Be_batao

Pipra. ato talare_ a.d.i maran̓ 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´, celan̓, 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´kate_ 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_n̓ ja.r.

Suluk lạgit´ kạmi

Dhạrti reaḱ suluk do jạt, dhorom, rạṅgao, ạri-cạliko reak´ begarko ba.gikate dhạrtiren sanam manwako talare suluk, boeha ar be-jạruṛaḱ ạri-cạli kana. Noa do eken lạṛhại baṅ tahen reaḱ mane do baṅ kana, bickom manwa ạidạri, ạri-cạli, sikhnạt, ar ạri-cạli hotete sanam lekan lạṛhại ar be-sạritet´ ko cabae ar sạriaḱ ar ạḍi rạskạ dhạrti benao reaḱ ja.rur kana. Noa kạmi puṛạu lạgit´ mit´ maran jegeṭ'riạri sa˜ota lekate kạmi kana ar jao serma 21 september hiloḱ jaha□re jạt pạrsi din manaoet´ kana.

Kobi Jibanananda Das do ạḍi din laha aćaḱ po.ro.b re.ye o.l akada je dhạrti re suluk do bạnuḱa. Onka leka ar ho ar mit kobi doe ol akat tabona; "iń thakao akan atma kanań, jiwi sagar saṅge thir akana, Nạṭor ren Banalata Sen do bar dhao suluke emkeda" – 'Banalata sen' ponoy seć khon.

UN Secretary General aḱ office khon: O.kte re ạḍi jạruṛ gea je, ạḍi jạruṛ okte re sanamkoge sạriaḱ lạgit´ ko kurumuṭueda.

Dhạrti reaḱ ạḍi utạr kạmi ko talare jion ko ḍeṅga aṭkar idiḱ kana, gidrạkoaḱ kạmi ko ḍeṅga aṭkar idiḱ kana ar lạṛhại reaḱ kại ar ḍher kạmi ko talare manwa koaḱ asol ạidạri ko ḍeṅga aṭkar idiet´ kana. – UN ren maraṅ sạkhiạ anṭonio guṭerres

Nit´ do sạriaḱ dhạrti lạgit´ kạmi 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 dha.rti, disom, somaj, gharon´j, juri-pa.ri, boeha ko talare be-suluk do calak´ kana. Noako be-suluk khon od.ok se sontor tahen 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 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.liko sa˜ohai ar sanam lekan lahanti ka.mi doe ka.mi idiet´ kana.

2025 serma reak´ sukhi hapta re sukhi benao, lahanti ar rukhiạ re_ jọpọṛ.ao re_ dhean emok' kana. september 21 Sombar khon George Mason Jamiạt reaḱ Jimmy ar Rosalynn Carter Iskul reaḱ sạriaḱ ar jạṛuṛaḱ kạ.mi lạ.git´´ "Sạriaḱ benao, udgạ.u, ar sạriaḱ kạ.mi lạ.git´´ ạ.ḍ.i jạ.ruṛ.aḱ kạ.mi" ńutumte 2025 sal reaḱ sạriaḱ hapta reaḱ kạ.mi ko calaoeda.

Goṭ.a dhạ.rti re aema lekate noa din manaoḱ kana. Noa serma reaḱ motlob do_ hoyoḱ kana 'Sạriaḱ lạ.git´´ kạ.mi: Global Goal lạ.git´´ aboaḱ as'. Noa din do 1981 sal khon manaoḱ kana. Sanam serma khon noa din do New York reaḱ UN reaḱ mukhiạ oṛaḱ re 'Peace Bell' jom katet´ noa din ehobok´ akana. Noa gạ.ḍ.i do disạ. ocoet´ kana je **'lạṛhại reaḱ jo do manwa koaḱ gujuḱ kana'**.

