

Pfizer Reak' 6 Lakh Kho_n Ba_r.ti Ko_ro_na T.ika. Disomte Hec'ena

Pfizer reak' arho~ 6 lakh 25 hajar 950 doge ko_ro_na t.ika. do disomte hec'ena. America kho_n Covax Fesilities hotete n'amakan nia.ko t.ika. Sombar n'inda. Emirates Earlicense rean' mit't.en ud.auk' ga.d.ite Hazrat Shahjalal Antorjatic bimanbondor re hec'ena. T.ika. hec'en reak' babotre bad.ae ocokeda Sastho ar Poribar kollan montronaloy ren mit' officer. Uni do_e me_nkeda, Sombar n'inda. 11 baja 20 minut. okte nia.ko t.ika. do dhakare hec'ena.

Source: Bangladesh pratidin

Rel Ga_d_i Reak' Galmarao

Ra.mjit ar Jhade do mit' atoren kanakin. Ra.mjit do d.her dhao rel ga.d.ireye dec' na.~wa.~i akana. Ar relga.d.i ho~ tanmane n'el akat'a; Ar Jhade do ban'. Eken nase nase hor.ko t.hene an'jom bar.a akat'a. Mit' din Jhade do Ra.mjite metadea, "Henda ho relga.d.ire do bhala cet' leka a.ika.uk'a?"

Ra.mjit- A.d.i mo~n'j a.ikauk'a. Khub a~t. ga.d.i calaok're ho~, dec'kok' jokhec' do una.k' ta.pis calak'kan bam a.ika.ua. Khir.ki mohnd.am ben'get'le khan dareko ar or.ak'ko da.r.et' leka n'elok'a. Menkhan dareko, or.ak'ko ma n'ir rua.r.kan. Jhade- Mase arho~ rel ga.d.i reak' la.i idia.n' talan'me. A.d.i hahar.a an'jomok' kana. Nun maran' in' harayenre ho~ cedak' co relga.d.i ba.n' n'el akat'.

Ra.mjit- Relga.d.i do mit't.en do ban' kana. Bon' bon' a.d.i uta.r ga.d.iko ton'gea. Mot.a mot.a me~r.he~t' sikr.iteko ton'gea. A.d.i

mo~n'j ba.k'kup'ak' menak'a. Tina.k' ga.d.i ja.rur.a, ina.k'ko ton'gea. Oka do mo~r.e~ gel khon ho~ ba.r.tige. Mimit' ga.d.i do mit't.en hopon or.ak' leka. Mit' kandhagea. Cak do eken me~r.he~t' kana. Ar me~r.he~t' cetante calak'a, ona me~r.he~t' doko metak'a rel me~r.he~t'. Onate ga.d.i n'utum ho~ hoe akana " relga.d.i". Oka oka ca~k calak'a, ona onate got.a sor.ok'ge rel me~r.he~t'ko ba.isa.u idi akat'a. Laha uta.rre do kol or.ak' menak'. Kol or.ak' do In'ra.jiteko metak'a "in'jin". In'jin t.henge cak'laaic' doe tahe~na. Cak'laaic' do In'gra.jiteko metaea " d.raebhar".

In'jin motote do ban' calak'a. Dak' reak' bhap ar koela reak' dar.etege. Ona kol or.ak'rege dak' ar koela bhora.o la.git' jaega menak'a. Uni d.raebhar do koelae jol ocokoa ar dak' do lolok'a ar bhapok'a. Mit't.ec' gol gol jelen' mon'gra cot. .sec' menak'a. Onatege bhap ar dhu~a.~ od.okok'a. Tayom uta.r kandhare do ta.k'inkhiyic'e tahe~na. In'gra.jite uni doko metaea, " gard". Sin' marsal la.git' do barea jha.nd.i tahe~ntaea; arak' ar ha.ria.r.. Tinre ga.d.i thirok'a unre oka do mit' gha.r.i ga.d.i khone a~r.gona ar ban'khane dec'kok'gea, ar laha sec'e ben'get' bar.aea. Ar mit't.ec' ok'ron.ak' tahe~ntaea. Tinre ga.d.i lar.a.o hoyok'a, unre uni gard. do hurla.ia jha.nd.i uni d.raebhar sec'e hurla.ia. D.raebhar do In'jine pet.ergoda, ar ki~ki~r. marte sad.ea. Lutur ho~ tin'git'kok'tama. Ona sad.e doko metak'a "sit.i". Sit.i lekange ga.d.ire dec' akako doko bujha.ua nitok' ga.d.i lar.aok'a.

