

# Suluk lagit' kami

Dharti reak suluk do jat, dhorom, rangao, ari-caliko reak begarko ba gikate dhartiren sanam manwako talare suluk, boeha ar be-jaruak ari-cali kana. Noa do eken larhai ban taken reak mane do ban kana, bickom manwa aitari, ari-cali, sikhnat, ar ari-cali hotete sanam lekan larhai ar be-saritet' ko cabae ar sariak ar adi raska dharti benao reak jarur kana. Noa kami purau lagit' mit' maran' jeget'riari saota lekate kami kana ar jao serma 21 september hilok jaha[re] jat parsi din manaet' kana.

Kobi Jibanananda Das do adi din laha acak po\_ro\_b re\_ye\_o\_l akada je dharti re\_suluk do\_banuka. Onka leka ar ho ar mit kobi doe ol akat tabona; "in thakao akan atma kana, jiwa sagar sange thir akana, Nator ren Banalata Sen do bar dhao suluke emkeda" – 'Banalata sen' ponoy sec khon.

UN Secretary General ak office khon: O\_kte\_re\_adi jarur gea je, adi jarur okte re\_sanamkoge sariak lagit' ko kurumutueda.

Dharti reak adi utar kami ko talare jion ko denga atkar idik kana, gidrakoak kami ko denga atkar idik kana ar larhai reak kai ar dher kami ko talare manwa koak asol aitari ko denga atkar idiet' kana. – UN ren maran sakhia antonio guteres

Nit' do sariak dharti lagit' kami me," Onka leka tehen' do **National Agency for Green Revolution ak' ayur ar hohote Mennonite Center Committee Peace building** ak' gorote 50 more gel hor ko sohor set er lena. Ad.i daman kathako la.i sodorre selet' ko tahekana manotanko. Entet' got.a dharti, disom, somaj, gharon'j, juri-pa.ri, boeha ko talare be-suluk do calak' kana. Noako be-suluk khon od.ok se sontor taken la.git' a.d.i daman kathate sanamko sontor ocoket' koa. Ban'gladisom re suluk a.gui la.git' a.d.i a~t. doe kami kana National Agency for Green Revolution. Ba.rti doe kami kana; Hor.mo ha.t.in'ko niropon dohoe, Sikhna.t, A.ri-ca.liko sa~ohai ar

sanam lekan lahanti ka.mi doe ka.mi idiet' kana.

2025 serma reak' sukhi hapta re sukhi benao, lahanti ar rukhia re\_jopora.ao re\_dhean emok' kana. september 21 Sombar khon George Mason Jamiat reak' Jimmy ar Rosalynn Carter Iskul reak' sariak' ar jarurak' ka.mi la.git'' "Sariak' benao, udga.u, ar sariak' ka.mi la.git'' a.d.i ja.rurak' ka.mi" nutumte 2025 sal reak' sariak' hapta reak' ka.mi ko calaoeda.

Goṭ.a dhā.rti re aema lekate noa din manaok' kana. Noa serma reak' motlob do\_hoyok' kana 'Sariak' la.git'' ka.mi: Global Goal la.git'' aboak' as'. Noa din do 1981 sal khon manaok' kana. Sanam serma khon noa din do New York reak' UN reak' mukhia orak' re 'Peace Bell' jom katet' noa din ehobok' akana. Noa ga.d.i do disa.ocoet' kana je **'larhahi reak' jo do manwa koak' gujuk' kana'**.

Ona chada gadi then roḍ re 'D.her din ha.bić sa.riak' globa peace' nonkan sombad ho English te ol akana. Noa din do disa.ocoet'' kana je, noa dhā.rti do aboak' orak' kana, nonka taken la.git'' do sanam ko saote sa.riak', gatek', ar bhage monsuba. te taken hoyok' tabona. Ar oka dhā.rti re suluk ba.nuk'a ona dhā.rti re abo do babon tahe da.reak'a. Onate bhage te jion khemao sanayet'bon khan dharti re suluk dohoe do adi jarur gea. Ona iate noa din do\_manao hoyok' kana. Dharti re suluk dohoe lagit' okoe ko aema lekan kami ko kami akat' se ko kamiet' kan onko do noa dinre ko disa dohoet' koa. Larao, muskil, larhahi, larhahi, etak' etak' kami hotete cet' ho muskil do ban solha da.reak'a, barea dharti larhahi do noage sodor akada je, ona do eken jion ar dhon reak' hanḍi, ar kami reak' dhertet' ar dhertet' do barti idik' kana. Onate noa din do dharti re suluk reak' jarur babot' disa ocoet' bona.

