# 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.

# “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_nto_r reak´ coko kathae 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˙ge 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˙ge 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˙ge 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 benaoet´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˙ge 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´ kathae 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, thor.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_nto_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_kategе 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.awak´ 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.

# Golap Baha (Don̈ Seren´)

Gad.a hanasare Golap baha

Gad.a noasate d.a.r akana,

Sitan´ menten´ calaolena golap baha

Haere Golap baha d.and.ate dak´.

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# SASAN̈

Sasan̈ do a.d.i gunanak´ kante din hilok´ reak´ ka.miremako beoharge, ona sa˜ote leg-acar ar a.ri ca.li reho˜ sasan̈ do boloakana. Noa do mosolako reak´ mit´t.en hi˜s kana. Sasan̈ do Santal somajre a.d.itet´ ja.rur. jinis kangea. Gidra.ko omonok´re noa do neo dhorom lekate ja.rur.ok´ kana. Bapla biha.re sasan̈ reak´ ja.rur. menak´a, gujuk´ gurok´ reho˜ sasan̈ ja.rur.ok´ kana ar ran murga.n reho˜ sasan̈ do ja.rur.abon kana. Gidra.ko punilen khan ran sa˜ote sasan̈ mesal reak´ ja.rur. par.aok´ kana. Gidra.wak´ lac´ goromlen khan dumur rasa sa˜ote sasan̈ mesalkateko jom ocokoa. Rear. jinis kante lac´ do rear.ok´a.

Khok´ manda reho˜ sasan̈ beohar lekhan do usa.ra belek´te besok´a. Jel-hako redo sasan̈em lagaoak´ khan bako a˜sa˜ea, noare rogren tejo ho˜ bako sorok´a. Onatege hapr.am kodo na˜wa˜ ba.hu ja˜wa˜e sunum sasan̈te ojok´kin reak´ a.ri-ca.liko sorwa ot.o akawat´bona, jemon d.a.n jugin ba.r.ic´-jiu koak´ me˜t´ alo lagaok´ ar aloko jalbon. Noa do Santal somaj reak´ sonot legcar kana, jemon aboren sasan̈ sin´ cando do aloe ha.surok´ tabon.

**Tuma.l:** ***Santal Leg-A.ri Reak´ Bhed***

# Sona Ka.ud.i Reak´ Katha

A.d.i din lahare mit´t.en ba.d.a.i monan hor.e tahe˜kana. Jaoge uni do et.ak´ hor.ak´ dhon sompot re hat.in´ n´am la.git´ a.te n´am bar.aet´ tahe˜kana. Menkhan ac´ak´ dhon sompot reak´ mit´ ha.t.in´ ho˜ emok´ bae ra.jik´kan tahe˜kana-ac´ren gateko se ren˙gec´ hor. sa˜o ho˜ ban˙.

Mit´din uni hor. do d.aharre pegel got.en sona ka.ud.i at´keda. Ac´ren mit´ gate sona ka.ud.i at´en kathae bad.ae n´amkeda. Uni do a.d.i dayawan hor.e tahe˜kana. Bejae leka uni hor.ren kur.ige ona pegel got.en sona ka.ud.i doe halan˙ n´amkeda. Or.ak´te rua.r.kate ac´ babae la.iadere uni doe menkeda, noa do ac´ren gate ak´ sona ka.ud.i kana. Ado rua.r.aea mente sona ka.ud.i ante ac´ren gate t.hene senena.

Menkhan tinre uni bad.a.i monan hor. noa kathae bad.aekeda je uniren kur.i sona ka.ud.i halan˙ n´amkeda, unre menkeda pongel go.ten sona ka.ud.in´ at´ akada. Pasec´ noa khon gel got.en ka.ud.i amren kur.i hataokeda. Den in´ak´ pongel got.en ka.ud.i rua.ra.n´me.

Noa katha an´jomte uni hor. doe ran˙gaoena ar onako ka.ud.i doho gid.i katec´ ond.e khone rua.r.ena. Sa.rige uni bad.a.i monan hor. do a.d.i ba.r.ic´ hor.e tahe˜kana. Uni do bica.r n´am la.git´ adalote senena.

Ha.kim uniak´ katha monte an´jomket´ khan uni kur.i ar ac´ baba hohoat´kina.. Ado uni kur.iko kulikedea tina.k´ ka.ud.im n´amleda? Adoe ror. rua.r.keda, pegel got.en sona ka.ud.i. Ina.kate ha.kim do arho˜ uni bad.a.i monan hor.e kulikedea, tina.k´ ka.ud.im at´leda? Ado uni doe ror. rua.r.keda pongel got.en sona ka.ud.i.