Pa.hil do ba.i ba.iteye calaoa. Ina.kate doe usa.ra idia, Ar ona mon'gra khon dhu~a. ar bhap a.d.i ta.pis khut.la.u od.okok'a. Ar nonka sad.ea, khoko khoko, khoko khoko, khoko khoko.....Tina.k' usa.ra ga.d.i calak'a, sad.e ho~ una.k'ge usa.rak'a. Okare ga.d.i ten'goe hoyok', ona khon thor.a laha n'ok' khon d.raebhar do ba.i ba.ite ga.d.i doe t.a.hri idia. Ga.d.i thirok' tora o ga.d.ire dec' akanko doko bidna.k' godok'a. Ga.d.i ten'gok' tha~.i do In'gra.jiteko metak'a " st.eson". N'inda. la.git' do mit't.en diuhe tahe~ntaea. Onarege arak', ha.ria.r., sasan'- dak' ka~c menak'a. Onkage tinre ga.d.i lar.a.o hoyok'a, unre, ona ha.ria.r. ka~ce marsala are hurla.ia.

St.eson t.hen ga.d.i set.erok' jokhec' hor. do thor.a pharak n'o~k'regeko ten'gona, Ente a.d.i ta.pis hoe t.helao hijuk'a. Ga.d.o

bhitri sec' or aderok' lekam a.ika.ua. Jhade- Relga.d.ire eken hor.ko dejok'a? Ra.mjit- Hor. mako dejok'ge onko chad.a ga.i d.an'gra, merom, sadom eman janwar ho~ko dec' idikoa. E Jhade – Ban'ko don a~r.gona? Ra.mjit- Ban', onkoak' kandha do me~r.he~t' pin'jra. reak' kana. Jomak' ho~ ond.ege ader akoo.

Jhade- Ar cet'ko lade idia?

Ra.mjit- Cit.hiko, kat.ko ar emanteak' jinis ko lade idia. Sedae do tar.amte a.d.i sa.n'gin' calak' hoyok' kan tahe~na, ar a.d.i lan'ga harontem tioga. Na~ha~k' do relga.d.i menak'te sa.n'gin' sa.n'gin' a.d.i usa.ram sen dar.eak'a, ar sa.n'gin' sa.n'gin' reak' cit.hi ho~ n'am godok' kana.

Jhade- Ina.gelan' galmaraoa. Oka hilok' relga.d.in' n'el enhilok' beste don' bad.ae dar.eak'a.

Tuma.l- A.kil D.ahar, pa.hil ha.t.in'

Cikit'sa Bigganre Nobel kin N'amkeda

Calak'kan sermare cikit'sa bigganre Nobel puruskar kin n'amkeda America ren David Julius ar Lebanon ren Ardem Patapoutian.

Lo_lo_-rear. son' ar jak'te lo_lo_ rear. at.karok' jontro abiskar akat' ia.te unkin do_ cikit'sa bigganre nobel puruskar 2021 ko emat'kina.

Source: Bigganchinta

Isorak' Ma_hima

In' Bebenaic' do jotoak'ge;

T.hosok' mo~n'j sirjontae sanam sec're.

Cot. phaelaore n'elkom ma ipilko,

Ah! Dula.r.et'ko me~t'kintabon.

Adomko hud.in', adomko hapr.ak'

Ar ka.t.ic' ka.t.ic'ko cumka.k' cumkak'.

Tina.k' mo~n'j ho~ko liplipa.uk' kan,

Gidra.i thirok' kan onko n'elte ma.

Jhalkaok' sin' cando ma n'eleme se

Cet' m~on'j ho gol-sona cakta leka.

N'inda. cando do n'inda. la.git'ge,

He~, hor.ko ra.ska.i dulako kana.