Ona dinre UN ren maran secretary António Guterres do\_sanam manwakoak' adari lagit' adi atte sariak' dohoe, jarurak' ko kom ocoe ar jarurak' ko sadhin lagit' adi jarurak' ka.mi ko ka.mi ocoe lagit' adi jarurak' kami ko kami ocoe reak' ko goṭa keda. Ona chada uni do\_nit okte reak' somaj kore barić patiau,

hãtiń ar pãtiãu ari-çali reak jarur menak'a mente note kate, sãriak ari-çali lağit' usarate laha idi lağit' ađi ãđ kami lağit'e hoho keda. Uni doe meneda, suluk do\_ nisai ari do\_ bań bickom monsubã ar kami reak jo kana. Onate uni do\_ dhãrti reak sanam jaega kore calao akan paryavaran reak' muskil ko ađi jarur menaka, sãriak' ari-çali ko bańcao ar manwa ađari ar ađari ko ađi jarur menaka menteye la\_i keda.

1945 sal khon UN reak sãriak kamiãko (China, France, Russia, United Kingdom ar America) do lařhai se jarurak kami begorte apnar ar jãt pãrsi reak jarurak ko sãdhin lağit' ko gođa akada. Ona chađ\_a hõ disomko do\_ ona tayom khon aema lekan lařhai re ko bolo akana. Noa ađil do\_ pãhil hãtiń lařhai tayom ađi jarurok' kana, ona reak' jo\_ do\_ hoyok' kana United Nations. Noa do mit'ten jãt dhorm ari-çali reak ari-çali kana, oka do dhãrti reak judã judã disom ar jãt ko talare suluk, mit'ten ari-çali, bujhãu ar gatek lağit' te benao akana. Dosar hãtiń lařhai tayom ona reak ađari lekate United Nations benao rakađena. United Nations do\_ dhãrti reak pãhil antar-sarkari sãota kana oka do\_ nit hãbić dhãrti reak sãriak sãriakte dohoe reak ađi jarurak kami ko purãu akada. Dhãrti reak suluk do\_ jãt, dhorm, rańgao, ari-çali begor bađae kate dhãrtiren sanam ho\_řko talare menak' suluk, boeha ar be-jarurak ari-çali kana. Noa do eken lařhai begor rajyo\_ reak mane do\_ bań kana, menkhan manwa ađari, ari-çali, sikhnađ ar ari-çali hotete sanam lekan lařhai ar ari-çali ko caba kate sãriak ar ađi rařka dhãrti benao reak ja\_rur\_hõ so\_do\_ra.

Noa kami purãu lağit' United Nations do mit' jaruran jãt pãrsi ari-çali lekate kami kana ar jao serma 21 september hilok jãt pãrsi din do manaok kana.



**Dhṛti**

**reak suluk reak aema lekan ṛi-ḅali:**

**Laṛao ar laṛḅai khon baṅcao akan rajyo\_:** Dhṛti reak suluk do sanam laṛḅai ar laṛḅai ko mucat' laḅit' kana, okaṭak re jḅhḅn ḅḅi baṛiḅ se ḅḅi baṛiḅ kami do baṅ tahena.

**Boeha ar mit'ten ṛi-ḅali:** Dhṛti reak sanam hoṛko talare mit'ten ṛi-ḅali, mit'ten ṛi-ḅali ar boeha ṛi-ḅali benao do hoyok' kana.

**Manwa hok lekako baṅcaok':** Sukhi somaj re sanam hoṛak ḅḅi jaṛuṛan hok ar saḅhintet' ko saḅit dohoe do dhṛti sukhi reak ḅḅi jaṛuṛanak' ḅḅiṅ kana.

**Lahanti ar sthapanak':** Dhṛti reak sthapanana reak ja.rur. do hoyok kana ḅarko ḅahar ḅḅu, sikhnat ar ṛi-ḅali reak uskur, ar raja.ri sthapanak' hotete mit'ten ḅḅi uskur ar sthapanak' dhṛti benao.

**Dhṛti reak suluk nam laḅit' moḅotanak' bhumika:** United Nations (UN): Dhṛti laṛḅai reak ḅḅi baṛiḅ kami khon sikhnat nam kate dhṛti reak saṛiak ar saṛiak dohoe laḅit' kami kana. Noa do juda juda diso\_m kore saṛiak benao, laṛḅai ko khon baṅcao, ar manwa ḅidari ko rukhia reak ḅḅi maraṅ kami kana.

**Antarjatika din:** Antarjatika din do jao serma 21 september hilok manaok kana, ona hotete antarjatika ar gatek reak sombad

do dharti re pasnaok kana.

United Nation do 2025 serma do jat parsi ar biswas reak serma menteye jahir akada. Noa resolve do UN ren maran ayurko hotete pasnao akana, ona reak udgau do hoyok kana adi jaruran galmarao hotete jarurak ko sadhin ar ayuric disomko talare sariak ar biswas ko monj ocoe.

Mahatma Gandhi khon etohop' katet' Martin Luther King Jr., Dorothy Day khon Malala Yousafzai habic', no nde dharti ren aema nutum dam dahe akan ayurko ar onkoak' suluk reak' kathako men akadaa oka tedo ape ko udgau pe nama mente as in' dohoeda.

