PHA . GUN CANDO

Pha . gun cando okte jemon

Seton´ reak´ a~c temon,

Dare na . ~r . ire na~wa~ sakam

Sajao enae mala potam.

Edel ar murut´ baha

Phut . a . u ena sanam laha,

Ga . wic´ edae na~wa~ okte

Hijuk´ kanae ra . n´gin sajte.

Pha . gun cando sa . gun ma~ha~

Mone jiwire seren´ ra~ha~,

Dare na . ~r . i jemon na~wa~e sajok´

N´elte mone ra . ska . kedejok´.

Pha . gun candoe disa . ocobon

Dula . r . ra . ska . re takenabon,

Duk ar da . ndi taken reho~

Taken mabon cero bero.

Sajao mabon manwa mone

Baha malate rane bhane,
Tahen reho~ duk ar Mu~hin
Hoyok' abon ha.ria.r. pha.gun.

Disa Dohoin' Me

Am in' n'amlet' mea in'ren leka
Haere amem calaoena in' eskar
Ba.gikate a.d.i sa.n'gin'te
Judi in' in' tahe~len khac'
Amak' ontor kocaré.
Me~t' ipil re amak' umulre
Tobe pa.tia.uk'a.n' ban'em hir.in'en'a in',
Dohokan'am amak' ontor kocaré.
Dula.r. tonolte bhitri ontor re
Ja~ha~tina.k' sa.n'gin'tem calaok' tao ho~ in' do
Disa doho mia.n' am jiwet' bhor,
Dha.rtire calak' horré.
Aema hor. satec' n'apam hoyok'a katha hoyok'a
Okoe kodo hir.in'ok'a okoe kodo ban'.

Tina k' Muskil Jan' gare Horok' Panahi Niye

Fashion se sajoni kur.i se maejiukoak' apnarak' la.bit' kat.a reak' joton do a.d.ige hewa menak'takoa. N'elkeabon kat.a reak' panahi do a.d.ige ja.rur. jinis kana. Ar nia. kat.are horok' panahi jokhon apnar hor.mo reak' sajko sa~o mit'kate mon'jge horogok'a un oktege ona do hoyena nia. jug rean' fashion. Ar nia. jug rean' nonkan n'elok' lekan panahi ho~ amak' hor.mo la.git' muskil hoe dar.eak'a. Jodi am t.hik map ar usul reak' panahi ban' hoelen khan hor.mo la.git' mit' maran' khoti hoedar.eak'a.

Hi-Hil re tina.k' muskil: Okoeko kur.i se maejiuko sajok'ko kusiak' onko la.git' do maran' mit't.en on'so do hoyok' kana nia. hil send.el. Onko do noa. usul send.el a.d.iko bachao jon'ok'a. Nia. usul panahi modre menak'a pencil hil, platform hil, semi hil ar ho~ nonkan nanan n'utuman hil panahiko. Ar kur.i hor. ho~ nia.ko sokh kateko kirin'a. Ar ritimoto ona horok' kate tar.amko prakt.isa. Cet' lekakate ac'ak' tar.am hoelenre ona send.el se hil nia. d.aharre ban'e bhinda.r.ok'. Menkhan nia. usul hil horok'te a.d.i maran' muhim hoedar.eak'a. Jaoge Hi-hil horok' lekhan hor.mo reak' bisi jan' hasoa. Ona eskar do ban' menkhan a.d.i jaoge bebohar lekhan bisi jan' reak' haso khon ehop'kate hor.mo a.d.i a.r.is a.ika.uk'a ar jan' reak' khoe do ba.i ba.ite hoyok'a. Ar aema din dea haso khon Arthritis n'utuman rog ho~ hoedar.eak'a nia. usul send.el se hil horok' ia.te. Oka okte tar.am jokhen ho~ har.ak' bhinda.r. reak' sombhobona tahena. 2 inci usul hil jan'gare sabhabik khon 50 percent ba.r.ti cape teara.

Muskil Flat Send.elre ho~: Bha.bitok' kanabo je usulak' panahirege joto somossa, menkhan ban' flat send.el reho~ hor.mo reak'e khotiegea. Hi-hil jemon dea hasoe ehop'a onkage flat send.el teho~ kat.a reak' id.i hasoa. Pa.hil re flat se soman send.el mon'j aramge a.ika.uk' reho~ a.d.i aema din horok' lekhan thor.a thor.a id.i hasoge tayomte

la.t.ukate bisi jan' hasore muca.dok'a. Ona ia.te jaoge usul send.el
ban' horok'kate okte okte flat send.el ar ho~ okte okte flat se soman
send.el horok' horok' usul send.el ho~ horok' ja.rur.a.

