Gidra. Joton

Sahe˜t´ Kost.o se Pneumonia: Abo disomren hor. do olok´ par.haok´te a.d.i bon tayomgea, ar onate aema lekan miskilak´ kore bon par.aok´ kana. Biseskaete Niropon hor.mo babot onkan bad.aeak´ begorte ka.t.ic´ ka.t.ic´ rua. haso khon ehop´ kate maran˙ maran˙ muskilak´ gebon or a.gueda.

Jahok tehen´ do ka.t.ic´ gidra. koak´ rua. babot in´ olet´a. Sadharon rear. raban˙ khon ehop´ kate begor ran ia.te ackage a.d.i maran˙ ar gujuk´ dosa lekan rua. metak´me, Pneumonia (Ackage sahe˜t´ reak´ muskilak´) se boko reak´ ka.t.hin muskil rua.ge, one ona do 5 khon kom umer ren gidra.ko n´am dar.eakoa. One onate gidra. doe goc´ botec´kok´.

Ona rua. reak´ cinha.ko: Sahe˜t´ a.d.i ghono ghono hoyok´a. Gidra. do gogo t.hen a.d.i kom se bako nunuia, a.d.itet´ ko raga, rua. a.d.i ba.r.ti tahe˜na, muca.t´re gujuk´ dosa ho˜ hoyok´a judi ran usa.ra bako n´am lekhan.

Ran se besok´ reak´ upa.iko: Non˙kan muskilanak´ n´el lenkhan usa.rate daktar se sastho kormi t.hen idi ko hoyok´a bin bilomtege, daktar do uni gidra. n´elkate Nebulizer gas ar ja.rur.ok´ak´ ran koe emaea. Oktere do hospital re bhurti kae ja.rur.a 5-7 din ha.bic´ge. Onate ba.r.tikaete gogo ko gidra. joton la.git´ ja.rur.ok´ak´ bisoeko bad.aejon˙ do a.d.itet´ moneak´abon.

Enho˜ noa ko bisoe bad.ae ja.rur.a: Jemon rear. din do setak´ 10 baja bhitrite um saphako, jomak´ lolo se urgum n´ok´ kate jom ocoko, setak´ se a.yup´ bela kicric´ko sen˙gelre sekao lolo kate horok´ako, gogo se gidra. jok´ton hor. do gidra. sabe lahare ti do sekao se lolo n´ok´ kate gidra. sap´ko, lolo n´ok´ or.ak´re gitic´ se dohokako, he˜ a.d.itet´ lolo din reho˜ noa rua. do hoe dar.eak´a, ar ona reak´ karon do garmao garmaote ackage kor.amre rear. par.aolen khan, thor.a rua. hoelen khange daktar t.hen solha hatao lekhan a.d.i muskil se gujuk´ dosa khon gidra. doe ban´caok´a.

Ka.t.ic´ gidra. koak´ t.a.nd.ite: Patla t.a.nd.ite se dak´ge

t.a.nd.ite nia. raban̈ oktere do hoyok´ kana. Asol karon do noako kana. Ka.t.ic´ gidra.ko setak´ se a.yup´ bela jarwa kicric´ se bahre sec´ khon kicric´ a.gukate ka.t.ic´ gidra.ko horok´ako khan ackage rear. raban̈ bhija.uakoa, aema ka.t.ic´ gidra.ko do ona bako sahao dar.eak´te dosar din sec´ khon ackage dak´ge t.a.nd.ite hoe dar.ekok´a, dosar karon do rear. din do ka.t.ic´ bela ar rear. karonte lac´ re jomak´ ban̈ hajamok´a, tesar karon gidra.ren gogo se n´en´el ko do ba.r.ti ka.mi ia.te ja˜ha˜ leka ti jan̈ga sapha kate jomak´ko emako kan ia.te ho˜ lac´ odo.k se patla t.a.nd.ite hoyok´ kana.

Ran se bebostha do: Gidra. do jok´ton a.d.itet´ ja.rur.a, ona son̈ge ORS se or.ak´ re jom selain tear kate aema dom n´u ocoko ja.rur.a, gidra.ko rear. din kicric´ horok´ ako lahare sekao lolo do a.d.i ja.rur.a. A.d.i ba.r.ti hoelen khan daktar t.hen idiko ja.rur.a.