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## Sona Reak' Phosol

Mit' atore mit'ten kur.hia. hor.e tahe kana. Mit'din ac' ba.hui menkeda, aboak' jumire guhum cas lekhan a.d.i uta.r sona namkok'a. Noa katha an'jomte uni kur.hia. hor. doe udga. uente guhum cas reak'e got. akeda.

Onka leka jumire guhum ita.i er keda. Ina.kate ona ita. do dinke din hara idiyena. Nia. dhao kur.hia. hor do jumire sona d.und.ha.ue ehop'ena. Menkhan jumire ja~ha~n sona ho~ bae namleda. Got.a jumi eken guhumte perec' akana. Khange uni hor. doe as-chut. aunte or.ak'e hec'ena. Ado ac' ba.hui metadea, Amem menleda jumire guhum cas lekhan sona namok'a. Menkhan jumire ja~ha~n sona ho~ ba.n' namleda.

Ado ac' ba.hu doe menkeda, Acha nia. dhao hor.o cas legaeme, sona do namteho~ namok'gea. Khange uni hor. ac' ba.hui menket' leakage hor.o caskeda. Onkage ona hor.o dare ho~ dinke din hara idiyena. Menkhan nit ho~ ja~ha~n sona ge bae nel namleda. Onate a.r.isente ac' ba.hui metadea, nia. dhao ho~ lelham benaokidin'a. Jumire hor.o dare chad.a ar cet'ge ba.nuk'a. Ado ac' ba.hu doe menkeda, nelme, jumi tina.k'

mon'j sona ron'te sajabo akana. Noakangea alan'ak' sa,ri sona do. Ado kur.hia. hor.e kulikedea, "Cekate?" Ac' ba.hui ror. rua.r.adea, "Noa hor.o bajarte idime ar a.khrin'me, end.ekhan a.d.i uta.r ka.ud.im n'ama."

Khange uni hor.e mengot'keda, noa kathage laharem la.iam khan. Ado ac' ba.hui menkeda, sa.rige am do a.d.igem kur.hia.gea. Onate thor.a hudiskate sona phosol reak' kathan' la.iat'mea, ban'khan phosol cas ohogem rebenkok'a.

**Sikhna.t:** *Ka.mi lekhan bhage jo n'amok'a.*

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## **Dha\_rti Suluk Ma~ha~ Manotena Tanore re**

At.hwar hilok' (21 September) Rajshahi jila., Tanore upa.jila., Kolma union reak' Dorgad.an'iga bajarre suluk ma~ha~ n'utumte galmarao sabha hoyena. NAGR (National Agency for Green Revolution) ak' bondobos ar Mennonite Central Committee (MCC) ak' gor.ote galmarao sabha do hoe pura.vena.

Dha\_rti suluk ma~ha~ galmarao sabhare manotan per.a lekate set.ere tahe~kana National Agency for Green Revolution ren mukhia. Mn.Stephen Soren, seter.e tahe~kana Kolma union pargana Plilip Hembrom, Shahin Academy ren mukhia. Md.Nur Alom, Dorgad.an'iga bajar ren namd.ak karba.ria. Md.Robiul Islam, NAGR ren Program Manager Prodip Hembrom, Amnura Lutheren Mission Hospital ren Manager Markus Murmu.

Nia. dhao dha\_rti suluk ma~ha~ reak' mul jos katha tahe~kana **"Mit't.en Sulukanak' dha\_rti la.git' nit khonge ka.mi ehop' me."** Noa galmarao sabhare Dorgad.an'iga bajar ad.epase t.ot.ha reak' mo~r.e~ got.en atoren hor.ko selet'lena. Ar noa got.a akhr.ae a.yurkeda Harmonizing Santali, Mahali, Pahari Minority And Bengali Community Relations

Through Peacebuilding (HSMPMBCR) ren supervisor Benjamin Murmu.

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## Ga .i Gupi Kor .a

Ei pahar . oi pahar .

Uruni bon pahar . ga .iem gupi,

Tite ga .dujme, mocate golme

Gamcha hurla .umelan' ond .on' calak'.

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## Raj Ar Ga .~r .i~ Ak' Go lpo

Mit't.en Raj ren mit't.en ga .~r .i~ tahe~kana. Ga .~r .i~ do jaoge Raj t .hene tahe~na. Mit'din mit't.en ro~ ud .a .u hec'kate Raj ak' tire durup'ena. Khange ga .~r .i~ do uni ro~ lagaye reak'e kurumut .ukeda, enreho~ ro~ do ghane ghane rua .r . hijuk'kan tahe~kana.

Ado ga .~r .i~ doe a .r .isente ro~ goje reak'e got .akeda. Ga .~r .i~ do ro~ goje la .git' ac'ak' talware ond .on'keda. Nia . dhao ro~ do ud .a .u calaoente Raj ak' mu~re dur .up'ena. Ado ga .~r .i~ do ro~ cetanre ac'ak' talware calaokeda. Menkhan ro~ doe ud .a .uena ar Raj ak' mu~ do ona talwarte bar ha .t .in'ena. Un khon joto hor . uni raj do "Mu~ get'" Raj menteko hohoea.

