

# Got a Disa mre Gidra ko Vitamin A -Plus Capsule ko Emako Kana

Tehen' Robibar (18 June) setak' 8:00 baja khon dhina.n bela 4:00 baja dha.bic' 6 cando khon 49 cando umer ren 2 karor. 20 lakh gidra.ko disa.m reak' jo\_to\_ sarkari sastho kendro se nit. akat' et.ak' et.ak' t.ha.~ikore Vitamin A -plus capsule ko jo\_m ocoyet'koa. Sa.nicar (17 June) Sastho montri do\_e la.i laha akada je, disom ren 6-11 umer ren 25 lakh gidra., ar 12-59 cando ren 1 karor. 95 lakh gidra.ko selet' 2 karor. 20 lakh gidra.ko arak' ar ha.ria.r. ron' ak' Vitamin A capsule jom ocoko se emako reak' nit. akana.

Vitamin A capsule jo\_m ocoko reak' karontet' kana, noa ran jomte gidra. koak' ho\_r.mo\_ niropon tahe~na ar jaha lekan rog sa~oge la.pa.r.ha.i reak' dil ar dar.e do\_ ho\_r.more hijuk'a, ho\_r.mo\_ reak' jan' ar d.at.a ko ho~ ket.ejok'a, me~t' ka~r.a~ lekan rog khon ho~ gidra.ko rukhia. ko n'ama, ba.r.tikaete noa ran ho\_r.mo\_re Antioxidents lekate ka.mite cancer rog birud ho~ ten.go daram dar.eak'a. Ina. chad.a ho~ aema lekan rog khone rukhia. koa. Ona ia.te gidra.ko Vitamin A menak' onkan jomak' ko jom ocoko hoyok'a. Jemon: ka.t.ic' hako, ar.ak'-sakam, apple , sa.ru ar.ak, gajor, toa, bele ul, sekerkenda nonkan emanteak' jomak'ko. End.ekhan gidra.ko koak' ho\_r.mo\_re Vitamin A reak' jahan t.ont.a se okula.n ban' tahe~nte gidra.ko mon'j se niropon ho\_r.mo\_ ko a.ida.rijon'a.