# Ale Ato

Hane gate n´alak´ n´alak´ ale ato

Dela gatem calak´ khac´ ale ato,

Parkom ren´ dur.up´ mea

Jomam guhum pit.ha.,

Tale biniten´ ewer mea

Gitic´ palak parkom.

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# Ka.hu˜ ar Gund.ri Ce˜r.e˜

Mit´din barea gate, Ka.hu˜ ar Gund.ri mit´ sa˜otekin ud.au bar.aekan tahe˜kana. Ud.a.uk´ jokhec´kin n´elkeda, mit´t.en hor. dahe t.ukuc´ dipil katet´e calak´ kana. “Dahe do a.d.i her.em n´elok´ kana. Delalan˙ jomlege.” Nonka menkate Ka.hu˜ do ud.a.u calaoente dahe t.ukuc´re dur.up´ena ar dahe jojome lagaoena.

Ka.hu˜ do dahe jojomkan jokhec´ hante nate ha.ric´ pa.sirok´ kan tahe˜kana. Uni hor. do cedak´ nonka hoyok´ kana n´el la.git´ dahe t.ukuc´e phed.keda. Ka.hu˜ do nit muskil dosare par.aok´a bujha.uket´te a.d.i sa.n˙gin´e ud.a.u calaoena. Menkhan Gund.ri ce˜r.e˜ do usa.ra bae ud.a.u dar.eak´a, onate tayomre par.aoena.

Uni hor. do cetan sec´e koyok´ket´re Gund.ri ce˜r.e˜ n´el n´amkedea. Adoe hudiskeda, Uni Gund.ri ce˜r.e˜ un khon t.ukuc´ reak´ dahe jomet´ tahe˜kana.

Onate uni do Gund.ri ce˜r.e˜ sec´ it.a. capat´e dhura.uena. Gund.ri ce˜r.e˜ ak´ noa dosa n´elte Ka.hu˜ do sa.n˙gin´ khon a.d.i a˜t.e landa keda.

**Sikhnạt:** ***Bạịc´ gate ko sãote tahe˜n khon ekla tahe˜n do bhagea.***

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# Don̈ Seren´

Otma lolo serma seton̈

Tar.am tar.am ben iskul kur.i,

Delan´ idibena Ka.likandor MLE iskul

In´in´ cet´ abena olok´ par.haok´.

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# Bapla

Nimghut.u atore setak´ kho_n kor.a kodo_ sokol takoak´ racare mand.wae la.git´ d.a.rko a.guko lagaoena. Sokol ho˜ onko so_n̈ge a.d.i ra.ska.te ka.mie lagaoena. Gapa do_ Sokol ac´ dadawak´ bapla. A.yup´ bela Nimghut.u atoren kur.i kor.a kodo_ tumdak´ t.amak ru ar mand.wa latarre enec´ seren´ko lagaoena. A.d.i sa.n̈gin´ kho_n Tumdak´ T.amak sa.de gubud. gubud. an´jo_mo_k´ kana.

Do_sar hilok´ ba.ria.t kodo_ ba.hu a.guko calaoena. A.yup´ jo_khec´ na˜wa˜ ba.hu so_n̈ge kateko rua.r. hec´ena. Ona ra.ska.te Sokol do_ naconia.ko talare sogoeye lagaoena.

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# Ad.epase Or.ak´

Bhador ma.hna. par.aoen

A.d.i a˜t. dak´ mae ja.r.iet´

Tehen´ ma go ad.epase or.ak´ ren

cet´ ho˜ bako benao akat´

calao lena.n´ gate or.ak´

ren˙gec´ teko rarak´ kan

Bhador ja.put´ ja.r.i akat´

Jomak´ ge ba.nuk´ go gate or.ak´

Aboak´ ma menak´ ge go

Den go ema.n´me thor.a jomak´

Gate takon´ gor.o ako

Jom teko a.ika.ua mon´j thor.a.

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# Lolo Seton˙

Lolo seton˙ pa.t. khat.ao

Ben˙get´ abon julu julu

Sin´ cando jhak jhak

Ben˙get´ abon d.ag d.ag

Babon dar.an ba.t ba.iha.r.

Calak´ abon iskul t.and.i

Cet´ abonae didi moni

Hamet. abon mone tege.