**Sikhna .t: Mit't.en a .kilan gate khon lelha gate doe ba .r .ti botorangea.**

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# JOTO HOR, JISUKO KHOJE KANA

Mit'din a.d.i setak' okte, n'ut tahe~kanrege, Jisu do beret'ente mit't.en nicol jaegateye calaena. Khan ond.e do koejon'e ehop'ena. Simon ar sa~o-celako Jisuko n'ame kan tahe~kana. Uni n'amkateko metadea, "Joto hor.ko sendrayet'me kana."

Jisui metat'koa, "Dela sor atokotebon calak'a, onakore ho~ porcar sanayedin'a, ente ona la.git'gen' hec' akana." Ar onkate got.a Ga.lil disomrege porcarket'a, ar bhutkoe od.ok gid.iket'koa.

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# Co~r.e~, Pa.uria Ar Bedea Pa.risrenko Ado\_k'kan Reak' Katha

Co~r.e~, Pa.uria ar Bedeako do\_a.d kho\_ngeko ko\_mgea. Cetatko karo\_nte co\_n' Co~r.e~ pa.risren oka-oka gharo\_n'j do\_et.ak' pa.risteko oyo danan'akana. Ado\_ako-ako do\_aso\_l ma.ila do\_ko bad.aetakogea, e\_nte pa.risko pheraoakat're ho~ Bon'ga do\_bako bo\_do\_lakantakoa. Onkage aema Besra gharo\_n'j renko ho~ netar do\_T.ud.u pa.risreko uca.r.akana. Ado\_ako-ako do\_ko bad.aegea, Onatege Besra gharo\_n'j sa~o ghargha.ria katha hec'ako khan o\_ko\_e T.ud.uko do\_(jo\_to\_T.ud.i do\_ban') bako an'go\_ca.

Bedeo do\_d.herkaege ho\_r. ho\_po\_nko kho\_n begaro\_k'te Bedea n'utuman juda.ja.t menteko bahna ocoakana. Hane Ra~ci sor Ramgar.h se\_c'te kusia.m n'amkoa. O\_ko\_eko do\_et.ak' pa.risteko oyo danan' bar.a akana, ar sare\_c' bare\_c'ko do\_netar Soali /Sewali /Shevalin eman

pa.risko o\_lo\_go\_k'a, noa do\_ Bedea pa.ris reak'ge ar mit' n'utum kana. Noko gelbar pa.risren chad.a ho~\_ netar ho\_r. ho\_po\_nko talare ar ho~\_ mit'bar pa.risrenko n'amo\_k' kana, jeleka-

**Copeyar/Chopeyar:** Noa "Copeyar" do\_ laha bida.l do\_ khu~t. n'utum tahe~\_kana, Co~r.e~\_ ar Murmukoak'. Ado\_ netar do\_ o\_ko\_e-o\_ko\_e gharo\_n'ren pa.ris lekate ho~\_ko beoharet'kana.

**Badoli:** Noa do\_ ja.r. lekate Ma.rnd.ikoak' gar. n'utum tahe~\_kana. Ado\_ oka lekate co\_n' mit'bar gharo\_n'j do\_ noage pa.ris hoeakantakoa.

**D\_ond\_ka/Dondka/Dandka:** Noa do\_ T.ud.u pa.ris reak' mit' khu~t. n'utum tahe~\_kana. Ado\_ netar do\_ pa.ris lekate noako beoharet'kan ho\_r. ho\_po\_nko n'amo\_k'gea.

**Rapaj/Raj:** Sedae bida.l noa do\_ Kisku ma.ila.renkoak' khetab se Title tahe~\_kana, Surname do\_ ban'. Ado\_ netar o\_ko\_e-o\_ko\_e gharo\_n'renko do\_ noa Title ge akoak' Surname lekako beoharet'kana.

**Kumar:** Noa ho~\_ hane sedae bida.l do\_ Hembrom ho\_r.koak' Khetab se Title tahe~\_kantakoa. Ado\_ netar do\_ o\_ko\_e-o\_ko\_e gharo\_n'j renko do\_ noa Title ge Surname lekako beoharet'kana.

**T.ha.kur:** Murmu ho\_r.ko do\_ Murum En'ga akoren T.otem kho\_n o\_mo\_nakan reak' kisa. menak'takote sedae do\_ T.ha.kur Khetab tahe~\_kantakoa. Ado\_ netar do\_ o\_ko\_e o\_ko\_e gharo\_n'renko do\_ ona Khetab se Title ge Surname lekako beoharet'kana.

**Ma.jhi/Ma.n'jhi:** O\_ko\_e o\_ko\_e Ma.n'jhi gharo\_n'j renko do\_ netar huda.ge Surname re pherao akantakoa. Ar bin bad.ae Deko ka.ra.mca.riko ho~\_ noa la.git'ko jimmedara. Bin bachaote okakore co\_n' Santal khang Ma.n'jhi mente sarkari na.thireko o\_l car.haoakat'bona. Ado\_ un kho\_n ho\_r. ho\_po\_nko talare Ma.n'jhi ho~\_ mit''t.en Surname hoe bo\_tec'akana.