Tobe tina.k' usul se cet'lekan send.el (panahi) horok'a: University
of Caloifornia Bio-medical labrotary reak' mit' gobesona re n'elakana,
mit't.en hor. dinre gor.re 60 hajar khon 1 lakh bar tar.am la.git'
jan'ga dohoea ar e rakaba. Ja~ha~e Jodi 70 serma ban'caok' khan
sabbhabik bhabege uni do tina.k' bar kat.atae tar.am la.git'e tul are
dohoea ona do bo at.kar dar.eak' kangea. Onate nuna.k' bar kat.a
tar.am la.git' mon'j panahi horok' reak' ja.rur. menak'a mente doctor
ko meneda. Hor.mo reak' jan' se id.i, d.and.a, gunt.hi t.hik dohoe ar
jan'ko reak' khoe ko khon mon'j dohoe la.git' ja.rur.a pamp shoe se
naseak' usul send.el. Din hilok' kat.are beohar la.git' send.el se
panahi reak' usul 1 1/2 inci khon usul jemon ban' hoyok'. Ar nanha hil
bodol mot.a ca.rkona payawak' hil send.el horok' lekhan hor.more
jhuki kom tahena.

Harar . Kant . har (Gidra . Enec')

Pe pon se mo~r.e~ bochor umerren kat.ic' gidra.ko bula.uko reak' enec'
kana. Asokaete a.yup' jokhen gor.om bud.hi hor. do ka.t.ic' gidra.koye
enec' bar.ako. En'ga apako ka.mireko dhura.u akan tahe~kan jokhen
hor. do gidra.ye bula.ukakoa.

Enec'-Eke ekete gidra.ko do akoak' tiko harar.a len'ga ti reak' uduk'

ka.t.up' enec' ocok'kan gidra. doye uduk'kak'a ar et.ak' ka.t.up' doye
sikup'kak'a.

Jojom ti reak' uduk' ka.t.up' do len'ga ti reak' sikup' akan
ka.t.up'reye harar.kak'a seye gotokak'a, ar onkage sarec' ka.t.up'ko
doye sikup' okokak'a. Bud.hi do eke ekete, nonka ba~khe~r.ate
gidra.wak' uduk' akan ti ka.t.up' ac'ak' jojom ti reak' uduk'
ka.t.up'teye pheda

Harar. kant.har. man'gar jan'

Pa.rni pat, pa.rni pat

Jham, jham d.hela d.hili d.hela d.hili

Ha~sgut.i didiram didiram

Bira.m do dak' loye duka.na,

Ka.ri ha.nd.i beker bend.an' chorwan'

Chorwan' ror. tora uni gidra. do ac'ak' len'ga ti ac'ak' jojom
hatlak'reye okokak'a. Ado dosar ti ka.t.up'e phet' ocok'a. Unre uni
bud.hi do a.d.i mon'j lagr.e~ golwari baha ar cha.t.ia.r seren' reak'
sal mesal ra.r.ate ka.t.up'e phedtaea nok'oe nonka seren'ate,

Kit kite kita. but.a.re

Tala tala ralsa but.a.re

Ja hedelsin' jo sae burure,

Gindir gidic' gindir rase

Tor.ma rase torma rase

Lemko len'gor len'gor.ase lem do

Jaba merom bheo bha.ri

Bheo Bha.ri khetlaok'

Mit't.en Marak' Pin'ca.r Ar Sun'ka.l Ce~r.e~

Mit'din mit't.en sun'ka.l ce~r.e~ marak' pin'ca.r sa~oe n'apamena. Unkin banarge jomak'kin sendrakan tahe~kana. Sun'ka.l ce~r.e~ n'elte marak' pin'ca.r do pha~k'r.a~k'e d.halkeda are menkeda, "ja~ha~e lahage jomak'lan' n'am, jomak' do lahare in'gen' joma."

Noa katha an'jomte sun'ka.l ce~r.e~ doe hahar.ayena. Adoe kulikede, "cedak'?" Marak' pin'ca.r doe ror.rua.r.adea, n'eledam am khon in' tina.k'in' maran'a? In'ak' pha~k'r.a~k' do tina.k' monj n'elok' kana. Onate in'ge lahan' joma.

Khange marak' pin'ca.r do enejok'e ehop'ena ar sun'ka.l ce~r.e~ metae kana, am do mit't.en ce~r.e~ kanam. Onate cehra reak' bhage ba.r.ic' do cet'em bujha.ukada!

Marak' pin'ca.r ak' katha an'jomte ce~r.e~ doe menkeda, he~ sa.rige, am lekan pha~k'r.a~k' ho~ ba.nuk'tin'a arin' hud.in'gea. In'ak' hor.mo ho~ rawalgetin'a. Onatege kusi sana lekan' ud.a.u bar.aea ar jomak' ho~n' jogar.a.