Hisit' hisit' hoye hoe ocoyet'

Ar hor.motabone jud.asiyet';

N'u~i dak' ho~ con' mo~n'jge rila.mala,

Sapha ar sebelgey ima.n' kana.

Jomak' n'u~ak' isin aroe la.git'

Sen'gel benao ho~e cet'abon kana.

Ar hor.o eman casbas la.git'

Bud ar akel doe emabon kana.

Em akawadin'ae soros me~t'kin.

Ar me~t' pipnikin, ba.n' cuba.gok'a;

Em akawadin'ae mu~ ar luturkin,

Alan' ho~e emdin'ten' ror.et'a.

Tikin ar jan'gakin, hor.mo in'ak'

E benaoket'te in' a.sul dar.eak'.

E gidra.ko Isor joharaepe;

Uniak' ma.hima sabasipe.

Santal koak' A.gil Hapr.am koak' Sompotti re EPZ Ban' Hoyok' Reak' Da.bi te Tin'godaram Ba.isi

Sahebgonj Bagdah Farm reak' jumi do_ aleren a.gil hapr.amkoak' sompotti kana. Ale do aleak' sompotti rua.r.le hataoa. Aleak' sompottire ja~ha~ lekanak' EPZ ge bale kho.jo.k' kana. Ar noa do_ aleak' hok reak' da.bi kantalea. Ale do_ a.n birud ja~ha~n ka.mi ho~ bale ka.mi akat'a ar ban'le ka.mia. Aleak' noa la.r.ha.i se dan'ga do_ a.gil- hapr.amkoak' sompotti rua.r. hataojon' rean' la.ir.ha.i kana. Ban'cao tahe~n la.git' ho~ noa la.r.ha.i do_. 2016 serma 6 November Shymol Hembrom, Mongol Mardy, Romesh Tudu noko pe hor.ko gur ocolena. Ale do_ onkoko gur ocoakan reak' bica.rle khojkana. A.d.i usa.rage Sahebgonj Bagdah Farm reak' cas abadet'kan pea jumire EPZ benao

la.git' hudis hoeakan ona do_bond hoyok'a ar aleren a.gil-hapr.amkoak' sompotti sarkar do_aley e_m rua.r.alea. Noa do_e me_nket'a, Sahebgonj Bagdah farm ren Bhumi Uddhar Songram Committee ren sabha mukhia. Philimon Baskey.

Sahebgonj- Bagdah farm bhumi uddhar Songram Committee Gobindogonj, Gaibandha bo_ndo_bo_sre Sunibar (2 October) 2021 tikin 12 baja kho_n Kat.amor. tot.hare mit' ba.isiko hoe ocoket'a. Noa lahare Joypur-Madarpur- Dinajpur Dhaka maran' d.ahar se_c'teko mit'teko hohokeda (michil).

Sahebgonj- Bagdah farm bhumi uddhar committee sabha mukhia. Dr. Philimon Baskey ak' a.k'yurte kathae ro_r.keda jatio a.d.iba.si porisod ren central committee ren Presidium member Ad. Bablu Robidas, sadharon sompadok Sobin chondro munda, Treasurer Sudhir Tirkey, Doptor sompadok Subhas Chondro Hembrom, Rajsa.hi bibha.g ren Sngothonik sompadok Noren chondro Pahan, ar totho ar gobesona sompadok Manik Soren, Rangpur sodor upa.jia committee sadharon sompadok Bimol khalko, Nawabgonj sabha mukhia. Bablu Tudu, Bodorgonj ren Dr. Shymol Tudu, Maran' somaj sebok Surjo Hembrom, Sadharon sompadok (bharapon) Rezzul Korim Master, Sangothonik sompadok Sowpon Sheik, sa~o-sangothonik Sompadok Sufol Hembrom, Gaibandha jila. bar Association ren sadharon sompadok Ad- Sirazul Islam Babu, Gaibandha Samajik songram porisod member socib Jahangir Kobir Tonu, Manobadhikar kormi Shah Momin Jinnah, Sondha Malo, Mathias Mardy, Cittoronjon Pahan, Mamlaba.di Thomas Hembrom Uttor Bongo Forum, Dinajpur Shymol Mardy, Sahebgonj- Bagdah farm bhumi uddhar songram committee sa~ gor.oic' Treasurer. Noa sabha do_e a.yurkeda Priscilla Murmu.