**Saotal/Saontal/Santal/ Santhal:** Noa ho~\_ bin bad.ae sarkari Deko ka.ra.mca.rikoak' e\_ne\_mkana. Laha bida.l a.d.i jemo\_n temo\_nko na.thilet'bona. Ado\_ pa.ris cet' ho~\_ ban' kulikate sidha.ite n'utum tayo\_m Santalko o\_lket'bona, asokaete Dooars ar Sylhet reak' Ca

bagankore ar Tripura, Cot.t.ogram, Phoridpur eman sec'te.

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## Me~t' Reak' Joton

Ritu n'utuman mit't.en hud.in' kur.i gidra.i tahe~kana. Uni do jao oktege a.d.i sor khon TV n'ela ar at.et're gitic'kate puthi ho~ me~t' phed.re dohokatec'e par.haok'a. Onate ac' gogo do jaoge metaea, "Ritu, sa.n'gin' khon TV n'elme. Puthi ho~ sa.n'gin're dohokate par.haok'me. Ban'khan amak' me~t' do ba.rijok'a.

Menkhan Ritu do ac' gogowak' katha thor.a ho~ bae luturak'a. Mit'din ackage Ritu do a.d.i ba.r.ic' bohok' haso ehop'kede. Ado a.d.i usa.ra a.c' gogo do da.ktar t.hene idikedea.

D.aktar do Ritue metadea, "Thor.a din TV alom n'el hatar.a". Ritu do d.aktar ak' katha an'jomte a.d.i bhabnae a.ika.ukeda. Adoe hudiskeda, lahare in' gogowak' kathan' an'jom lekhan nit nuna.k' duk ba.n' n'amkea; TV n'el ho~ ohoko baronkin'a. Ina. tayom khon Ritu do tis ho~ ac' gogowak' katha bae bemanota.

**Sikhna.t: Aboak' me~t' reak' joton do a.d.ige ja.rur.a.**

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## HAMAL HOR\_MO-1

Hor.more gidra. basak' tayom khonge apnar ar kukhiren gidra.wak' hor.mo jok'ton la.git' bises ka.mi hora ehop' ja.rur. kana. Noa jok'ton ka.mi reak' asol do hoyok' kana jom n'u reak' hewa. Noa oktere (Susomo) soman jomak' jom-n'u jarur.a.

Tobe joto hor.ak' hor.mo ha.t.tin'ko jeleka juda. juda.gea, Onate hamil hor.mo se hor.more gidra. basalen khan noa bisoete mit' dhao apanar se nijren D.aktar sa~ote mon'j sopolha se katha ror. reak' jarur. menak'a.

Noa oktere cet' lekan jomak'-n'uiak' ko ja.rur.a ona la.git' mit' Maejiu koren D.aktar Israt Jahan meneda latarre n'um uduk'en jomak'ko jom-n'ui ja.rur.a:

## **PHOLIC ACID**

Hamil hor.mo reak' pa.hil 13 hapta re Folic Acid a.d.i ba.r.ti ja.rur.a. Foloc Acid do ho'ok' kana mit' lekan Bhit.amin B. Pa.hil thor.a haptare tinre lac'ren bhut.ak' gidra. nost.ok' reak' jhuki tahena unre sut.hik lekate Folic Acid hatao se n'am do amdaj 70% komok'' kana Onate nia. oktere D.aktarak' solha lekate sut.hik dharate folic Acid n'am babotre onkan jomak' do di hilok' reak' jom-n'ure dohoe ja.rur.a, jeleka: Bele,Badam, Bhut. dal, Ma.sri dal, komla nimu emanteak'

## **AIRON**

Abo disomren Maejiu koak' hor.more Airon reak' okulan. do a.d.i ba.r.tige n'elogok' akan, ar ona do d.her kaete do ato or.ak' korege n'elok' kana. Airon reak' noa okula.n do hor.moren gidra. t.hen O'gen do t.hik leka ban' set.erok' kana. Ona ia.te lac'ren gidra. do a.d.i napaete bae hara dar.eak'a ar ja~ha~tis do somoe a.uri rege se gidra a.uri pura.uk' regeye janam dar.eak'a. Onate noa oktere okakore airon menaky onkanak' jomak' jeleka:Palon ar.ak',sim jel,Bhut., Khijur,kaera emanteak' dinhilok' reak' jom-n'uiak' dohoe ja.rur.a. Disa. dohoe ja.rur.a ar.ak' sakam kore do joto khon bhage airon do n'amok'a. Ona chad.a ho~ hor.more airon ba.r.tiy la.git' bhit.amin B menak' onkan jomak' jemon: nimu, komla nimu, amloki, a.n'gur,apel emanteak' jom ja.rur.a.

## **ZINK**

Hor.mo reak' kos se ka.t.ic hor.mo ha.t.in' benaok're zink do

a.d.i ja.rur.a. Mit.t.en hamal hor.mo maejiu la.git´ dina.m din 11 ml zink reak´ ja.rur. menak´a. Onate nia. oktere D.aktarak´ solha lekate zink tablet. jom reak´ ja.rur. menak´a.