Sun'ka.l ce~r.e~ ak' katha an'jomte marak' pin'ca.r doe bujha.ukeda cehra babot et.ak'ko nisra.u do ban' bhagea. Marak' pin'ca.r ac'ak' bhule bujha.uket'te sun'ka.l ce~r.e~ t.hen ika.i khojkeda.

Sohrae Seren´

Lutur tegen´ an´jomleda

Asam disa,m caole da,ina gelec´ akan,

Delan´ da,ilan´ n´el a,guya.

Ma,n´jhikoak´ chat,kare

Rot,e sagar, menak´ana da,i,

Onarelan´ dejok´a

Asam disa,m caole da,ilan´ n´el a,guya.

Barea Pusi Ak´ Golpo

Mit´t,en atore barea pusikin tahe~kana. Mit´t,en do mot,a ar mit´t,en do rohor,ge tahe~kana. Mit´din rohor, pusi do mot,a pusie kulikedea, “Non´kan jomak´ do okarem n´ameda?”

Dina,m n´inda, in´ do raj bakholre calaokate mej (table) latarren´ dur,up´kok´a. Raj jom tayom mej (table) reak´ onako joto jomak´ hataokate usa,ran´ joma.” Mot,a pusi doe ror, rua,r,keda.

Mit´din am sa~otem in´ ho~ idin´me? In´ ho~ raj bakhol reak´ jomak´in´ joma. Rohor, pusi do mot,a pusi neho~radea.

Mot,a pusi doe an´goc keda. Mot,a pusi sa~ote rohor, pusi do raj bakholre jomak´ jom la,git´e calaoena. Ona jokhen mit´t,en pusi do onkin sec´e da,r, a,gukeda. Are la,iat´kina, raj do montri hukumadea jemon okoe pusi dina,m raj ak´ mej latarre dur,up´kok´ uniko sap´ a,guye. Ona katha an´jomte mot,a pusi do rohor, pusie metadea, judilan´ sap´ n´amen end,ekhan a,d,i maran´ muskilrelan´ par,aok´a.

Onate tehen' do ban' calak'ge bogea.

Menkhan rohor. pusi do jomak' reak' lob laloc bae sambr.ao dar.eak'te eskarge raj bakhole calaoena. Ona okte Montri do rohor. pusi raj ak' jom or.ak' sec' calak' n'elte hudiskeda, nuige dina.m n'inda. mej latarre dur.up'a. Onate rohor. pusi sap'kate jehel or.ak'reko aderkedea.

HOPON MA_I

Hopon ma_i beret' kate hutum saphak'me

Puthi Khata sap'kate par.haok' dur.up'me,

Olok' par.haok' cet' lekhan a.kil genem n'am

A.kil begor cet' ho~ ba.nuk' hapen dinem n'am.

A.kil judim hamet.ana amak' jionre

Sanam hor.ko dula.r.meas sa~ota somajre,

Hapen dinre jion d.ahar sagar. lagaire

Bacom taken et.ak' ko khon tayom ma.cire.

A.kil marsal hoe kate ma sa~ota a.yueme

Amak' ja.t ar amak' pa.rsi ra.khi jogaome,

Sa~ota amak' tha.li akan n'ut ar losot're

Sapha sor_a santal somaj menak' ak asre.

Am do kanam sona miru amge susaria.

A_kil marsal jeret' kate hoyok'me la_ur_ia.,

Sona barag noa somaj jogar. rua_r_me

A_kil marsal sapha tite sepen' rakabme.

Santali Pa_rsite cecet'ak' emok're da_yik n'utumte sarhao siropa.

Rajshahi jila. reak'godagar.i upojila kakon hat. Laldighipar_a Santal atore 20 cecet' ko Santali pa_rsite cecet'ak' emok're da_yik n'utumte sarhao siropa ko n'am keda.

Bud bar 25 February'2026 setak' amdaj 11 baja oktere National Agency for Green Revulation (NAGR) n'utuman besorkari ga~ota hotete laldighi par_a re aema pa_rsite cecet' ka_mi hora ba_isi do noa Santali pa_rsite cecet'ak' emok're da_yik n'utumte onaren mahasoe ar didimoniko sarhao siropa doe emat'koa..

Noa gapalmarao ar siropa capat' akhr_are set_er ko tahe~kana National Agency for Green Revulation (NAGR) ren A_k'yuric' Mn. Stephen Soren, Sonar desh khobor sakam ren Sasapr_aaic' Akbor Hasan Millat, Rajshahi Khudro nrigust.i kalcaral ekad_emiren sa~o a_k'yuric Mn. Benjamin T_ud_u, National Agency for Green Revulation (NAGR) Reporting Officer Mn. Subas Mard_i, Amnura

Lutheran Mission Hospital ren Manager Mn. Markus Murmu, National Agency for Green Revulation (NAGR) aema pa.rsite sikna.t ba.siren super visor Mn. Nelson Hasda ar Onaren Mahasoe didimoniko.