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# Mand.er re Maejiukoak´ Da.yik

1. Jaoge girja. re seledok´ reak´ mon tahe˜n ja.rur.a.
2. Girja.re apnar ja˜wa˜e ar gidra.ko ho˜ ria.uko ja.rur.a.
3. Maejiuko din hilok´ gharon´jren ko sa˜ote gitijok´ lahare koejon˙ ar Baebel par.hao jarur.a.
4. Mand.er girja.re et.ak´ maejiu, baba ar gidra.ko ho˜ ria.uko ja.rur.a.
5. Mand.er re jua.n kor.a kur.iko ho˜ girja. ar koejon˙kore seledok´ la.git´ uskurko ja.rur.a, ona chad.a dar.eak´ bhor olok´ par.haok´ ar joto lekan boge ka.mi la.git´ solha emok´ ja.rur.a.
6. Mand.er re maejiuko jaoge maejiu ba.isi ar bises koejon˙kore seledok´ ja.rur.a.
7. Girja. or.ak´ ko sapha sa.phi dohoe la.git´ mand.er ren maejiuko da.yik bujha.u ja.rur.a.
8. Mander ren maejiuko do okte okte Past.or porcar se porcariko mand.er ka.mia. se hiri ko hijuk´ okte n´el sa˜oha˜ ar gor.oako jarur.takoa.
9. Gharon´jre ja˜ha˜e ko rua. hasok´re hiri koejon˙ solha jarur.takoa.
10. Church reak´ sabha ar emanteak´ ja.rur.ak´kore et.ak´ko ria.uko jarur.takoa.
11. Ad.epase ar mand.erko sa˜ote mon´j sompok tahe˜n ja.rur.takoa, bhageak´ ja.rur.ak´kore jhu˜k mon tahe˜n ja.rur.takoa.

# Ka.t.ic´ Gidra. Dula.r.ko

Ka.t.ic´ gidra. do sa˜otaren sompot kanako. Onkoak´ mon-ontor do sonot ar dula.r.te perec´gea. A.d.i algategе ja˜ha˜ lekan duk kost.o hir.in´ katet´ ka.t.ic´ ka.t.ic´ jinisteko bula.uk´a. Ka.t.ic´ gidra.wak´ dula.r. do niphut. ar kha.t.igea.

**Gidra.koak´ dula.r. reak´ gunko:**

1. **Sapha sor.a ar bin papan dula.r.:** Gidra.ko talare ja˜ha˜n begar ba.nuk´a. Ja.ti, dhorom, boron, se ren˙gec´-kisa.˜r. reak´ ja˜ha˜n tophad ba.nuk´a. Onate onko do apnar lekako dula.r.ok´a.
2. **Gor.o gopor.o monan:** Et.ak´ gidra.koak´ se jib janwar koak´ duk n´elte ako ho˜ko dukok´a, unre gor.o gopor.o mon hec´akoa se et.ak´ko gor.owako khoja.
3. **Ra.ska. sodor:** Onko do seren´, enec´, golpo, landa nonkan ka.t.ic´ ka.t.ic´ sandes talate akoak´ ra.ska. ko sodora.

**4: Gogo cetan athantar dula.r.:** Joto khon pa.hil do kana gogo cetan gidra.wak´ athantar dula.r.. Akoak´ jionre gogowak´ dula.r. do joto khon maran˙ ar nira.i jaega kana.

5. **Boeha ar Gateko dula.r.:** Olok´ par.haok´, enec´ khila.d. ar ra.ska. ha.pa.t.in´ talate gatekoak´ dula.r. sodorok´a.
6. **Sor.a mon:** Ka.t.ic´ gidra.koak´ dula.r. do saman˙re sodorok´a, ja˜ha˜n oko danan˙ ba.nuk´a.
7. **Joto lekanak´ dula.r. sodor:** Gidra. do akoak´ gharon´j, gateko, jib-janwar metak´me akoak´ enec´ khila.d. jinis ho˜ko dula.r.a.

**Gidra.koak´ dula.r. reak´ ja.rur.tet´:**

1. **Mon sec´te hara rakap´re gopor.o:** Gharon´j reak´ joton ar dula.r. gidra.koak´ monre nira.i ar ket.ec´ pa.tia.ue sirja.ua. Ar onkate mon sec´te ho˜ko hara rakabok´a.
2. **Bha.la.ianak´ sikhna.t:** Dula.r. ar mon´j jaegare hara rakabok´kan gidra. do sa.ri monan, gor.o gopor.o mon ar bha.la.ianak´ sikhna.te hamet. dar.eak´a.
3. **Bud a.kil hamet. la.git´ mon suba.:** Mahasoe ar gogo babawak´ dula.r.te gidra. olok´ par.haok´ sec´ko udga.u ocok´a.
4. **Sa˜ota sa.ga.i jopor.ao:** Dula.r. n´an´am kan gidra. do et.ak´koe manotkoa are gatekoa. Sa˜ota reak´ jotowak´e at.kar dar.eak´a.