## CALCIUM

Hamal hor.mo okte lac´re gidra.wak´ jan´ ar d.at.a benaok´re calcium do a.d.i ja.rur.a. Gogo hor.more calcium reak´ okula.n hoelen khan gogo hor.mo reak´ jan´ khonak´ gidra.la.git´ calcium do purunok´ kana ar onkate gogowak´´ hor.mo reak´ ho~ calcium okulanok´a ar onkate a.d.i muskil hoe dar.eak´a. Onate Gogola.git´ nia. oktere calcium n´amok´ onkan jomak´ jeleka:Toa, dahe, sakam kopi, d.her.os,ka.t.ic´ hako,palon ar.ak´,loam,bele, emanteak´ jomak´ a.d.i a.d.i ja.rur.a. Noa okte calcium sirja.u la.git´te bhit.amin D ja.rur.a onate mit.´t.en gogo se maejiu dina.m setak´re komse kom 10-15 minit. seton´re bhija.u ocoe hoyok´a. Haml hor.mo oktere D.aktarak´ solha lekate 3 cando calcium jomak´ sa~o sa~ote 1000 ml calcium ran jom ja.rur.a.

## OMEGA-3 FATTY ACID

Omega-3 fatty acid do gidra.wak´ haraburuk´ ar snayu tontro se dik´sa. dar.e benaok´re a.d.i gor.oe emok´a. Gidra. hor.more hec´en khonge Omega fatty acid judie n´am lekhan gidra. pa.r.ia.re a.d.i mon´j me~t´ reak´ sapha n´en´el dar.e ar ror. dar.eak´ reak´ dar.e do axdxi monyj ar napaetege benaok´ taea. Onate noa oktere fatty acid n´amok´kan jomak´ sa~o sa~ote D.aktarak´ solha lekate jomak´ko hatao jom ja.rur.a, Ona chad.a ho~ gidra. hor.more hec´en tayom 3 candore Vit.amin A D C tahenkan jomak´ko jom a.d.i ja.rur.a.

## Prot.in Jomak´ko

Nia. oktere Gogowak´ amdaj 70-100 gram prot.in jomak´ a.d.i ja.rur.a, Onate prot.in jomak´ metak´me: Bele,jel, Hako ar da.l emanteak´ jom ja.rur.a.

A~s menak' ak' jomal'ko:

Noa oktere t.and.ite kosak' do a.d.i sa.ri.ak' katha kana,  
Onate noako muskilanak' khon aosanok' la.git' jemon: arak'  
caole, but., ha.ria.r. mot.or, jond.ra, ar.ak' sakam eman jom  
hoyok'a. Ona chad.a ho~ hamal hor.mo oktere a.d.i ba.r.ti  
ba.r.ti dak' n'ui ja.rur.a.

Cet' cet'ko baron se ban' jom ja.rur.a:

Hamal hor.mo oktere mon'j taken la.git' okako njomak' jom  
ja.rur.a, onkage okako jomak' baron se ban' jom ja.rur.a ona  
ho~ bad.ae taken ja.rur.a.

- Hamal hor.mo oktere ca se kophi do a.d.i kom n'ui  
ja.rur.a, ente noa ko a.d.i ba.r.ti n'u lekhan hor.moren  
gidra.ba.r.ic' dar.eak'a.
- Noa oktere Jalapuriren hako jom do baron gea, ente nook  
jalapuriren hako redo a.di ba.r.ti parod menak'a ar  
onatela.c'ren gidra.wak' bohok' hatan' reak' gor.honre  
badhae hoe oco dar.eak'a.
- Noa oktere adha teke bele jom do ekalte barongea, noa  
okte mon'jte ban' isin jomak'ko jomlekhan hor.moren  
ja.li gidrawak' kuskil se ba.r.ic' ho~e ba.r.ic'  
dar.eak'a. Onate noa oktere sanam lekanak' ar.ak' sakam  
se joto lekan jomak' ko a.d.i a.d.i mon'jte isin kate  
jom ja.rur.a.

NB: Mon'jte taken la.git'te jaoge cando cando D.aktarak' solha  
hatao do a.d.o a.d.i ge ja.rur.a.

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**“So\_no\_tiak' So\_no\_t DuLa\_r.”**

D.oman do\_ra.put' parko\_mre\_gitic' ar lutur bit'kate ho~r.o~ ho~r.o~

jha.lre\_seren'e\_an'jo\_m n'ame\_da. Mon'jte\_an'jo\_m la.git' tho\_r.ae kot.ko\_t.oe\_na. Pust.a.uteye an'jo\_m n'amkeda seren' do\_are\_thir hape\_ye\_na. Seren' do\_nonkage-

O\_ka cando dibi hoyok'

O\_ka cando ka.li

O\_ka cando raj ra~s do\_.

