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´laoic´ doe tahe˜na. Cak´laoic´ 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 bhorao 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. Onategе bhap ar dhu˜a.˜ od.okok´a. Tayom uta.r kandhare do ta.k´nkhiyic´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.ao 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 Ingra.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.ao 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 akoa.

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´ Bebenaoic´ 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 Ban̓ Hoyok´ Reak´ Da.bi te Tin̓godaram 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 ban̓le ka.mia. Aleak´ noa la.r.ha.i se dan̓ga do_ a.gil- hapr.amkoak´ sompotti rua.r. hataojon̓ rean̓ 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_ aleye 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 maran̓ 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, Maraṅ 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 reaṅ benar ante bo_do_bo_s akan ba.isi se_ sabhare Rajshahi, Naogan, Dinajpur ar Gaibandha t.otharen a.diba.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´ maraṅ hudis-cinta. hoeakana. Noa pea cas- abad jumire a.d.i uta.r jo_mak´ upja. kana. Sahebgonj Bagdah farm reak´ noa jumire EPZ baṅ 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.oṅ d.oṅ catom leka do cet´ dare kan baṅ! 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 ban̓ har.amak´ do cot. sec´ge sojhekok´a.

Ban̓ 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 en̓gat 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 ban̓ sea akan khan.

Tale sakamte biniko benaoa, ar pa.t.ia. ho˜ko galan̓a. Gidra..ko do pepr.e˜t´ ho˜ko benao enec´a, ar sad.e ho˜ beja˜eko ocoea. Cet´ leka sad.ea? Pe˜… se ban̓? Sakam goc´len khan sahan la.git´ko tiok´jon̓a. Sakamte ja˜ha˜tis bagwan ho˜ko et.eda ar kumba. ho˜ko daba. Jo ho˜ ban̓ 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 holon̓ 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´ jan̓em 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_n̈ge_c´ ho_r. bako a.krin´le khan ma din gujra.n ban̈ 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 onkakoa. Ado_ khange mit´ dhao do_ mit´t.en ke_˜ot.a maran̈ 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 ten̈gonme. 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.aegea, 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.ka.n´me bar.e_. Ja˜ha˜ hilok´ in´ a.guleko khan do_ unre do_n´ emamgea, o_ho_n´ e_r.e_mea; me_nkhan nia. dhao do_ ika.ka.n´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.hen̈ga 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 bhan̈gaoan´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. Ado̱e metalea, Noa jinis tina̱k´ damok´tape, ona reak´ adha dam eman´pe, e̱nḏe̱khan in´ bo̱lo̱ ocoapea. Onkae metalea; ado̱ adha damle go̱k´aea, to̱be̱ e̱ne̱c´ am ṯhenle bo̱lo̱ dar̤eak´ kana. Ar tehen´ ho̱˜ adha dam a̱urin´ go̱k´ae ha̱bic´ do̱ bae bo̱lo̱ ocoan´ kan tahe˜kana, onate onka do̱n´ dam akadea; mit´ sae ṯhen̈gam dallin´ khan, e̱nḏe̱khan ona reak´ adha, bar isi ge̱l ṯhen̈ga do̱ unim dalea.

Khange ado̱ noa kathae an´jo̱m cabaket´ khan, raj do̱e ran̈gaoente uni sipa̱hige mit´ sae be˜̱te dalkedea, ar ca̱kri khon ho˜̱e barkhas uta̱rkedea.

Tuma̱l- Santal Folk Tales

Tesar Ar Ponak´ Kelas Ren Pa̱ṯhua̱ Gidra̱koak´ Kelas Do̱ Haptare Bar Din

Darakan Sunibar (2 October) kho̱n primary reak´ tesar ar ponak´ kelas ren pa̱ṯhua̱ gidra̱koak´ haptare mit´ din bo̱do̱lte bar din kate kelas hatao hoyok´a. Na˜wa˜ somoysuci lekate, tesar kelas ren pa̱thu gidra̱koak´ kelas do̱ Robibar ar Lukhibar, Ar ponak´ kelas ren pa̱ṯhua̱ gidra̱koak´ do̱ Sunibar ar Budhbar kate kelas hoyok´a. Budhbar (29 September) Prathomik sikkha odhidoptor do̱ na˜wa˜ somoysuci do̱e so̱do̱r akada.

Ina̱ chaḏa ho˜ Mon̈golbar do̱ pa̱hil kelas ren ar Sombar do̱ dosar kelas ren pa̱thua̱ gidra̱koak´ kelas hoyok´a. Mo˜r̤e˜ak´ kelas ren pa̱ṯhuakoak´ do̱ lahate lekage din hilok´ kelas hoyok´a. Mo˜r̤e˜ak´ kelas ren pa̱thua̱koak´ do̱ ṯifin tayom hoyok´a. Ar eṯak´ kelas ren pa̱ṯhuakoak´ do̱ setak´ bela kelas hoyok´takoa.

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 phaysiotherapy consultant Umme Sayla Rumki. Din hilok´ tar.am lekhan kor.am reak´ rua., Diabetes, jan˙ khoy (Osteoporosis) rog rean˙ jiwi ko_t.o_k´ ko_m n´o˜_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.herge, onkoko ho˜ tar.am e_hob lahare stretching kate, jel reak´ sir jira.u n´o_˜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´o˜_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

Meskoc´

Meskoc´

(3)

Raja ar Montri kin galmaraoeda,

Raja: Onko do̲ ko okoe kana je, in´ak´ SMS reak´ ro̲r̤ rua̤r̤ bako e̲ma̤n´ kana.

Montri: Ma̤lik, noko do̲ hoyok´ kana onko cut̤hia̤ ho̲r̤ okoe do̲ akoak´ or̤ak´re se̲n̈ge̲l lagaolenre phayar sarbhis ren ho̲r̤ t̤hen Miss kol ko e̲m.

(4)

Mit´ din up´ get´ la̤git´ ac´ren gidra̤ la̤pit´ t̤hene idi akadea,

La̤pit´: Cet´ lekan´ ged tama ba̤bu?

Gidra̤: In´ baba leka, cetan sec´ do̲ je̲mon phaka tahe˜n.