Sahebgonj- Bagdah- farm bhumi uddhar songram committee rean' benar ante bo_do_bo_s akan ba.isi se_sabhare Rajshahi, Naogan, Dinajpur ar Gaibandha t.otharen a.d.iba.si santal a.k'yurko selet' mon'j mon'j sa~otako ren aema hor.ge selet'ko tahe~kana.

Sawalia se_ (bokta) do_ko me_nkeda, Sahebgonj Bagdah farm t.ot.ha kho_n EPZ benao talate a.d.iba.si laga n'ir ocok' reak' mit' maran' hudis-cinta. hoeakana. Noa pea cas- abad jumire a.d.i uta.r jo_mak' upja. kana. Sahebgonj Bagdah farm reak' noa jumire EPZ ban' hoyok'ma.

Hor more mit' phot a ma~ya~m tahe~n dha bic' ale do aleren a gil-hapr amkoak' sompotti rua r le hataoa. Sat marte Gobindogonj Sahebgonj Bagdah farm cas-abad hasa se jumire EPZ benao reak' prokolpo ba tilkate 2016 serma reak' 6 November reko gur ocoakan pe a diba si santal gharon'j selet' gur ar ha n ocoakan jo to gharon'renko lek lekate khoti purun reak' ho~ko da bikeda sawaliako.

Tuma l- Ipnews

Tale

N'elme se ona d on' d on' catom leka do cet' dare kan ban'! But a t hen ma a d i mot a. Ar ba i ba ite cot sec' do nanha idigea. Ona do tale darege. Noa dare do onkage a d itet' a d i usula. D a r do ba nuk'a. Har amak' sakam do latar sec' la r kujok'a, ar ban' har amak' do cot sec'ge sojhekok'a.

Ban' d a rok're ho~ sakam do la t u la t ua. Nawanak' do a pa r i leka od okok'a, sikup' bini lekage. Sakam do jelen' jelen'gea, ar sirkote jeret' mit' akana. Harak' sa~ote onkage or sikup' bini leka ba i ba ite pasar ok'a. Hara muca t'-kate ma cap capayenge. Sakamtet' do ba gr a muca t're sakamok'a. Ba gr a do nalagea; ar e ar ete do kata d at a leka menak'a. Geget' ho~ geget'gea. Ja~ha~tis tale sakam ba gr a re sap'katem tul lega akat'a? Geget' leka a ika uk'a. Ka t ic' ka t ic' gidra botorlen khan cet' leka en'gat se apatreko ha r up' jaladok'a onkage sakam do ba gr a re tire leka darere ha r up' akana. Ohom or chad aolea; kha juk ban' sea akan khan.

Tale sakamte biniko benaoa, ar pa t ia ho~ko galan'a. Gidra ko do pepr e~t' ho~ko benao enec'a, ar sad e ho~ beja~eko ocoea. Cet' leka sad ea? Pe~... se ban'? Sakam goc'len khan sahan la git'ko tiok'jon'a. Sakamte ja~ha~tis bagwan ho~ko et eda ar kumba ho~ko daba. Jo ho~

ban' ka.t.ic'a. Una.k' usul khon bohok're n'uram khan bohok' posak'kok'tama. Balelen khan, ac'tege n'urok'a; adom hor. do n'inda. ho~ n'inda. tale bele la.git' tale dareko horhokak'a. Gabetet'ko copoc' joma. Copoc' jokhec' d.at. are ganthar do bogete sogek'a. Gabetet' do rod.oc'kate holon' sa~o mesalkateko pit.ha.ia, unre ona pit.ha. doko metak'a, "tale pit.ha.". Daka sa~ote ho~ko mesala unre doko mena, "tale daka".

