

# Be\_batao

Pipra\_ ato talare\_ a.d.i maran' mit't.e\_n pukhri menak'a. Ona pukhri ber.haetege ona atore\_n ho\_r. do\_ko bo\_so\_t akana. La.t.u kho\_n ka.t.ic' jo\_to\_ ho\_r.ge ona pukhrire\_ko paerak'a ar kic'ric', t.ukuc', celan', emanteak'ko saphaea. Pukhri purub ar.ere\_ Sa.gun ar Ba.jun takowak' or.ak'. Sa.gun ba.buwak' umer do\_ 6 serma ar Ba.junak' do\_ 4 serma. Ne\_s kho\_nge Sa.gun do\_ iskul calak'e\_ e\_ho\_p' akana, ar Ba.jun do\_ or.ak'regeye\_ gate bar.aea. Unkin ac' go\_go\_ baba do\_ pa.t. ka.mikin ka.mia. Dina.mge unkin do\_ Ba.jun do\_ho\_ ot.okate\_ ka.mikin calak'a, Ka.mi calak' lahare\_ unkin ac' go\_go\_ do\_e mana ka.kina, ma.t ma.t pukhrire\_ paerak' alo\_ben calak'a.

Mit' athwar hila.k' iskul chut.i tahe~\_kante\_ Sa.gun do\_ or.ak' regeye\_ tahe~\_kana. In hila.k' setak're\_ ka.mi calak' lahare\_ ac' go\_go\_ do sa.gune\_ bakhe~\_r. ot.oadea je Ba.june\_m n'e\_l do\_ho\_yea ar eskar eskar pukhrire\_ paerak' alo\_m calak'a.

Tikin o\_kte\_ unkin do\_ bahre\_re\_kin gatek'kan tahe~\_na, un okte\_ atore\_n la.t.u gidra.ko pukhrire\_ko paerak'kan tahe~\_na, onko n'e\_lte\_ unkin ho~\_ paerak' sanake\_t'kina. Onate\_ unkin ho~\_ pukhri mit' ar.ere\_ d.a.bra.k' la.git'kin phe\_d.ena. D.a.bra.k' d.a.bra.k'te\_ tinre\_co\_ Ba.jun do\_ dak're\_ ye\_ unum at'ena. Sa.gun ac' boeha bae n'e\_l n'amledete\_ a.d.i a~t.e\_ bo\_to\_rena ar hape hapete\_ dak' kho\_n rakap'ate\_ or.ak'e\_ calaoena. Ac' go\_go\_ ta.kin do\_ tikin or.ak' rua\_r. kate\_ Ba.jun ba.kin n'e\_ln'ame kante\_ Sa.gunkin kulikedea uni ho~\_ bae la.i le\_t'te\_ dha~or.a~ dha.~ur.i~ sendrakin e\_ho\_p'ena. Me\_nkhan okare\_ ho~\_ ba.kin n'amledea.

A.yup' bela atore\_n mit't.e\_n maejiu do\_ pukhri ghat.re\_ tha.ri gasao se\_nkate\_ n'e\_lkedae je Sa.gun ba.bu ma dak're\_ ye\_ campel akan. Ona n'e\_lkate\_ uni do\_ ka.uma.u o\_ho\_e e\_ho\_p'ena. Ka.uma.u an'jo\_mkate\_ ato t.olare\_n jo\_to\_ ho\_r.ko jarwaena ar dak' kho\_n ko owar rakap' a.gu kedea. Nia. tayo\_m kho\_n Ba.jun do\_ ar tisho~\_ ac' go\_go\_ baba ta.kinak' katha bae be\_bataoa.

**Tuma\_l: An'jo\_m jo\_n' ja\_r.**

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# Suluk laḡit' kāmī

Dhḡrti reak suluk do\_ jḡt, dhorom, raḡgao, ḡri-ḡaliko reak' begarko ba\_ḡikate dhḡrtiren sanam manwako talare suluk, boeha ar be-jḡruḡḡ ḡri-ḡali kana. Noa do eken laḡḡai baḡ taken reak mane do baḡ kana, bickom manwa ḡidari, ḡri-ḡali, sikhḡḡ, ar ḡri-ḡali hotete sanam lekan laḡḡai ar be-sḡritet' ko cabae ar sḡriak ar ḡdi raḡka dhḡrti benao reak ja\_rur\_ kana. Noa kāmī purḡu laḡit' mit' maran' jeḡeḡ'riḡri sa\_ota lekate\_ kāmī kana ar jao serma 21 september hilok jaha\_re\_ jḡt paḡsi din manaet' kana.

Kobi Jibanananda Das do\_ ḡdi din laha aḡak po\_ro\_b re\_ye\_ o\_l akada je dhḡrti re\_ suluk do\_ baḡuḡa. Onka leka ar ho ar mit kobi doe ol akat tabona; "iḡ thakao akan atma kanaḡ, jiwī sagar saḡge thir akana, Naḡor ren Banalata Sen do bar dhao suluke emkeda" – 'Banalata sen' ponoy seḡ khon.

UN Secretary General ak office khon: O\_kte\_ re\_ ḡdi jḡruḡ gea je, ḡdi jḡruḡ okte re\_ sanamkoge sḡriak laḡit' ko kurumḡueda.