Be_buj Mo_n

Ho_po_n ba.bu, sona moni

Be_buj in´ak´ mo_n,

Do_ho_n´me go_ amak´ ho_bo_rre_ in´ sara kho_n

Dak se_n̈ge_l do_ho_eme go_ in´ kho_n sa.n̈gin´re_,

D.ahar paro_m idin´me_ go_ in´ak´ ti sap´kate_.

Ce˜r.e˜ Ar Dare Reak´ Golpo

Ba.rsa. ja.put´ dinre mit´t.en ce˜r.e˜ ac´ren gidra.ko dohoko la.git´ asraeye sendra kana. Uni do nonkan dare khojok´ kana okare uni ar ac´ren gidra.ko nira.iko tahe˜n. Sendra sendrate gad.a ar.ere barea la.t.u dare n´amkeda.

Khange uni ce˜r.e˜ do mit´t.en dare metadea, amak´ d.a.rre or.ak´ benaoin´ menjon˙ kana, ado cet´em meneda? Noa laha cele ce˜r.e˜ ho˜ d.a.rre or.ak´ bae benao oco akat´koa. Menkhan tehen´ ona dare uni ce˜r.e˜ la.i bhon˙adea, cedak´ in´ak´ d.a.rre or.ak´in´ benao ocomea?

Ina.kate ce˜r.e˜ do et.ak´ dare t.hene senena ar uni ho˜e kulikedea, amak´ d.a.rre or.ak´in´ benao dar.eak´a se ban˙! Menkhan et.ak´ dare doe rebenena. Khange ce˜r.e˜ do dare d.a.rre or.ak´e benaokeda.

Note ba.rsa. din ho˜ ehop´ena. Ba.rsa. reak´ pa.hil dak´te got.ae gad.a athantar dak´te perec´ena. Ackage et.ak´ dare do gad.are ra.put´ bhinda.r.ena.

Ona n´elte ce˜r.e˜ doe menkeda, noa do amak´ ba.d.a.i reak´ karon kana. Ente am do or.ak´ bam benao ocoa.din´a.. N´elkedam ona reak´ kur.a.i dom n´amkeda.

Khange ona katha an´jomte uni dare doe ror. rua.r.keda, in´ak´ gond.a rehet´ do ban˙ ket.ec´a a.d.i algagea. Ar pust.a.uten´ bad.aea ba.rsa. hec´len khangin´ bhind.a.r. ra.pudok´a. Onate in´ak´ d.a.rre or.ak´ ba.n´ benao ocoat´mea. Ente am ar amren gidra. muskilrepe par.aok´ noa do ba.n´ khoj kana. Ona la.git´gen´ baronket´mea. Am sa˜o onkan beohar kha.tir ika.n´ khoj kana. Menkhan ape ban´caope la.git´ge nonkan´ beohar keda.

Ona katha an´jomte ce˜r.e˜ doe thir hapeyena, ar lajaote ac´ak´ or.ak´e boloyena.

Sikha.una: ***Begor bujte okoeak´ ka.mi ho˜ er.e se a.ur.iak´ ban˙ moneak´ge bogea. Ente joto ka.mirege ja˜ha˜n karon menak´a, ar ona reak´ jo do okte na.pitre bujha.u n´amok´a.***

Sohrae Seren´

Umin kal, umin din

Oka reyem tahe˜kana Sohrae,

Ba.t ba.iha.r. lukhi talare

Ma.jhi do paranik do,

Dewaea.kin sewaea.kin

Mo˜r.e˜ bochor porob da.ikin,

Atan˙ adera.

Sa.riak´ren Raj

Mit´ disomre mit´t.an˙ sa.ri katha ror. Raje tahe˜kana. Uni Raj do tisho˜ er.e katha bae ror.et´ tahe˜kana. Mit´t.en ba.ida. mit´t.en a.d.i maran˙ bin´e lagaede tahe˜kana. Uni bin´ do Raj t.hen hec´kate metadea ban´caoin´me. Raj do usa.rate cokoe la.git´ jaega bae na´mlet´e ac´ak´ lac´re bolok´e metadea, ar cot. sec´e cahap´keda ar bin´ doe boloyena. Ba.ida. hec´kate Raje kulikedea Raj bin´em n´el akadea? Raj do ti cot. sec´kate lac´ sec´e uduk´adea. Ba.ida. do bae bujha.ulet´te ond.e khone calaoena.