Bale\_muluk dibi ho\_yo\_k'

Ambas re\_do\_ka.li

Kuna.mi re\_raj ra~s do\_.

Hudis re\_ye\_par.aoe\_na, ce\_dak' bae guna.no\_k'a; e\_nte\_dibi unumok' laha dinrege D.oman re\_n sadhe\_r gate kor.a Sushil ar So\_no\_ti ta.kinak' bapla do\_jail (hajot) dua\_r rege ho\_yo\_k' la.git' High courte hukumle\_t'a. Hukum le\_t'ae bapla re\_ak' so\_mbat ho~ je\_mo\_n High court mit' ma.hina bhitri re\_ko bad.ae ocoye\_.

Ba\_rin t.ot.ha re\_ak' ato kumba\_t.olare\_n kur.i kor.a Sushil ar So\_no\_ti. Ra.si ato kana, jo\_to\_kote\_ amdaj 200 (bar sae) gharo\_n'j santal ho\_po\_nko giroba.si akana. Ato khon ond.ok to\_rage d.he\_na ma\_chi bajar ar primary school me\_nak'a. No\_a kumba\_t.o\_la primary & High school khonge Sushil met.tik pass tayo\_m mo~r.e~ bochor tayo\_m So\_no\_ti do\_e pass le\_da. Mit' t.o\_lare\_n kin tahe~\_kante\_ Sushil do\_gate kor.a ko sa~ote\_ ar So\_no\_ti ho~ ac're\_n gateko sa~ote\_hilsa.hako le\_ka lo\_bo\_e lo\_bo\_e ko hijuk' calak'kan tahe~\_kana. Sushil do\_jaoge So\_no\_ti go\_r.o\_ae kurumut\_u akada, ar no\_nka no\_nkatege tin reco\_e dula\_r. kede bae bad.ae dar.e\_ada! Mit' din bae n'e\_l le\_khan jiwire\_mo\_n'j bae a.ika.ua. Ac' school khone ond.on'e\_n reho~ So\_no\_ti do\_hir.in'ge bae hir.in' dar.e akadea. So\_no\_ti ho~e se~r.a idik' kante\_mit'din bae sahaole\_t'te\_ Sushil do\_ac'ak' o\_nton\_r reak' koko katha la\_i so\_do\_r adea. Pa\_hil an'jo\_mkate\_ So\_no\_tiak' gunt.hi ar lut.i kin do\_bo\_to\_rte\_bogete\_lar.aole\_na. Sushilak' dula\_r. re\_ak' katha an'jo\_mkate\_ So\_no\_ti do\_mo~r.e~ sin' mo~r.e~ n'inda. bae ja.pit' dar.eak' tahe~\_kana.

So\_no\_ti ar Sushil do\_ho\_rte\_calak're\_, bajarte\_calak're\_, ka\_mi\_kisnite\_calak'reho~ghane\_ghane\_kin n'apamok'kan tahe~kana. Unkinak' be\_bo\_harko n'e\_lte\_ D.oman do\_gate\_te\_ye\_husia\_r le\_de\_gea, Sushil pasec' bam bujha.ue\_da, ato ga~otare\_n jo\_to\_ho\_r.ge So\_no\_ti so\_n'ige amak' dula\_r. so\_mpo\_k do\_ko n'am akada. Dula\_r. re\_ye\_unum akan Sushil do\_D.omanak' katha tho\_r.a ho~bae he\_tawat'tahe~kana. Sa\_rige So\_no\_ti ar Sushilak' dula\_r. re\_ak' jo\_So\_no\_tiak' ho\_r.mo\_re\_ n'e\_l n'amena. So\_no\_ti re\_n go-baba kin n'e\_t'ena, ke\_kle\_se\_t' e\_nte\_ ato ma.n'jhi t.hen kin da\_r. idiket'a. Ato ma.n'jhi do\_jo\_to\_an'jo\_mkate\_ac'ren jo\_g ma.n'jhi, paranik arko\_e ho\_ho\_ak'koa; an'jo\_m bar.akate\_kulhi dur.up' ho\_ho\_lahare\_kor.a ko kuli kedea He.nda ba.bu am do\_So\_no\_tim dula\_r.ede kana se ban'!

Sushil do\_e ro\_r. rua\_r.at'koa, So\_no\_ti so\_n'ige do\_in'ak' ja~ha~nak' so\_mpo\_k' do\_ba\_nuk'tin'a. Ma.n'jhi har.am do\_e me\_ngo\_t'ke\_da, ce\_kate\_ba\_nuk'tamam me\_ne\_da? Ato ga~otare\_n hud.in' khon har.am bud.hi hor. ho~ko la.ie\_da, am do\_So\_no\_ti so\_n'ige ulue gutue e\_m tahe~kana. Sushil do\_e me\_nke\_t'a, he~ do\_he~ ge, to\_be\_ ja~ha~n mo\_n do\_ba\_nuk'tin'a, ar ce\_dak' ban' tahe~n tin' in' do\_So\_no\_ti in're\_n mise\_ra le\_kan' ohmaedea. Jo\_g ma.n'jhi do\_e\_kale\_to\_ras ke\_t'te\_ye\_me\_tadea, Sushil ba.bu ce\_t' am do\_ale lo\_r.o\_m benaot'le\_a, co\_t'te\_ud.a.uk' ce~r.e~ kole\_ n'e\_l t.hike\_t'koa, ar amak' urga\_n do\_bale\_bujha.ue\_t'a! Amge So\_no\_ti do\_m bha\_rti ho\_r.mo\_akadea! Baba le\_k jo\_g ma.n'jhiak' no\_nkan katha an'jo\_mte Sushil do\_e\_kal hape\_ geye tahe~\_ye\_na.

