

Rel Ga_d_i Reak' Galmarao

Ra_mjit ar Jshade do mit' atoren kanakin. Ra_mjit do d.her dhao rel ga_d_i ireye dec' na_~wa_~i akana. Ar relga_d_i ho_~ tanmane n'el akat'a; Ar Jshade do ban'. Eken nase nase hor_ko t_hene an'jom bar_a akat'a. Mit' din Jshade do Ra_mjite metadea, "Henda ho relga_d_i ire do bhala cet' leka a_ika_uk'a?"

Ra_mjit- A_d_i mo_~n'j a_ikauk'a. Khub a~t. ga_d_i calaok're ho_~, dec'kok' jokhec' do una_k' ta_pis calak'kan bam a_ika_ua. Khir_ki mohnd.am ben'get'le khan dareko ar or_ak'ko da_r.et' leka n'elok'a. Menkhan dareko, or_ak'ko ma n'ir rua_r.kan. Jshade- Mase arho_~ rel ga_d_i reak' la_i idia_n' talan'me. A_d_i hahar_a an'jomok' kana. Nun maran' in' harayenre ho_~ cedak' co relga_d_i ba_n' n'el akat'.

Ra_mjit- Relga_d_i do mit't.en do ban' kana. Bon' bon' a_d_i uta_r ga_d_i ko ton'gea. Mot_a mot_a me~r.he~t' sikr_iteko ton'gea. A_d_i mo_~n'j ba_k'kup'ak' menak'a. Tina_k' ga_d_i ja_rur_a, ina_k'ko ton'gea. Oka do mo~r.e_~ gel khon ho_~ ba_r.tige. Mimit' ga_d_i do mit't.en hopon or_ak' leka. Mit' kandhagea. Cak do eken me~r.he~t' kana. Ar me~r.he~t' cetante calak'a, ona me~r.he~t' doko metak'a rel me~r.he~t'. Onate ga_d_i n'utum ho_~ hoe akana " relga_d_i". Oka oka ca~k calak'a, ona onate got_a sor.ok'ge rel me~r.he~t'ko ba_isa_u idi akat'a. Laha uta_rre do kol or_ak' menak'. Kol or_ak' do In'ra_jiteko metak'a "in'jin". In'jin t_henge cak'laoic' doe tahe~na. Cak'laoic' do In'gra_jiteko metaea " d.raebhar".

In'jin motote do ban' calak'a. Dak' reak' bhap ar koela reak' dar_etege. Ona kol or_ak'rege dak' ar koela bhorao la_git' jaega menak'a. Uni d.raebhar do koelae jol ocokoa ar dak' do lolok'a ar bhapok'a. Mit't.ec' gol gol jelen' mon'gra cot. _sec' menak'a. Onatege bhap ar dhu~a_~ od_okok'a. Tayom uta_r kandhare do ta_k'nkhiyic'e tahe~na. In'gra_jite uni doko metaea, " gard". Sin' marsal la_git' do barea jha.nd_i tahe~ntaea; arak' ar ha_ria_r.. Tinre ga_d_i thirok'a unre oka do mit' gha_r_i ga_d_i khone a~r.gona ar ban'khane dec'kok'gea, ar laha sec'e ben'get' bar_aea. Ar mit't.ec' ok'ron.ak' tahe~ntaea. Tinre ga_d_i lar_ao hoyok'a, unre uni gard. do hurla_ia

jha.nd.i uni d.raebhar sec'e hurla.ia. D.raebhar do In'jine pet.ergoda, ar ki~ki~r. marte sad.ea. Lutur ho~ tin'git'kok'tama. Ona sad.e doko metak'a "sit.i". Sit.i lekange ga.d.ire dec' akako doko bujha.ua nitok' ga.d.i lar.aok'a.