Ona tayom bin´e metadea ma nitok´ do ond.on˙me ba.ida. doe calaoena. Bin´ doe ror. rua.r.keda nond.e mon´j mon´j jomin´ n´ameda arin´ ond.on˙a? Un khon Raj ja˜ha˜nak´ge jom bin´ do jotoe jomet´ tahe˜kana. Raj doe rohor. cabaena ar pagla leka kalan˙ d.ulan˙e dar.ana, dar.a dar.ate mit´ disome calaoena. Ona disomre Raj ren hoponera ak´ bapla

do ha.tiak´ kusite hoyok´a mente t.amak ru kateko d.hulaikeda, arho˜ ko menkeda ha.ti okoe kor.ae kusiae ar baha malae horok´aea uni kor.a sa˜otege Raj ren hoponera ak´ bapla hoyok´a.

Ona disomren aema kor.a saj sapr.aokate ha.ti laha lahateko dar.a bar.ae kana. Ond.ege ha.ni Raj okoe pagla lekae n´elok´ kan uni ho˜e tahe˜kana. Pagla mente jotokoge ko lagakedea ar uni do kulhi muca.t´ calaokate dur.up´ akana, ha.ti do uni t.hen senkate unige baha malae horok´adea.

Ona disomren Raj ho˜e mon dukengea. Adoe cekaea! Katha menak´a hoponerae baplakaea ha.ti kusite. Uni Raj do bae bad.aea uni pagla lekanic´ doe okoe kana! Enho˜ uni sa˜o ac´ren hoponerae bapla kedea ar a.r.iste kulhi muca.t´re tale d.ha.n˙gua.te or.ak´ at´kina.. Ja˜wa˜e gon˙ket´ do mit´din n´uhum jokhec´ pukhri ar.e t.a.nd.iteye senakana, uni Raj n´elte rot.e rot.e ko menjon˙ kana are bin´ kanae baro mas rean˙ jojo rit´kate n´u lekhangem gojok´a ar uniak´ tina.k´ bahaduritae. Uni pagla Raj doe an´jom t.hik keda. Or.ak´re hec´kate ac´ ba.hui metadea baro mas rean˙ jojo a.gukate rit´a.n´mese. Ado ba.hut´tet´ do a.gukate rit´adea ar ja˜wa˜etet´ doe n´ukeda. Bin´ doe goc´ena ar t.a.nd.ite sa˜oteye ond.okena. Ar uni do ba.i ba.ite thor.a din tayome mon´jena. Ar hon´hartet´ t.hen calaokate jotoe la.ikeda ac´ doe okoe kana ar cekate onka akana. Hon´hartet´ do an´jom katec´e ra.ska.ena, ar aema man dan emkate bida. ka.t´kina. Ar uni Raj do ac´ren Ra.ni son˙gekate ac´ak´ disomte senena, ar ra.ska.te jion khemaokin ehop´ena.

Isor Abrahame Bid.a.ukedea

Isore gok´let´ jokhec´re Sarae hirikedete, Isa.hake n´utumen mit´t.en kor.a hopone janamkedea, Abraham do un jokhec´ 100 serma umer tahe˜kantaea. D.her n´o˜k´ serma tayom Isor do Abrahame bid.a.ukedea,

metadeae Am do uniyem dula.r.e kan amren sadher hopon idi torayem, ar Morio disomte senkate mit´t.an˙in´ uduk´am buruko modre uni ten˙genem. Khange Abraham a.d.i setak´re beret´ente ac´ren gadhae palanadea, ar barea guti ar ac´ren hopon Isa.hak son˙geteye idi torawana; jeredok´ saman˙ok´ la.git´ sahan par.ak´ket´te onae idi torawana, ar Isore metade t.ha.˜iteye calaoena.