Berel tale jo bhitrire rasa tahena, ona rasare len'jer n'o~k' khur.us khur.us guli tahena, ona ho~ beja~e sebela, ona do bha.ti kana, ona doko metak'a, "tale bha.ti", ar rasatet' doko sir.uba, her.emgea. Pot.koc' jan'em mak' par.ak'ket'a, ar bhitritet're ona bha.tige unre do juda.ge sebela. Gidra. do a.d.iko kusiak'a; n'am bar.aeako. Daretet' do par.ak'kate or.ak'reko lagaoa.

Tuma.l- A.kil D.ahar, pa.hil ha.t.in'

Meskoc'

Meskoc'

(5)

Gidra.: Baba In' do_ Iskulte do_ ba.n' calak'a,

Baba: Cedak' ba.bu cedak' bam calak'a,

Gidra.: Ente bare, aleren mahasoe cet'ge bae dar.eak'a jo_to_ge aleye par.hao ocolea.

(6)

Mahasoe barea gidra. aema kurumut.u kate reho~ unkin asketia. gidra. cetat reho~/ hisa.b do_ ba.kin cet'leda,

Mit'din unkin gidra. ul dare rekin dec' kate ulkin tia.k'kan

tahe~kana, un okterege n'elme uni mahasoe ond'em set'er got'ena, Ado_gidra_i metat' kina, In' pea ul ema.n'ben, Gidra. do_ pea ul kin emadea, Arho~ uni mahasoe do_e metat'kina, Den barea ul ema.n'ben, Unkin do_ arho~ barea ulkin emadea.

Nia. dhao uni mahasoe do_e metat'kina, Nitok' la.iben se in' t.hen tina.k' ul menak'a? T.hik takrege e_t.ak' gidra. do_e me_n go_t'keda E ya alom la.ia, nonkate on'ko/ hisa.be cet' alan'a.

Rajren Sipa_hi

Mit't.en raje tahe~kana ar uniren mit't.en sipa_hi. Uni sipa_hi do_ pa.cri dua.r t.hene pahraea; ado_ ja~ha~e ho_r. ja~ha~nak' a.krin' la.git' raj t.henko a.gui khan do_e metakoa, Noa jinis tina.k' damok'tapea, ona reak' adha dampe eman' khan, e_nd.e_khan raj t.hen bhitri mo_ho_lten' bo_lo_ ocoapea; ar bape eman' khan do_ o_ho_n' bo_lo_ ocolepea. Ado_ cekaeako be_cara? Re_n'ge_c' ho_r. bako a.krin'le khan ma din gujra.n ban' calak'tako. Ado_ khange adha damko go_k'aea, to_be_ko bo_lo_k'a. Nonkage uni sipa_hi do_ je kichu o_nd.e_ calak' ho_r. do_, sanam ho_r.geye onkako. Ado_ khange mit' dhao do_ mit't.en ke~ot.a maran' uta.r hakoe jha.likedea; ado_e me_nket'a, Nui hako do_ raj t.hen in' a.krin'ea, d.her dam na~ha~k' hoyok'tin'a. Onka bundis bar.akate uni ke~ot.a do_e idikedea. Ado_ ona pa.cri dua.r t.he_c'ren sipa_hi do_e metae kana, Okatem bo_lo_k' kana bin hukumte do? Hape ten'gonme. Ado_ uni ke~ot.a do_e me_nket'a, Raj t.hen hako a.krin'e la.git' in' bo_lo_k' kana.

Ado_e metadea, Nui hako tina.k'e damok'tam, ona reak' adha dam eman'me. Cet' kichu ona do_ bam bad.aea? Nun din khonem a.guyet'kore ho~ bam bad.aea? A.na.r.ik' kangeam? Khange ado_e me_nket'a, E_ baba, bad.ae do_n' bad.aegee, me_nkhan, bana am t.hen in' ne_ho~rok' kana, nia. dhao do_ ika.kan'me. Nui hako reak' pura. dam in'ge hatao ocoan'me; alo onka do_m pajhetin'a; ika.kan'me bar.e_. Ja~ha~ hilok'