Aema aema katha ko ro\_r. bar.ake\_t' tayo\_m muca.t're\_ Sushil ko kulikedea, ce\_t' to\_be\_ So\_no\_ti so\_n'ige ge amak' bapla do\_le\_bo\_ndo\_bo\_sa! Thir do\_thirgeye tahe~\_ye\_na me\_nkhan bo\_ho\_k' do\_bae d.ubuk' le\_t'te\_kulhi dur.up' ko go\_t.a ke\_da. So\_maj re\_n mo~r.e~ hor.ak' katha\_e be\_bataoke\_t'te\_ So\_no\_ti do\_court re\_ye\_mambla ke\_da. Go-baba sa~ote\_ ato ga~otare\_n ko ho~ court re\_ko ten'goye\_nte\_ Sushilak' do\_jabot hajot (jail) re\_ak' ha\_kim do\_e hukumke\_t'a. Ka\_idi o\_r.ak' te\_to\_l kate\_ ko idikedea, haere dula\_r.ia. Sushil, tho\_r.a me~t'dak' jo\_ro\_k' tuluc' ge So\_no\_ti se\_c'e ko\_yo\_k'ke\_t'a, Katha ban' ho\_ele\_n re\_ho~ o\_nton\_r jiwi do\_dhuk dhuko\_k'

e\_ho\_p'entaea. Hajot (Jail) re\_ak' to\_no\_l re\_ tahe~n tina.k' suk me\_nak'a, Sushil do\_ mo\_n'j te\_ ye\_ at\_kar akada. Mo~r.e~ bo\_cho\_r tayo\_m ge Sushil do\_ kho\_bo\_re\_ ko\_l ke\_da ma ja~ha~ le\_katege hajot kho\_n do\_ or ond.okin'pe. Ukil mukta\_r ar a\_kilan ho\_r.koak' po\_ramo\_ste\_ bad\_ayena e\_ke\_n So\_no\_ti baplaye\_ chad\_a do\_ Sushil hajot (jail) khon chad\_ao bae n'ama.

So\_no\_ti do\_ gidra\_i n'amana, me\_nkhan mo\_ne\_ jiwire\_ duk do\_ he\_d.e\_jo\_k'tege tahe~\_ye\_na. Gidra\_ do\_ o\_ko\_e pa\_rise e\_maea? Baba ho\_po\_nak' bica\_r re\_ le\_k bica\_r bae n'amle\_t' re\_ho~ ato ga~otare\_n kodo\_ bako dea gid\_i ledea. Go-babawak' bo\_ho\_k're\_ hamal bo\_jha do\_ d.he\_rge hamale\_na. So\_no\_tire\_n kor\_a gidra\_ do\_ tehen' school calak'e\_ e\_ho\_p' akada.

Sushil re\_n go-baba do\_ e\_kal asok' t\_ayo\_k' So\_no\_ti takoak' o\_r.ak'te\_kin n'ir he\_c'ena. Ce\_dak' je\_, So\_no\_ti baplak'e\_ ra\_mja\_ule\_n khange Sushil do\_ hajot (jail) khone\_ ond.o\_k' dar\_eak'a. Haere sirjo\_n manwa tho\_r\_a din lahage dula\_r\_ re\_ak' ba\_r.ic'te\_t' ar ban' la\_iago\_k' katha do\_ pasnaole\_t'a ar tehen' do\_ jo\_to\_ dea ba\_gikate\_ atan'e la\_git' banar tiko laha akat'a! So\_no\_ti ac' go-baba ar mo~r.e~ mukhia\_ ko bad\_ae ke\_t're\_ kur\_i So\_no\_ti ko ne\_ho~radea, kor\_awk' na~wa~ jin'gi ar gidra\_wak' tayo\_m daram bha\_la\_i hudis kate\_ Sushil baplaye he~k'ke\_da.

Bo\_cho\_r din paro\_mre\_ dibi he\_c'le\_n khange D\_oman do\_ Sushil ar So\_no\_tiak' dula\_r\_ re\_ak' kathae ro\_pha rua\_r\_a. So\_no\_ti-Sushil re\_n kor\_a se\_c'e\_ be\_n'ge\_t' le\_re\_ D\_oman do\_ So\_no\_tiak' so\_no\_t dula\_r\_ ge\_ ye\_ n'e\_l n'amakat'a.