Dhḡrti reak ḡdi utaḡ kāmī ko talare jion ko deḡga aḡkar idik kana, ḡidrḡkoak kāmī ko deḡga aḡkar idik kana ar laḡḡai reak kai ar dher kāmī ko talare manwa koak asol ḡidari ko deḡga aḡkar idiet' kana. – UN ren maraḡ saḡḡia aḡḡonio guḡerres

Nit' do\_ sḡriak dhḡrti laḡit' kāmī me," Onka leka tehen' do **National Agency for Green Revolution** ak' a\_yur ar hohote **Mennonite Center Committee Peace building** ak' gorote 50 mo\_r\_e gel hor\_ko sohor set\_er lena. A\_d\_i daman kathako la\_i sodorre selet'ko tahe\_kana manotanko. Entet' got\_a dhḡrti, 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\_ḡit' a\_d\_i daman kathate sanamko sontor ocoket' koa. Banḡladisom

re suluk a.gui la.git' a.d.i a~t. doe ka.mi kana National Agency for Green Revolution. Ba.rti doe ka.mi kana; Hor.mo ha.t.in'ko niropon dohoe, Sikhna.t, A.ri-ca.liiko 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 **'larhai 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. Laro, muskil, larhai, larhai, etak' etak' kami hotete cet' ho muskil do ban solha dareak'a, barea dharti larhai 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 kami ko kami ocoe lagit' adi jarurak' kami ko kami ocoe reak' ko goṭa keda. Ona chad.a uni do\_ nit okte reak' somaj kore barić patiau, haṭiñ ar patiau ari-çali reak jarur menak'a mente note kate, sariak ari-çali lagit' usarate laha idi lagit' adi aṭ kami lagit'e hoho keda. Uni doe meneda, suluk do\_ nisai ari do\_ bañ bickom monsuba ar kami reak jo kana. Onate uni do\_ dharti reak sanam jaega kore calao akan paryavaran reak' muskil ko adi jarur menaka, sariak' ari-çali ko bañcao ar manwa aḍari ar aḍari ko adi jarur menaka menteye la\_i keda.

1945 sal khon UN reak sariak kamiako (China, France, Russia, United Kingdom ar America) do laṭhai se jarurak kami begorte apnar ar jṭ parsi reak jarurak ko sadhin lagit' ko goṭa akada. Ona chad.a hõ disomko do\_ ona tayom khon aema lekan laṭhai re ko bolo akana. Noa aḱil do\_ pahil haṭiñ laṭhai tayom adi jarurak' kana, ona reak' jo\_ do\_ hoyok' kana United Nations. Noa do mit'ten jṭ dhorom ari-çali reak ari-çali kana, oka do dharti reak juda juda disom ar jṭ ko talare suluk, mit'ten ari-çali, bujhau ar gatek lagit' te benao akana. Dosar haṭiñ laṭhai tayom ona reak aḍari lekate United Nations benao rakaṭena. United Nations do\_ dharti reak pahil antar-sarkari saṅota kana oka do\_ nit haḱiç dharti reak sariak sariakte dohoe reak adi jarurak kami ko purau akada. Dharti reak suluk do\_ jṭ, dhorom, raṅgao, ari-çali begor baḍae kate dhartiren sanam ho\_ṛko talare menak' suluk, boeha ar be-jarurak ari-çali kana. Noa do eken laṭhai begor rajyo\_ reak mane do\_ bañ kana, menkhan manwa aḍari, ari-çali, sikhnat ar ari-çali hotete sanam lekan laṭhai ar ari-çali ko caba kate sariak ar adi raṣka dharti benao reak ja\_rur\_ hõe so\_do\_ra.

Noa kami purau lagit' United Nations do mit' jaruran jṭ parsi ari-çali lekate kami kana ar jao serma 21 september hilok jṭ parsi din do manaok kana.



**Dhṛti**

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

**Laṛao ar laṛḥai khon baṅcao akan rajyo\_:** Dhṛti reak suluk do sanam laṛḥai ar laṛḥai ko mucat' laḡit' kana, okaṭak re jāhān ṇḍi baṛiṇ se ṇḍi baṛiṇ kami do baṅ tahena.

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

**Manwa hok lekako baṅcaok':** Sukhi somaj re sanam hoṛak ṇḍi jaṛuṛan hok ar saḡhintet' ko saḡbit dohoe do dhṛti sukhi reak ṇḍi jaṛuṛanak' haṭiṅ kana.

**Lahanti ar sthapanak':** Dhṛti reak sthapanana reak ja.rur. do hoyok kana ḡarko ḡahar ṇḡu, sikhṇat ar ṛi-ṇali reak uskur, ar raja.ri sthapanak' hotete mit'ten ṇḍi uskur ar sthapanak' dhṛti benao.

**Dhṛti reak suluk ṇam laḡit' moḡotanak' bhumika:** United Nations (UN): Dhṛti laṛḥai reak ṇḍi baṛiṇ kami khon sikhṇat ṇam kate dhṛti reak saṛiak ar saṛiak dohoe laḡit' kami kana. Noa do juda juda diso\_m kore saṛiak benao, laṛḥai ko khon baṅcao, ar manwa ṇḍari ko rukhiṇ reak ṇḍi 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 d'ahē akan ayurko ar onkoak' suluk reak' kathako men akadaa oka tēdo\_ape ko udgau pe nama mente as in' dohoeda.

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## Sona Reak' Phosol

Mit' atore mit't'en 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.uyente 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.auente 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' Gołpo

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 calaoena. 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.