in' a.guleko khan do_unre do_n' emamea, o_ho_n' e_r.e_mea; me_nkhan nia dhao do_ika.kan'me. Me_nkhan sipa.hi do_bae an'jo_mlet'taea; una.k'e ne_ho_~renre ho_~bae ika.ledea. Ado_khange uni ke_~ot.a ac' mo_ne_reye bujha.u bar.aket'a, Judi nui hako ba.n' a.krin'le khan do_na~ha~k'e seak'tin'a. Nonka hudis bar.akate ado_ba.pur.ic'kate adha dame go_k'adea. Khange ado_bhitri mo_ho_lte raj t.hene bo_lo_yena. Ado_raje kuli kedea, Cele ho, okatem he_c' akana? Ado_e me_nket'a, Hakon' a.gu akadea; nui hako reak' dam eman'me. Ado_e metadea, Nui hako do_tina.k'em damea? Ado_uni ke_~ot.ae me_nket'a, Ia. raja saheb , nui hako reak' dam do_mit' sae t.hen'ga dal.

Ado_khange raje me_nket'a, Henda ke_~ot.a, cedak' onka do_m dame kana? Nonkan dam do_nun jug in' hoyok' kana, me_nkhan ban' an'jo_m akat'a. Onate a.d.i hahar.an' an'jo_met' kana. Mase_noa reak' bhe_d bhan'gaoan'me. Noa do_cet' lekan dam kana? Ado_e la.iae kana, Noa reak' bhe_d do_noa kana: ja~ha~e ho_r.ge ja~ha~nak' a.krin' la.git' am t.henle hijuk' khan, uni pa.cri dua.rren sipa.hi do_bae bo_lo_ocoalea. Ado_e metalea, Noa jinis tina.k' damok'tape, ona reak' adha dam eman'pe, e_nd.e.khan in' bo_lo_ocoapea. Onkae metalea; ado_adha damle go_k'aea, to_be_e_ne_c' am t.henle bo_lo_dar.eak' kana. Ar tehen' ho_~adha dam a.urin' go_k'ae ha.bic' do_bae bo_lo_ocoan' kan tahe~kana, onate onka do_n' dam akadea; mit' sae t.hen'gam dallin' khan, e_nd.e.khan ona reak' adha, bar isi ge_l t.hen'ga do_unim dalea.

Khange ado_noa kathae an'jo_m cabaket' khan, raj do_e ran'gaoente uni sipa.hige mit' sae be_~te dalkedea, ar ca.kri khon ho_~e barkhas uta.rkedea.

Tuma_l- Santal Folk Tales

Tesar Ar Ponak' Kelas Ren Pa.t.hua. Gidra.koak' Kelas Do_ Haptare Bar Din

Darakan Sunibar (2 October) kho_n primary reak' tesar ar ponak' kelas ren pa.t.hua. gidra.koak' haptare mit' din bo_do_lte bar din kate kelas hatao hoyok'a. Na~wa~ somoysuci lekate, tesar kelas ren pa.thu gidra.koak' kelas do_ Robibar ar Lukhibar, Ar ponak' kelas ren pa.t.hua. gidra.koak' do_ Sunibar ar Budhbar kate kelas hoyok'a. Budhbar (29 September) Prathomik sikkha odhidoptor do_ na~wa~ somoysuci do_e so_do_r akada.

Ina. chad.a ho~ Mon'golbar do_ pa.hil kelas ren ar Sombar do_ dosar kelas ren pa.thua. gidra.koak' kelas hoyok'a. Mo~r.e~ak' kelas ren pa.t.huakoak' do_ lahate leakage din hilok' kelas hoyok'a. Mo~r.e~ak' kelas ren pa.thua.koak' do_ t.ifin tayom hoyok'a. Ar et.ak' kelas ren pa.t.huakoak' do_ setak' bela kelas hoyok'takoa.