Pe ma˜ha˜ hilok´re Abraham do ben˙get´kate ona jaega sa.n˙gin´ khon n´alak´ n´alak´e n´el n´amket´a. Ado ac´ren gutiye metat´kina, Aben do nond.e tahe˜ hatar.ok´ben, kor.a ar in´ sewae la.git´lin´ sen hec´lenge. Sahan do Isa.hake gok´adea, ar ac´ do sen˙gel ar churiye sap´ket´te bana hor.kin calaoena. Khange Isa.hake metae kana, Henda Baba, nok´o˜e sen˙gel ar sahan da˜r.e˜ do ukuric´talan˙? Abrahame ror. rua.r.adea, Bet.a, da˜r.e˜ do Isor ac´e n´el bachaojon˙a. Ado bana hor.kin calao idiyena. Ona jaega tiok´kate Abraham do mit´t.ec´ pind. benaoket´te sahane sajaoket´a, ar Isa.hak tolkedete ona cetanreye ladekedea. Ado ti tia.rkate churiye sap´ket´a ac´ren hopon ten˙gene la.git´. Khange Isor serma khone hohoadea, E Abraham, E Abraham! Hat alom calaoa kor.are do, ar cet´ ho˜ alom cekayea; ente nitok´ don´ bad.aeket´a, am do Isorem botorae kan, ar amren sadher hopon in´ n´utumte bam ma˜ya˜wae kana mente. Khange Abraham do ben˙get´kate ac´ tayom sec´re ja.num jha.ua.re deren´te bak´ akan mit´t.an˙ bhed.ae n´el n´amkedea. Uni sap´kate ac´ren hopon bodolteye ten˙genkedea.

Isor arho˜ Abrahame galmaraoadea, metadeae, amem nonkaket´ ar in´ n´utumte amren sadher hopon bam ma˜ya˜wade ter.on˙ bhorgen´ bhorama, ar amren bo˜s do sermaren ipilko ar jalapuri ar.e reak´ gitil lekan´ san˙ge ocokoa, amren bo˜sre do dha.rtiren joto ja.tko bhoranko hoyok´a. Khange Abraham ac´ren hopon tuluc´ gutikin t.hen rua.r.ente onko jotoante or.ak´teye calaoena. ***(Gen.22.)***

Lagr̥e˜ Seren´

Mḁn´jhiko chat̥kare, jogmḁn´jhi chat̥kare

Rḁi tur̥i dare akan, d̥and̥a jokhate

Dḁnd̥a jokhate.

E bḁbu mḁndḁr̥iḁ tokoe koren parwa

Rḁi tur̥i ko cḁt̥ic´eda sarar̥e sarar̥

Sarar̥e sarar̥.

OR̥AK´ AD̥EPASERE SḀBJI CAS

Ho̥ṛmo̥ reakʼ jo̥m lạgitʼ ar ho̥ṛmo̥ ạḍi din bahaok´ ar mo̥ńj dohoe lạgitʼ aboakʼ dinạm jo̥m re aema lekan jom ńuakʼ jinis bon jometʼ kana. Nit do̥ Bańladisạm reaḱ ạḍi maraṅ muskil do̥ hoyoḱ kana ạḍi jạruṛan jom-ńu, menkhan abo do̥ jom-ńu reaḱ´ apnar ạidạri/khusi bon ńam akada.

Abo do̥ o̥ṛaḱ ạḍepasere alga tege ạḍi lekan sḁbji cas kate aboak´ hor̥mo reak´´ jḁrur̥ok´ ak´ kobon n´am puṛạu daṛeaḱa. Aboakʼ se ho̥ṛkoakʼ hasa/jaega-j´umi do̥ ạḍi tho̥ṛa gea, onate gharońj reak kud̥ḁm aṛe ar oṛakʼ reakʼ sorkore ạḍi jạruṛokʼkan anaj se sḁbji reakʼ algatege bon cas daṛeakʼa. Noa lekate apnar gharon´jren sanam ko lḁgit´ ạḍi bhage ar ạḍi mońj hoṛmo ar mon bon ńam daṛeaḱa.

FAO reaḱ katha lekate dinạm mit´ hoṛ lạgit´ 220 gram sḁbji ạḍi jạruṛa. Menkhan abo disomre do ona reaḱ adha hõ bańbon jom ńamet´ kana. Onate noa ret̥ bạṛti lạgit´ oṛaḱ ad̥epasere sḁbji cas ạḍi jạruṛaḱ.