Ona chaḍa gạḍi ṭhen roḍ re 'D.her din hạ.bić sạ.riaḱ globa peace' noṅkan sombad hõ English te ol akana. Noa din do disạ. ocoet´´ kana je, noa dhạ.rti do aboaḱ oṛ.aḱ kana, noṅka tahen lạ.git´´ do sanam ko sãote sạ.riaḱ, gateḱ, ar bhage monsubạ. te tahen hoyoḱ tabona. Ar oka dhạ.rti re suluk bạ.nuḱ'a ona dhạ.rti re abo do babon tahe daṛ.eaḱ'a. Onate bhage te jion khemao sanayet´bon khan dhạrti re suluk dohoe do ạḍi jạruṛ gea. Ona iạte noa din do_ manao hoyoḱ´ kana. Dhạrti re suluk dohoe lạgit´ okoe ko aema lekan kạmi ko kạmi akat´ se ko kạmiet´ kan onko do noa dinre ko disạ dohoet´ koa. Laṛao, muskil, lạṛhại, lạṛhại, eṭaḱ´ eṭaḱ´ kạmi hotete cet´ hõ muskil do baṅ solha daṛeaḱ'a, barea dhạrti lạṛhại do noage sodor akada je, ona do eken jion ar dhon reaḱ hạṇḍi, ar kạmi reaḱ ḍhertet´ ar ḍhertet´ do bạṛti idiḱ´ kana. Onate noa din do dhạrti re suluk reaḱ´ jạruṛ babot´ disạ ocoet´ bona.

Ona dinre UN ren maraṅ secretary António Guterres do_ sanam manwakoaḱ ạidạri lạgit´ ạḍi ãṭte sạriaḱ dohoe, jạruṛaḱ ko kom

ocoe ar jạruṛaḱ ko sạdhin lạgit´ ạḍi jạruṛaḱ kạ̣mi ko kạ̣mi ocoe lạgit´ ạḍi jạruṛaḱ´ kạmi ko kạmi ocoe reaḱ´ ko goṭa keda. Ona chaḍ̣a uni do_ nit okte reaḱ´ somaj kore bạṛić pạtiạu, hạṭiń ar pạtiạu ạri-cạli reaḱ jạruṛ menaḱ´a mente note kate, sạriaḱ ạri-cạli lạgit´ usạrate laha idi lạgit´ ạḍi ãṭ kạmi lạgit´e hoho keda. Uni doe meneda, suluk do_ nisại ạri do_ baṅ bickom monsubạ ar kạmi reaḱ jo kana. Onate uni do_ dhạrti reaḱ sanam jaega kore calao akan paryavaran reaḱ´ muskil ko ạḍi jạruṛ menaḱa, sạriạḳ ạri-cạli ko bańcao ar manwa ạidạri ar ạidạri ko ạḍi jạruṛ menaḱa menteye lạ̣i keda.

1945 sal khon UN reaḱ sạriaḱ kạmiạko (China, France, Russia, United Kingdom ar America) do lạṛhại se jạruṛaḱ kạmi begorte apnar ar jạt pạrsi reaḱ jạruṛaḱ ko sạdhin lạgit´ ko goṭa akada. Ona chaḍ̣a hõ disomko do_ ona tayom khon aema lekan lạṛhại re ko bolo akana. Noa ạkil do_ pạhil hạṭiń lạṛhại tayom ạḍi jạruṛoḳ kana, ona reaḳ jo_ do_ hoyoḳ kana United Nations. Noa do mit´ṭen jạt dhorom ạri-cạli reaḱ ạri-cạli kana, oka do dhạrti reaḱ judạ judạ disom ar jạt ko talare suluk, mit´ṭen ạri-cạli, bujhạu ar gateḱ lạgit´ te benao akana. Dosar hạṭiń lạṛhại tayom ona reaḱ ạidạri lekate United Nations benao rakaṕena. United Nations do_ dhạrti reaḱ pạhil antar-sarkari sãota kana oka do_ nit hạbić dhạrti reaḱ sạriaḱ sạriaḱte dohoe reaḱ ạḍi jạruṛaḱ kạmi ko puraụ akada. Dhạrti reaḱ suluk do_ jạt, dhorom, rạṅgao, ạri-cạli begor baḍae kate dhạrtiren sanam ho_ṛko talare menaḳ suluk, boeha ar be-jạruṛaḱ ạri-cạli kana. Noa do eken lạṛhại begor rajyo_ reaḱ mane do_ baṅ kana, menkhan manwa ạidạri, ạri-cạli, sikhnạt ar ạri-cạli hotete sanam lekan lạṛhại ar ạri-cạli ko caba kate sạriaḱ ar ạḍi rạskạ dhạrti benao reaḱ ja_rur_ hõe so_do_ra.