Pa.hil do ba.i ba.iteye calaoa. Ina.kate doe usa.ra idia, Ar ona mon'gra khon dhu~a. ar bhap a.d.i ta.pis khut.la.u od.okok'a. Ar nonka sad.ea, khoko khoko, khoko khoko, khoko khoko.....Tina.k' usa.ra ga.d.i calak'a, sad.e ho~ una.k'ge usa.rak'a. Okare ga.d.i ten'goe hoyok', ona khon thor.a laha n'ok' khon d.raebhar do ba.i ba.ite ga.d.i doe t.a.hri idia. Ga.d.i thirok' tora o ga.d.ire dec' akanko doko bidna.k' godok'a. Ga.d.i ten'gok' tha~.i do Ingra.jiteko metak'a " st.eson". N'inda. la.git' do mit't.en diuhe tahe~ntaea. Onarege arak', ha.ria.r., sasan'- dak' ka~c menak'a. Onkage tinre ga.d.i lar.ao hoyok'a, unre, ona ha.ria.r. ka~ce marsala are hurla.ia.

St.eson t.hen ga.d.i set.erok' jokhec' hor. do thor.a pharak n'o~k'regeko ten'gona, Ente a.d.i ta.pis hoe t.helao hijuk'a. Ga.d.o bhitri sec' or aderok' lekam a.ika.ua. Jshade- Relga.d.ire eken hor.ko dejok'a? Ra.mjit- Hor. mako dejok'ge onko chad.a ga.i d.an'gra, merom, sdom eman janwar ho~ko dec' idikoa. E Jshade – Ban'ko don a~r.gona? Ra.mjit- Ban', onkoak' kandha do me~r.he~t' pin'jra. reak' kana. Jomak' ho~ ond.ege ader akoo.

Jshade- Ar cet'ko lade idia?

Ra.mjit- Cit.hiko, kat.ko ar emanteak' jinis ko lade idia. Sedae do tar.amte a.d.i sa.n'gin' calak' hoyok' kan tahe~na, ar a.d.i lan'ga harontem tioga. Na~ha~k' do relga.d.i menak'te sa.n'gin' sa.n'gin' a.d.i usa.ram sen dar.eak'a, ar sa.n'gin' sa.n'gin' reak' cit.hi ho~ n'am godok' kana.

Jshade- Ina.gelan' galmaraoa. Oka hilok' relga.d.in' n'el enhilok' beste don' bad.ae dar.eak'a.

Tuma.l- A.kil D.ahar, pa.hil ha.t.in'

Cikit'sa Bigganre Nobel kin N'amkeda

Calak'kan sermare cikit'sa bigganre Nobel puruskar kin n'amkeda America ren David Julius ar Lebanon ren Ardem Patapoutian.

Lo_lo_-rear_ son' ar jak'te lo_lo_ rear_ at_karok' jontro abiskar akat' ia_te unkin do_ cikit'sa bigganre nobel puruskar 2021 ko emat'kina.

Source: Bigganchinta

Isorak' Ma_hima

In' Bebenaotic' do jotoak'ge;

T_hosok' mo~n'j sirjontae sanam sec're.

Cot_ phaelaore n'elkom ma ipilko,

Ah! Dula_r_et'ko me~t'kintabon.

Adomko hud_in', adomko hapr.ak'

Ar ka.t.ic' ka.t.ic'ko cumka.k' cumkak'.

Tina.k' mo~n'j ho~ko liplipa.uk' kan,

Gidra_i thirok' kan onko n'elte ma.