Ha.kim doe la.i sodorkeda uni kur.i oka ka.ud.i n´amakat´ ona do uniak´ ban˙ kana ente uni do pegel got.en ka.ud.i n´amakada menkhan nui hor. do pongel got.en ka.ud.i at´ akada. Onate uni kur.i metadea noa ka.ud.i idime ar  pegel ka.ud.i at´ akat´ hor.e n´amlenkhan dole hohoama.

Ar uni hor.e metadea ja~ha~e pongel got.en ka.ud.iko n´amakat´ khan onko ho~ noa aladaloteko hoho ocok´a. Khange uni ba.d.a.i monan hor. er.e kathae ror.eda mente an˙goc´keda. Sa.rige pegel got.en ka.ud.i at´ akada ona ho~e la.ikeda jemon rua.r.e n´am. Menkhan ha.kim do cet´ katha ho~ bae an´jomleda. Muca.t´re uni kur.i ona sona ka.ud.i or.ak´e idikeda.

**Sikha.una:** ***Ba.d.a.i mon ar laloc do hor.koe ba.r.ic´koa.***

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# Joseph Ac´ren Boehako T.hene Orom Ocok´ Kana

Ona an´jomkate Joseph do ar bae sambr.ao dar.eat´te rak´ket´teye metat´koa, In´ do Joseph; a.pun´ har.am nit dha.bic´ jivet´ge menaea? Onko do botorenteko haemoekat.ena. Menkhan Joseph do dula.r.kateye galmaraoat´koa; jotoe cok´at´koa, ar Benjamin kokekedeteye rak´ket´a.

Khangeye metat´koa, Ma hako pako sen hot´kate a.pun´ har.am la.i got´aepe, in´ do Misor disomren ma.lik ka.na.n´ mente, ar a.gu hodepe. Onko do or.ak´te senkate noako joto akoren apatko la.iadea; menkhan Jakob reak´ mon t.akt.a.kiyentaea, ente bae pa.tia.uat´koa. Menkhan Josephe kol akawade ga.d.i sagar. emanteak´ n´elket´te, mon cert.hayenteye menket´a, Nia.ge d.hera! In´ren hopon Joseph jivet´ge menaea; senkaten´ n´elea a.urin´ gujuk´re. ***(Gen. 45.)***

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# A.SUL SETA

Sedaere mit´t.en kisa.˜r. hor.ren mit´t.en a.sul setae tahe˜kana. Jaoge mon´j jomak´e n´amte a.d.i mot.a ar dar.eye tearena. Uni or.ak´ren gidra.ko ho˜ a.d.iko dula.r.ea. N´utumtae do Jha.t.u. Ja˜ha˜tinre Jha.t.u n´umkateko hoholekhan ria.t´ ria.t´e da.r. a.guia. Ar beba.r.ic´e khild.ua.

Uni seta do oktere kombr.o ar janwarkoe laga n´irakat´koa. Mit´din do onkoren caco-gidra. ackage dak´reye n´urena. Are unumok´kan tahe˜kana. Uni seta do dak´reye don boloena. Ar gidra. an´gropre gerkate ghut.uteye od.ok a.gukedea.

**Tuma.l:** ***Bad.aejon˙ Hor***

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# Jan˙ga A.rup´

Per.ako jan˙ga a.rup´ ko do Santal somaj reak´ mit´t.en mon´j a.rica.li kana. Et.ak´ somajkore do a.d.i komge jan˙ga a.rup´ do n´el bar.ak´a. Tobe Jihudiko talare jan˙ga a.rup´ do menak´a.

Santal kodo akoak´ mahajatrare Palest.ain, Israel, Mesopot.emia eman disomko talateko hec´ parom akana. Eken hec´ parom moto do ban˙, bickom aema bochor kate onako disomreko tahe˜kana. Hoedar.eak´a, onako disom khonge jan˙ga a.rup´ reak´ a.ri doko cet´ akawana se Santal ko t.hen khonge onako disomren hor. do jan˙ga a.rup´ a.riko cet´ akada. Ja˜ha˜leka tege enho˜ jan˙ga a.rup´ a.ri do sedae khonge santal somajre menak´ a.gua. Sedae do ga.d.iko ban˙ tahe˜kante tar.am tege hor. do mit´ jaega khon ar mit´ jaega teko senok´kan tahe˜kana. Ado d.her gha.r.ic´em tar.am lekhan jan˙ga kodo a.d.i lan˙ga ar obosok´ leka at.karok´a. Onka a.ika.uk´ khan Santal kodo jan˙gako iskirok´a, ado a.d.i pharnaoko bujha.ua. Sedae Santalko talare iskir do maejiukoak´ asokaete mit´t.en mon´j gun tahe˜kantakoa. Joto maejiu