Disom ren aema ren˙gec´ nacar hor.koak´ pust.i jom-n´u purun la.git´ te or.ak´ ad.epasere nana huna.r sa.bji cas reak´ a.d.i ja.rur. menak´a. Ente sanam lekan sa.bjire aema khandan bulun˙ ar Vit.amin kodo menak´a, one oka do aboak´ hor.mo mon´j ar niropon dohoe la.git´ a.d.i ja.rur.a.

Oṛaḱ sor reaḱ kha.li jaegakore aema lekan sa.bji ạḍi algate cas kate aboak´ hor.mo reak´ pust.i apnar tebon purun dar.eak´a. Nonkate upja.u sa.bji do bis/kit.nasok se jahan tejo gujuk´ ran chad.a upja.uk´te aboak´ hor.more sapha se nirapod jomak´ lekatebon jom-n´u dar.eak´a. Ente nia. okte rebon n´el lekhan bajarre aema lekan bis/ ran/kit.nasok lagao sa.bji hor.ko kirin´ kateko jom-n´ueda ar onkate hor.more aema lekan rogteko ja.bunok´ kana. Noa obostare or.ak´ ad.epasere sa.bji casge sanam khon bhage uta.r pontha kana.

Abo hõ. ato reaḱ o.ṛaḱ sor re kạṭic' kạṭic' jaega kore aema lekan sa.bji bon cas daṛeak'a, eken aboak' hor.mo reak'jạruṛ purun lạgit' do. baṅ, bajar re a.khrin´ kate aboak´ gharon´ reak´ ka.ud.i reak´ et.ak´ ja.rur.ok´ak´´ kobon gor.o dar.eak´a

Noa Bhador Cando do thor.a sa.bji cas reak´ a.d.i bhage okte kana. Noa cando rege agam raban˙ din reak´ thor.a sa.bji jeleka: Sakam kopi, baha Kopi, Ol kopi, ben˙gar., T.amat.ol,Hotot´,Malhan ar.ak´, Mula. emanteak´.sa.bji reak´ ita. bon rohoe dar.eak´a.

Ona ia.te sanam boeha miserako pe uskur ocok´ kana delabon abo koak´ or.ak´ ar.ete ja.rur.anak´ ar.ak´ sakam se sa.bji bon rohoe jon˙a ar aboak´hor.mo reak´ mimit´ ja.rur.ak´ kobon puruna ar mit´ bar ba.r.tiak´ a.khrin´ kate ka.ud.ibon jogar.a.

Hopon Ma.˜i

Hopon ma.˜i ak´ jan˙garema

Ba˜k menak´ ba.n˙ki menak´,

Hopon ma.˜i ak´ luturrema sona menak´

Kulhi dhur.ire, gad.a gitilre,

Hopon ma.˜i ak´ jan˙ga pan´ja lilibici.

Sim Sa.nd.i Ar Kula.i

Sedae mit´t.en sim sa.nd.i ar kula.i a.d.i gatekin tahe˜kana. Ado unkin do birrekin gatek´ kan tahe˜kana. Sim sa.nd.i do dare cot.re ja.pida, ar kula.i do dare latarre ja.pida. Ado mit´din oka sec´ khon co mit´t.en toyo hec´ena. Uni do kula.i jom sanayedikan tahe˜kana. Ina.k´tege sim sa.nd.i doe ebhenena ar Toyo hijuk kane n´el n´amkedea. Ac´ren gate kula.i jome la.git´.

Khange sim sa.nd.i doe uiha.r bar.a got´ket´a cekate ac´ren gate ban´caoea mente. Khange sim sa.nd.i doe kukr.ucut´ got´keda. Ar ona kukr.ucut´ an´jomte ha.˜r.u˜ ho˜e beret´ena,Ta.rup´ ho˜e beret´ena. Ar birren sanam ce˜r.e˜ ciprut´ko ebhenena. Khange toyo do botorte da.r.keda ar a.d.i sa.n˙gin´e calaoena. Nonkate sim sa.nd.i do ac´ren gate ban´cao kedea.