Jhalkaok' sin' cando ma n'eleme se

Cet' m̃on'j ho gol-sona cakta leka.
N'inda cando do n'inda la.git'ge,
He~, hor.ko ra.ska.i dulako kana.
Hisit' hisit' hoye hoe ocoyet'
Ar hor.motabone jud.asiyet';
N'u~i dak' ho~ con' mo~n'jge rila.mala,
Sapha ar sebelgey ima.n' kana.
Jomak' n'u~ak' isin aroe la.git'
Sen'gel benao ho~e cet'abon kana.
Ar hor.o eman casbas la.git'
Bud ar akel doe emabon kana.
Em akawadin'ae soros me~t'kin.
Ar me~t' pipnikin, ba.n' cuba.gok'a;
Em akawadin'ae mu~ ar luturkin,
Alan' ho~e emdin'ten' ror.et'a.
Tikin ar jan'gakin, hor.mo in'ak'
E benaoket'te in' a.sul dar.eak'.
E gidra.ko Isor joharaepe;
Uniak' ma.hima sabasipe.

Santal koak' A.gil Hapr.am koak' Sompotti re EPZ Ban' Hoyok' Reak' Da.bi te Tin'godaram Ba.isi

Sahebgonj Bagdah Farm reak' jumi do_ aleren a.gil hapr.amkoak' sompotti kana. Ale do aleak' sompotti rua.r.le hataoa. Aleak' sompottire ja~ha~ lekanak' EPZ ge bale kho_jo_k' kana. Ar noa do_ aleak' hok reak' da.bi kantalea. Ale do_ a.n birud ja~ha~n ka.mi ho~ bale ka.mi akat'a ar ban'le ka.mia. Aleak' noa la.r.ha.i se dan'ga do_ a.gil- hapr.amkoak' sompotti rua.r. hataojon' rean' la.ir.ha.i kana. Ban'cao tahe~n la.git' ho~ noa la.r.ha.i do_. 2016 serma 6 November Shymol Hembrom, Mongol Mardy, Romesh Tudu noko pe hor_ko gur ocolena. Ale do_ onkoko gur ocoakan reak' bica.r.le khojkana. A.d.i usa.rage Sahebgonj Bagdah Farm reak' cas abadet'kan pea jumire EPZ benao la.git' hudis hoeakan ona do_ bond hoyok'a ar aleren a.gil- hapr.amkoak' sompotti sarkar do_ aleye e_m rua.r.alea. Noa do_e me_nket'a, Sahebgonj Bagdah farm ren Bhumi Uddhar Songram Committee ren sabha mukhia. Philimon Baskey.

Sahebgonj- Bagdah farm bhumi uddhar Songram Committee Gobindogonj, Gaibandha bo_ndo_bo_sre Sunibar (2 October) 2021 tikin 12 baja kho_n Kat.amor. tot.hare mit' ba.isiko hoe ocoket'a. Noa lahare Joypur- Madarpur- Dinajpur Dhaka maran' d.ahar se_c'teko mit'teko hohokeda (michil).

Sahebgonj- Bagdah farm bhumi uddhar committee sabha mukhia. Dr. Philimon Baskey ak' a.k'yurte kathae ro_r.keda jatio a.d.iba.si porisod ren central committee ren Presidium member Ad. Bablu Robidas, sadharon sompadok Sobin chondro munda, Treasurer Sudhir Tirkey, Doptor sompadok Subhas Chondro Hembrom, Rajsa.hi bibha.g ren Sngothonik sompadok Noren chondro Pahan, ar totho ar gobesona sompadok Manik Soren, Rangpur sodor upa.jia committee sadharon sompadok Bimol khalko, Nawabgonj sabha mukhia. Bablu Tudu, Bodorgonj ren Dr. Shymol

Tudu, Maran' somaj sebok Surjo Hembrom, Sadharon sompadok (bharapon) Rezzul Korim Master, Sangothonik sompadok Sowpon Sheik, sa~o-sangothonik Sompadok Sufol Hembrom, Gaibandha jila. bar Association ren sadharon sompadok Ad- Sirazul Islam Babu, Gaibandha Samajik songram porisod member socib Jahangir Kobir Tonu, Manobadhikar kormi Shah Momin Jinnah, Sondha Malo, Mathias Mardy, Cittoronjon Pahan, Mamlaba. di Thomas Hembrom Uttor Bongo Forum, Dinajpur Shymol Mardy, Sahebgonj- Bagdah farm bhumi uddhar songram committee sa~ gor. oic' Treasurer. Noa sabha do_e a. yurkeda Priscilla Murmu.