**5: Niropon hor.mo bandhao:** Ka.t.ic´ gidra. dula.r.ko n´am lekhan joto lekan duk-kost.o hir.in´ katet´ mon´j ar niropon hor.moteko hara buruk´a.

6. **Na˜wa˜nak´ sirja.u sec´ mon a.vil:** Dula.r. do gidra.wak´ kukmu mone salgaoa ar na˜wa˜nak´ sirja.ure dil dar.e n´ama.

Gidra.wak´ dula.r. do dha.rtire joto khon kha.t.i ar napaea. Onkoak´ dula.r. aboe cet´abon kana je, dula.r. reak ja˜ha˜n muca.t´ ba.nuk´a, begar se pharak ho˜ ba.nuk´a. Onate aboak´ da.yik kana ka.t.ic´ gidra.wak´ dula.r. ra.khi jogao ar joton.

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# HUSIA.R RA.SKA.

Ra.ska. do Sumie metadera, “In´ do aema dare rohoe in´ menet’ kana. In´ do aema jo dareako rohoe in´ menet kana. End.ekhan alan˙ t.hen aema joko hoyok’a. Alan˙ do dak’ oka khonlan˙ n´ama?”

Ra.ska. do ac’ak’ puthi arho˜e par.haokeda. Puthire olakan

tahe˜kana: Dak’ do pe lekate n´am dareak’a. Mit’ lekate dak’ do ku˜i khon n´am dar.eak’a. Dosar lekate dak’ do nohor khon n´am dar.eak’a. Tesar lekate dak’ do bijli reak’ ku˜i khon n´am dar.eak’a.

Ra.ska. do Sumie metadea, “Abo atore do ku˜i khonge dak’ bon n´ameda. Abo do nohor khon dak’ ban´bo hatao dar.eak’a. Abo atore do nohor ba.nuk’a. Abo atore do bijli reak’ ku˜i ba.nuk’a. Abo do cet’bon cekaea?”

Ra.ska. do ar ho˜ puthi´e par.haokeda. Puthire olakan tahe˜kana: Judi oka atore nohor ba.nuk’ khan, end.khan ku˜i khon dak’ pe n´am dar.eak’a. Mit’ lekan ku˜i bijli reak’ ku˜i menak’a. Noa ku˜i reak’ dak’ do bijli reak ku˜i benao ocoepe.

Judi nohor ba.nuk’ khan end.ekhan bijli reak’ ku˜i benao ocoape.

Ra.ska.e menkeda,

“Abo at sorre nohor ba.nuk’a. Abo do sarkar hotete bijli reak’ ku˜i bon benao ocoeya.” Ona ia.te Ra.ska. do sarkari apis te´ calaoena.

Ra.ska. do a.pis babuye metadea, “Ale do bijli reak’ ku˜i ja.rur.ale kana.” Apis ba.bu doe menkeda, “Noa ku˜i la.git’ bijli ja.rur.a. A.pe ato sorre bijli ba.nuk’a. D.her bochor tayom bijli ko a.guya. Bijli a.guire d.her bochor lagaok’a, Ra.ska. do Sumie metadea, “Apis ba.buye menet’ kana. Noa ku˜i la.git’ bijli ja.rur.a. Ape ato phed.re do bijli ba.nuk’a. D.her bochor tayom bijli ko a.guya. Ona ia.te a.d.i bochor dha.bic’ abo do bijli reak’ ku˜i ban˙bo n´am dar.eak’a. Abo do ku˜i nitok’ ja.rur.abon kana. “In do dare rohoe in´menet’ kana. In´ do cet’ in´ cekaea˜?”

Ra.ska. do ar ho˜ puthiye par.haokeda. Puthire olakan tahe˜kana: Judi bijli ba.nuk’ khan, end.ekhan ku˜i laeme. Judi nohor ba.nuk’ khan, ku˜i laeme.

Ra.ska. doe menkeda, “In´ do ku˜i in´ la´a. Ku˜i la ocoe la.git’ in´ t.hen paesa menak’a.” Ra.ska. do ku˜ie lakeda. End.ekhan baganre jo dae ko la.git’ aema dak’ hoena. Uni do sarkari a.pis t.hen khon ka.t.ic’ dareye a.gukeda. Uni do pa.pita reak’ mo˜r.e gel ka.t.ic’ dareye a.gukeda. Uni do ul reak’ mo˜r.e gel ka.t.ic’ dare´e a.gukeda.