Noa oktere Sonar desh khobor sakamren sasapr.aoic' Akbor Hasan Millat Rajshahi Khudro nrigust.i kalcaral ekad.emiren sa~o a.k'yuric' Mn. Benjamin T.ud.u National Agency for Green Revulation (NAGR) hotete calak' kan noa aema pa.rsite sikna.t ka.mihora reak' ka.miko n'utumte a.d.i sarhao kin em keda, menkedakin noa talate ato or.ak'ren nacar santal hor.ko akoak' nij pa.rsite olok' par.haok' ko cet' seko ser.a~ dar.eak'kana ar nonkate disom benao rakap' re mit.'t.en maran' da.yik enem sec'te sarkar ko gor.owae kana, National Agency for Green Revulation (NAGR) a.k'yuric' Mn. Stephen Sorene la.i sodor keda noa ka.mihora do daraekan 4 serma ha.bic' calak'a, noa do Rajshahi reak' Tanor upojila.re-8 got.en, Godagar.i upojila.re-10 got.en, Chapai nababgonj jila Sodor upojilare-1 got.en, Nachol upojila.re-1 got.en T.ot.al=20 got.en noa santali pa.rsite sikna.t ka.mihora talate santal gidra.kore sikna.t emok' do calak' kana.

PA_N'CI-PA~R_HA~ND

Hor. hoponak' horok' bande khondrondkan koak' katha khon bad.aeok' kana ban'ma, etohop're, baba hor.ko do akoak' abhran la.git' do gamcha lekanak' jelen' n'ok' kicric'te or tap' teko bhagwak'kan tahe~kana. D.and.a redo d.ora tahe~kantakoa ar ona rege bhagwa kicric' doko rebet'et' tahe~kana. Tayomte tinre kicric' ten'ok'ko cet'keda, unre baba hor. do kacha teko d.en'gak'kan tahe~kana. Ona kacha kicric' do pond. ron' reak' tahenkan tahe~kana. Tobe kacha beoharko ehop'en reho~ bhagwak' do un ha.bic' ho~ bako hir.in' hatar.akat' tahe~kana.

Onkage maejiuko la.git' do kha.nd.i kicric'ko ten'et' tahe~kana. Ona kha.nd.i kicric' do pond. ron' reak' mot.a kicric' kana ar pa.r.tet' do arak' pa.r. se ha.ria.r. pa.r. tahe~kana. D.her din ha.bic' maejiu kodo begor saya ar begor ja.kit. tege, eken kha.nd.i bande kategeko tahe~kana. Baba hor. koho~ eken kacha d.en'ga kate geko tahe~nkan tahe~kana.

Menkhan Santal Hul tayom Hor. hoponak' horok' bandere thor.a pherao do n'elena. Kicric' ten'ok' do un ha.bic' onko talare tahe~kangea. Ado ja~ha~e a.kilan hapr.amak' salha lekate kacha ten'ok' ha.ria.r. suta.m beoharko ehop'keda ar d.en'ganak' kicric' do bar moka osar ar turui moka jelen'ko ten' keda. Eken ona moto do ban' bickom ona benaoen kicric' reak' banar muca.t're da.si ho~ko dohokeda. Ina.kate ona kicric'te baba hor. do d.en'gak'ko ehop'ena. N'elkedako a.d.i jut n'en'el kana. Noa nawa mut.ha.n kicric' reak' n'utum doko dohokeda Pa.n'ci.

Onkaleka maejiu koho~ kha.nd.i bodolte Pa.n'cite gogok'ko ehop'ena. Tobe pa.n'ci motoge gogok' ar bandek' do kha.nd.ite leka do ban' jutlen takoa. Onate et.ak' mit't.en kicric' beohar reak' ja.rur. par.aoen takoa. Ina.ko okte santalko do jolhako t.hen khon lun'gi beohar ho~ko cet'an tahe~kana. D.hertet' Santal hor.ak' or.ak' redo lun'gi ho~ tahe~kana. Maejiu kodo onate ona lun'gi ge bandek' la.git'ko bachaoana. Ona do Pa~r.ha~nd. ko n'utumeda. Ene ado Pa.n'ci ar Pa~r.ha~nd. do Hor. hopon beoharko ehop'keda. Noa do Santal Hul tayomge ehop' akana, d.her laha khon do ban'. Nitok' Pa.n'ci-Pa~r.ha~nd. do Santalkoak' apnarak' horok' bande mente bika. uena ar tahe~ idik'a.

Tuma.l: *Santal Leg-A.ri Reak' Bhed*