Noa kạmi puraụ lạgit´ United Nations do mit´ jạruṛan jạt pạrsi ạri-cạli lekate kạmi kana ar jao serma 21 september hiloḱ jạt pạrsi din do manaoḱ kana.



Dhạrti reaḱ suluk reaḱ aema lekan ạri-cạli:

Laṛao ar lạṛhại khon bańcao akan rajyo̱: Dhạrti reaḱ suluk do̱ sanam lạṛhại ar lạṛhại ko mucạt´ lạgit´ kana, okaṭaḱ re jãhãn ạḍi bạṛić se ạḍi bạṛić kạmi do̱ baṅ tahena.

Boeha ar mit´ṭen ạri-cạli: Dhạrti reaḱ sanam hoṛko talare mit´ṭen ạri-cạli, mit´ṭen ạri-cạli ar boeha ạri-cạli benao do hoyok´ kana.

Manwa hok lekako bańcaok´: Sukhi somaj re sanam hoṛaḱ ạḍi jạruṛan hok ar sạdhintet´ ko sạbit dohoe do dhạrti sukhi reaḱ ạḍi jạruṛanak' hạṭiń kana.

Lahanti ar sthapanaḱ: Dhạrti reaḱ sthapana reaḱ ja̱ruṟ do hoyoḱ kana ḍạrko ḍahar ạgu, sikhnạt ar ạri-cạli reaḱ uskur, ar raja̱ri sthapanaḱ hotete mit´ṭen ạḍi uskur ar sthapanaḱ dhạrti benao.

Dhạrti reaḱ suluk ńam lạgit´ mọhọtanak' bhumika: United Nations (UN): Dhạrti lạṛhại reaḱ ạḍi bạṛić kạmi khon sikhnạt ńam kate dhạrti reaḱ sạriaḱ ar sạriaḱ dohoe lạgit´ kạmi kana. Noa do̱ judạ judạ diso̱m kore sạriaḱ benao, lạṛhại ko khon bańcao, ar manwa ạidạri ko rukhiạ reaḱ ạḍi maraṅ kạmi kana.

Antarjatika din: Antarjatika din do jao serma 21 september hiloḱ manaoḱ kana, ona hotete antarjatika ar gateḱ reaḱ sombad

do dhạrti re pasnaoḱ kana.

United Nation do̱ 2025 serma do̱ jạt pạrsi ar biswạs reaḱ serma menteye jạhir akada. Noa resolve do UN ren maraṅ ạyurko hotete pasnao akana, ona reaḱ udgạu do hoyoḱ kana ạḍi jạruṛan galmarao hotete jạruṛaḱ ko sạdhin ar ạyurić disomko talare sạriaḱ ar biswas ko mońj ocoe.

Mahatma Ga.ndhi khon etohop´ katet´ Martin Luther King Jr., Dorothy Day khon Malala Yousafzai hạbic', no̱ṇde̱ dhạrti ren aema n´utum d.am d.ahe akan a.yurko ar onkoak' suluk reak' kathako men akadaa oka tedo̱ ape ko udgạu pe n´ama mente as in´ dohoeda.

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 n´amkok´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 n´amleda. 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 n´amok´a. Menkhan jumire ja˜ha˜n sona ho˜ ba.n´ n´amleda.

Ado ac´ ba.hu doe menkeda, Acha nia. dhao hor.o cas legaeme, sona do n´amteho˜ n´amok´gea. Khange uni hor. ac´ ba.hui menket´ lekage hor.o caskeda. Onkage ona hor.o dare ho˜ dinke din hara idiyena. Menkhan nit ho˜ ja˜ha˜n sona ge bae n´el n´amleda. 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, n´elme, jumi tina.k´

mon´j sona roṅte sajao akana. Noakangea alaṅak´ 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, baṅkhan phosol cas ohogem rebenkok´a.

Sikhna.t: ***Ka.mi lekhan bhage jo n´amok´a.***

Dha.rti Suluk Ma˜ha˜ Manotena Tanore re

At.hwar hilok´ (21 September) Rajshahi jila., Tanore upa.jila., Kolma union reak´ Dorgad.aṅga 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.uena.