Tuma.l- Sonali sangbad

Tin Gha_r.ic'em Tar_ama

Tar.am do_ jo_to_ kho_n alga hor.ma bhan'jao (biyam) kana. Jo_to_ umer ren hor.ko la.git' a.d.i ja.rur.ak' ho~ kana. Me_nkhan tin gha_r.ic' tar.am hoyok'a se_ tar.am reak' speed cet' hoyok' ja.rur., ona babotre d.her hor.ge babon pust.a.ua. Hor.mo bhan'jao hisa.bte tar.am reak' po_rho_ do_ cet' kana ar tin gha_r.ic' tar.am lekhan po_rho_ n'amok'a ona babotre bad.ae ocoakada physiotherapy consultant Umme Sayla Rumki. Din hilok' tar.am lekhan kor.am reak' rua., Diabetes, jan'

khoy (Osteoporosis) rog rean' jiwí ko_t.o_k' ko_m n'ó~_go_k'a. Din hilok' tar.am lekhan jel sir reak' dar.e ar sahao dar.e ba.r.tik'a. jan' rean' got.hon ho~ ket.ec'jo_k'a.

Tin okto tar.am ja.rur.a:

Dina_m din komkate 30 minit. tar.am ja.rur.a. Diabetes rogiko do_ ina. oktete 40 kho_n 45 minit. tar.am hoyok' ja.rur. kantakoa. Bha.rti ho_r.mo_ tahe~n okte pa.hil pe_ cando 15 minit. katec', dosar pe cando 20 minit. katec' ar muca.t' pe cando do_ 10 minit. tar.am ja.rur.a. To_be_ okoekoak' umer 40 bo_ho_r kho_n cetan ar aema din kho_nak' ja~ha~n hor.mo bhan'jao se_ hor.mo khat.ao sa~o jo_po_r.ao ba.nui, onkan hor_ko do_ tar.am lahare bissegoggo ak' solha hatao hoyok'takoa. Arho~ e_t.ak' se_cbon n'e_lle khan, Okoekoak' hor.mo_ reak' o_jo_n d.herger, onkoko ho~ tar.am e_hob lahare stretching kate, jel reak' sir jira.u n'ó~_k' hoyok'takoa. Ban'khan stretching babotre bad.ae hataojo_n' la.git' physiotherapy koak' solha hatao hoyok'a.

Ja~ha~e hor.koge hor.mo se_c' kho_n napae tahe~n la.git' haptare ko_mkate 150 minit. tar.am hoyok'takoa. Haptare 30 minit. kate 5 din ho~ bon tar.am dar.eak'a. Okto ban' tahe~len khan dinre 10 minit. kate pe_ dhao tar.am lekhan ho~ hoyok'a.

Jogging:

30 minit. tar.am tayom 10 minit. jogging dar.eakabon. Jogging reak' bhe_d do_ mit' jaegare ten'go kate pa.hilre jo_jo_m jan'ga, ina. tayomte len'ga jan'ga tulkate do_n hoyok'a. Jogging la.git' a.d.i maran' jaega rean' ja.rur. do_ ba.nuk'a. Or.ak're ja~ha~ t.hen mit' jaegare ten'gu kategebon jogging dar.eak'a. Pa.hilre do_ ba.i ba.ite , ina. tayom do_ usa.ra usa.ra. Okoe koak' do_ ba.r.ti o_jo_n onko do_ pa.hilre adha minit. kate jogging ako. Ina.kate hor.mo reak' halot bujha.u kate ba.i ba.ite okto do_ ba.r.ti idiy hoyok'a.

Tar.am calak' lahare:

Tar.am okte sukra.j (aramdayok) ca.t.ki ho_ro_k' hoyok'a. Ho_ro_k' bande_ kicric' ho~ thor.a sukra.j ar d.hila.n' dholon' n'ó~_k' ho_ro_k' ja.rur.a. Seton' kho_n e_ran'ok' la.git' setak' paha- poho

okte ar a.yupbela cando ha.sur tayom tar.am la.git´bon od.ok
dar.eak´a. Tar.am tayom thor.a stretching jarur.a; je_mon jan´ga
ka.t.up´ cetanre ten´golen khan tayom reak´ jel sir ko hasua. To_be_
o_jo_n ko_m la.git´ tar.am se_ jogging do_ aso_lak´ ban´ kana. Balance
thik do_ho_e ja.rur.a. Nia_m kate nit. akat´ oktere hor.mo reak´
kelori hisa.bte jo_m hoyok´a.

Source: Ajkerpatrika