Uni do amsopori reak’ mo˜r.e gel ka.t.ic’ dareaye a.gukeda. Uni do bar moka osar ar bar moka kha.ndri ghad.lak’e lakeda. Uni do ghad.lak’re sea akan khote up’keda. Uni do pa.pita reak’ mo˜r.e gel ka.t.ic’ dareye rohoekeda. Uni do ul reak’ mo˜r.e gel amsopori dareye rohoekeda. Ra.ska.wak’ bagan do a.d.i mon´j boena. Ra.ska.wak’ baganre a.d.i mon´j jo dare ko hoena.

Ra.ska. ad.epaseren hor.ko menkeda, “Ra.ska.wak’ bagan do a.d.i mon´ja. Ra.ska.wak’ baganre aema amsopori, ul ar pa.pita dare ko menak’a. Ra.ska. do a.d.i husia.r hor. kanae. Ra.ska. t.hen do aema paesa menak’a. Ra.ska. t.hen do mon´j ku˜i menak’a. Ra.ska. doe par.hao dar.eaka. Ra.ska. do husia.r hor. kanae.”

Ad.epaseren hor.ko do Ra.ska. ko metadea, Ra.ska. ale do bagan lagao cet’ aleme. Ale do dare rohoe cet’ aleme. Ale do, ul ar pa.pita dare ko rohoe cet’ aleme.”

Ra.ska. doe menkeda, “In´ do ape bagan lagao in´ cet’apea. In´ do ape par.haok’ in´ cet’apea. In´ do ape par.haok’ in´ cet’apea. Par.hao lekhan ape ho˜ pe husia.rok’a.”

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# Niropon Hor.mo

Hor.mo reak´ rua. haso do sanam hor.koge n´am bona ar n´am lebon khan jionre a.d.i kost.o hoyok´ kana, tehen´ delabon

bad.ae lege: Noa Ba.rsa. din se dak´ dinre cet´ko rog-rua. do n´an´am kana, dak´ dinre khok´ manda rua., Meleria.,D.en˙gu,T.aiphoed. emamnteak´ rua. do n´an´am kana.

Nit delabon n´ela noa rog se rua. do cekate n´an´am kana:-

1. **Khok´ manda rua.**: D.her dak´ ia.te hoere lolo reak´(tapmatra) bhag komok´ kan ar rear. reak´ bhag se poriman d.hrok´kante noako rua. do asokaete hoyok´ kana.
2. **Meleria ar d.en˙gu rua.**: Noa rua. do asokaete Sikr.i˜c´ khon hoyok´ kana, N´el lekhanbon dak´ se ba.rsa. din sanam t.a.nd.i lohot´ ar jobjobe le˜ot.age tahente ona ko khon sikr.i˜c´ do a.diko janamok´ kana ar onko do hor.ko geret´koa nonkate noako rog se rua. do hoyok´ kana.
3. **T.aiphoed. rua.**: Noa rua. ho˜ onkage dak´ ar jom khon hoe pasnaok´ kana.
4. **Lac´ Haso rua.**: Noa lac´ haso rua. ho˜ asokaete dak´ jom n´u khonge hoe pasnaok´ kana. Noa lac´ reak´ karon do hoe dar.eak´a. Dairea, Kolera, emanteak´

Noako rua. khon aosan se ten˙go daram:-

- Sanam hor. jao okte ti se hor.mo sapha/sa.phi dohoe hoyok´a.
- Sa˜o sa˜ote or.ak´ duar ar ad.epase sanam t.ha.i se jaega ko sapha/sa.phi dohoe hoyok´a.
- Sikr.i˜c´ se onko rua. ko a.guyet´kan tejo se jibanu jemon ban˙ko upja.uk´ on ate dak´ led. se gajar.ko or.ak´ sor kore ban˙ dohoe hoyok´a.
- Ja.rur. oktere sikr.ic´ goc´ ran se spray bebohar ja.rur.a.
- Jomak´ n´u˜ak´ ko jaoge sapha/sa.phi dohoe ja.rur.a,pot.om kak´ jarur.a.
- N´ui la.git´ sapha dak´ bebohar ja.rur.a, pot.om kak´ jarur.a.

Noa Ba.rsa. dinre sanamko hor.mo jotonre arho˜ aodhanok´

jarur. tabona jemon sanam okte aboak´ hor.mo apan/ apin hor.mo ha.t.in´ rog/rua.haso khon pharak rebon doho dar.eak´ ar ona ia.te jaoge dar.eanak ´jomak(pust.ikor) metak´me ha.ria.r. ar.ak´ sakam, sasan˙ bele jo jinisko jom ja.rur.abona tobeanec´ abo sanamko do niropon hor.mo bon tahe˜ dar.eak´a.