rege iskir bad.ae gun do tahe˜kana. Ba.huko sendrako reho˜ko kulikoa-iskir-sekao doe bad.aea se ban˙. Nonkate iskir bad.ae gun do joto maejiu rege tahe˜kana.

Ado akoren per.a sa.n˙gin´ khonko hec´lenre, dur.up´ oco kategе dak´ ar sunumte jan˙gako iskir kakokan tahe˜kana, jemon pharnaoko at.kar. Metak´me jan˙ga a.rup´ko reak´ motlob do kana apnar ren per.a iskir pharnaoko. Noage ado somajre tahe˜ hec´ena ar a.rica.lire boloyena. Jan˙ga a.rup´ reak´ asol niom do kana-pa.hilre dak´te jan˙ga do a.rup´ mar.an˙taeme, ina.kate sunum selet´ cot. khon, metak´me gunt.hi latar khon murukte barpe dom iskir phed.me, ina.kate muca.t´re dak´te bohoeme. Banar jan˙gage onka a.rubem. Jan˙ga a.buk reak´ noako joto ka.mige en˙got´ kateko ka.mia, dur.up´ kate do ban˙. Netar ho˜ aboren per.ako hec´len khan, bako tar.am a.guakat´ reho˜, ga.d.i teko hec´ akan reho˜, jan˙gabon a.rup´et´koa, ente a.rica.li kana. Bapla reho˜ A.buk Jan˙ga do bapla reak´ ka.mi reak´ mit´t.en hi˜s kana. Ba.ria.t kodo ba.hu or.ak´ reko a.rup´et´koa se lumti baret ho˜ kor.a or.ak´ reko a.rup´et´koa ar ba.hu kur.i do kor.a sec´ren jotokoe a.rup´et´koa, ente jotogeko per.a kana. Tobe nahak´ reak´ jan˙ga a.rup´ redo sedae reak´ “iskir paht.a” do cabaena. Ekenko bohoe kabon kana, jemon jan˙ga a.rup´ reak´ niom do pura.uk´. Metak´me eken leg pura.uak´ge.

**Tuma.l:** ***Santal Leg-A.ri Reak´ Bhed***

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# CEHAO AṚAṅ̇

Bạnuḱkoa,

Gại ḍaṅ̇gra goṛare;

Lajao so˙ro˙m bạnuḱa,

Nahaḱ kuṛi-koṛare.

Hanko to_ra,

Pante pitạt´ ko_ke_re;

Titiko sapaṕkan,

Siń ńindạ o_kte_re.

Bạnuḱa lajao so_ro_m,

Bạnuḱa man-mano_t ijạt;

Cekatepe noṅkankan,

Mase_ ape Ho_ṛ ho_po_n jạt?

Alom mitạń,

Amaḱ do_ ce_t´ calaḱkana?

E_ke_n hudiso_ḱkạnạń;

Santal so_maj reaḱ ijạt calaḱkana.

Amaḱ ińaḱ Santal so_maj,

Ạḍige sapha soṛa;

Hudispe gaṇḍonpe,

Nit ardo_ bạń ro_ṛa.

# KUṄKẠL OṚAKʼ

Oṛakʼ bhitre,

Laṭkaoakan kuṅkạl oṛakʼ,

Menakʼpe pase_cʼ hudisre;

Baṅkana noa oṛakʼ ho_ṛakʼ.

Binạ kham khuṇṭite,

Binạ se_ne_r batate;

Mõ_ńjge le_ńje_r ńe_loKre,

Benaoakan hasate.

Celem metae nui kuṅkạl,

Baṅkanae cẽ_ṛẽ_ suṅkhạl;

Benaoakatʼe ạḍi jhukạl,

Baṅkanae cẽ_ṛẽ_ mạhkạl.

Sạrige nui do_ kạrigo_l,

Mõ_ńjge ńe_lokʼre o_no_l-bo_no_l;

Gaṛhaoakatʼae hasate to_l,

O_mo_no_kʼko acʼleka noa oṛakʼ mo_ho_l.