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.aṅga 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.aṅga 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.

Ga̤i Gupi Kor̤a

Ei pahar̤ oi pahar̤

Uruni bon pahar̤ ga̤iem gupi,

Tite ga̤dujme, mocate golme

Gamcha hurla̤umelan̈ ond̤on̈ calak´.

Raj Ar Gã̤r̤ĩ Ak´ Golpo

Mit´t̤en Raj ren mit´t̤en gã̤r̤ĩ tahẽkana. Gã̤r̤ĩ do jaoge Raj t̤hene tahẽna. Mit´din mit´t̤en rõ ud̤a̤u hec´kate Raj ak´ tire durup´ena. Khange gã̤r̤ĩ do uni rõ lagaye reak´e kurumut̤ukeda, enrehõ rõ do ghane ghane rua̤r̤ hijuk´kan tahẽkana.

Ado gã̤r̤ĩ doe a̤r̤isente rõ goje reak´e got̤akeda. Gã̤r̤ĩ do rõ goje la̤git´ ac´ak´ talware ond̤on̈keda. Nia̤ dhao rõ do ud̤a̤u calaoente Raj ak´ mũre dur̤up´ena. Ado gã̤r̤ĩ do rõ cetanre ac´ak´ talware calaokeda. Menkhan rõ doe ud̤auena ar Raj ak´ mũ do ona talwarte bar ha̤t̤in´ena. Un khon joto hor̤ uni raj do “Mũ get´” Raj menteko hohoaea.

Sikhna̤t: ***Mit´t̤en a̤kilan gate khon lelha gate doe ba̤r̤ti botorangea.***

JOTO HOR̥ JISUKO KHOJE KANA

Mit´din ḁd̥i setak´ okte, n´ut tahe˜kanrege, Jisu do beret´ente mit´t̥en nicol jaegateye calaoena. Khan ond̥e do koejon̈e ehop´ena. Simon ar sa˜o-celako Jisuko n´ame kan tahe˜kana. Uni n´amkateko metadea, “Joto hor̥ko sendrayet´me kana.”

Jisui metat´koa, “Dela sor atokotebon calak´a, onakore ho˜ porcar sanayedin´a, ente ona lḁgit´gen´ hec´ akana.” Ar onkate got̥a Gḁlil disomreye porcarket´a, ar bhutkoe od̥ok gid̥iket´koa.

Co̥˜r̥e˜̥, Pḁuriḁ Ar Bedea Pḁrisrenko Ado̥k´kan Reak´ Katha

Co̥˜r̥e˜̥, Pḁuriḁ ar Bedeako do̥ ḁd kho̥ngeko ko̥mgea. Cetatko karo̥nte co̥n̈ Co̥˜r̥e˜̥ pḁrisren oka-oka gharo̥n´j do̥ et̥ak´ pḁristeko oyo danan̈akana. Ado̥ ako-ako do̥ aso̥l mḁila do̥ko bad̥aetakogea, e̥nte pḁrisko pheraoakat´re ho˜̥ Bon̈ga do̥ bako bo̥do̥lakantakoa. Onkage aema Besra gharo̥n´j renko ho˜̥ netar do̥ T̥ud̥u pḁrisreko ucḁr̥akana. Ado̥ ako-ako do̥ko bad̥aegea, Onategе Besra gharo̥n´j sa˜o gharghḁriḁ katha hec´ako khan o̥ko̥e T̥ud̥uko do̥ (jo̥to̥ T̥ud̥i do̥ ban̈) bako an̈go̥ca.

Bedea do̥ d̥herkaege ho̥r̥ ho̥po̥nko kho̥n begaro̥k´te Bedea n´utuman judḁ jḁt menteko bahna ocoakana. Hane Ra˜ci sor Ramgar̥h se̥c´te kusiḁm n´amkoa. O̥ko̥eko do̥ et̥ak´ pḁristeko oyo danan̈ bar̥a akana, ar sare̥c´ bare̥c´ko do̥ netar Soali /Sewali /Shevalin eman

pa̲.risko o̲.lo̲.go̲.k´a, noa do̲ Bedea pa̲.ris reak´ge ar mit´ n´utum kana. Noko gelbar pa̲.risren chad̲.a ho˜̲ netar ho̲.r̲. ho̲.po̲.nko talare ar ho˜̲ mit´bar pa̲.risrenko n´amo̲.k´ kana, jeleka-

Copeyar/Chopeyar: Noa “Copeyar” do̲ laha bida̲.l do̲ khu˜t̲. n´utum tahe˜̲.kana, Co̲.˜r̲.e˜̲ ar Murmukoak´. Ado̲ netar do̲ o̲.ko̲.e-o̲.ko̲.e gharo̲.n´ren pa̲.ris lekate ho˜̲.ko beoharet´kana.

Badoli: Noa do̲ ja̲.r̲. lekate Ma̲.rnd̲.ikoak´ gar̲. n´utum tahe˜̲.kana. Ado̲ oka lekate co̲.n̓ mit´bar gharo̲.n´j do̲ noage pa̲.ris hoeakantakoa.

D̲.ond̲.ka/Dondka/Dandka: Noa do̲ T̲.ud̲.u pa̲.ris reak´ mit´ khu˜t̲. n´utum tahe˜̲.kana. Ado̲ netar do̲ pa̲.ris lekate noako beoharet´kan ho̲.r̲. ho̲.po̲.nko n´amo̲.k´gea.

Rapaj/Raj: Sedae bida̲.l noa do̲ Kisku ma̲.ila̲.renkoak´ khetab se Title tahe˜̲.kana, Surname do̲ ban̓. Ado̲ netar o̲.ko̲.e-o̲.ko̲.e gharo̲.n´renko do̲ noa Title ge akoak´ Surname lekako beoharet´kana.

Kumar: Noa ho˜̲ hane sedae bida̲.l do̲ Hembrom ho̲.r̲.koak´ Khetab se Title tahe˜̲.kantakoa. Ado̲ netar do̲ o̲.ko̲.e-o̲.ko̲.e gharo̲.n´j renko do̲ noa Title ge Surname lekako beoharet´kana.

T̲.ha̲.kur: Murmu ho̲.r̲.ko do̲ Murum En̓ga akoren T̲.otem kho̲.n o̲.mo̲.nakan reak´ kisa̲. menak´takote sedae do̲ T̲.ha̲.kur Khetab tahe˜̲.kantakoa. Ado̲ netar do̲ o̲.ko̲.e o̲.ko̲.e gharo̲.n´renko do̲ ona Khetab se Title ge Surname lekako beoharet´kana.

Ma̲.jhi/Ma̲.n´jhi: O̲.ko̲.e o̲.ko̲.e Ma̲.n´jhi gharo̲.n´j renko do̲ netar huda̲.ge Surname re pherao akantakoa. Ar bin bad̲.ae Deko ka̲.ra̲.mca̲.riko ho˜̲ noa la̲.git´ko jimmedara. Bin bachaote okakore co̲.n̓ Santal khange Ma̲.n´jhi mente sarkari na̲.thireko o̲.l car̲.haoakat´bona. Ado̲ un kho̲.n ho̲.r̲. ho̲.po̲.nko talare Ma̲.n´jhi ho˜̲ mit´´t̲.en Surname hoe bo̲.tec´akana.

Saotal/Saontal/Santal/ Santhal: Noa ho˜̲ bin bad̲.ae sarkari Deko ka̲.ra̲.mca̲.rikoak´ e̲.ne̲.mkana. Laha bida̲.l a̲.d̲.i jemo̲.n temo̲.nko na̲.thilet´bona. Ado̲ pa̲.ris cet´ ho˜̲ ban̓ kulikate sidha̲.ite n´utum tayo̲.m Santalko o̲.lket´bona, asokaete Dooars ar Sylhet reak´ Ca

bagankore ar Tripura, Cot.t.ogram, Phoridpur eman sec´te.

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´kedea. 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.***

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 hamal 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

Hamal 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 tahen la.git´ okako njomak´ jom ja.rur.a, onkage okako jomak´ baron se ban˙ jom ja.rur.a ona ho˜ bad.ae tahen 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 tahen la.git´te jaoge cando cando D.aktarak´ solha hatao do a.d.o a.d.i ge ja.rur.a.