Sahebgonj- Bagdah- farm bhumi uddhar songram committee rean' benar ante bo_do_bo_s akan ba. isi se_ sabhare Rajshahi, Naogan, Dinajpur ar Gaibandha t. otharen a. diba. si santal a. k' yurko selet' mon' j mon' j sa~otako ren aema hor. ge selet' ko tahe~kana.

Sawalia se_ (bokta) do_ ko me_ nkeda, Sahebgonj Bagdah farm t. ot. ha kho_n EPZ benao talate a. d. iba. si laga n' ir ocok' reak' mit' maran' hudis-cinta. hoeakana. Noa pea cas- abad jumire a. d. i uta. r jo_ mak' upja. kana. Sahebgonj Bagdah farm reak' noa jumire EPZ ban' hoyok' ma. Hor. more mit' phot. a ma~ya~m tahe~n dha. bic' ale do_ aleren a. gil- hapr. amkoak' sompotti rua. r. le hataoa. Sat. marte Gobindogonj Sahebgonj Bagdah farm cas-abad hasa se jumire EPZ benao reak' prokolpo ba. tilkate 2016 serma reak' 6 November reko gur ocoakan pe a. diba. si santal gharon' j selet' gur ar ha. n ocoakan jo_ to_ gharon' renko lek lekate khoti purun reak' ho~ko da. bikeda sawaliako.

Tuma. l- Ipnews

Tale

N'elme se ona d. on' d. on' catom leka do cet' dare kan ban'! But. a. t. hen ma a. d. i mot. a. Ar ba. i ba. ite cot. sec' do nanha idigea. Ona do

tale darege. Noa dare do onkage a.d.itet' a.d.i usula. D.a.r do ba.nuk'a. Har.amak' sakam do latar sec' la.r.kujok'a, ar ban' har.amak' do cot. sec'ge sojhekok'a.

Ban' d.a.rok're ho~ sakam do la.t.u la.t.ua. Nawanak' do a.pa.r.i leka od.okok'a, sikup' bini lekage. Sakam do jelen' jelen'gea, ar sirkote jeret' mit' akana. Harak' sa~ote onkage or sikup' bini leka ba.i ba.ite pasar.ok'a. Hara muca.t'-kate ma cap capayenge. Sakamtet' do ba.gr.a. muca.t're sakamok'a. Ba.gr.a. do nalagea; ar.e ar.ete do kata d.at.a leka menak'a. Geget' ho~ geget'gea. Ja~ha~tis tale sakam ba.gr.a.re sap'katem tul lega akat'a? Geget' leka a.ika.uk'a. Ka.t.ic' ka.t.ic' gidra. botorlen khan cet' leka en'gat se apatreko ha.r.up' jaladok'a onkage sakam do ba.gr.a.re tire leka darere ha.r.up' akana. Ohom or chad.aolea; kha.juk ban' sea akan khan.

Tale sakamte biniko benaoa, ar pa.t.ia. ho~ko galan'a. Gidra..ko do pepr.e~t' ho~ko benao enec'a, ar sad.e ho~ beja~eko ocoea. Cet' leka sad.ea? Pe~... se ban'? Sakam goc'len khan sahan la.git'ko tiok'jon'a. Sakamte ja~ha~tis bagwan ho~ko et.eda ar kumba. ho~ko daba. Jo ho~ ban' ka.t.ic'a. Una.k' usul khon bohok're n'uram khan bohok' posak'kok'tama. Balelen khan, ac'tege n'urok'a; adom hor. do n'inda. ho~ n'inda. tale bele la.git' tale dareko horhokak'a. Gabetet'ko copoc' joma. Copoc' jokhec' d.at. are ganthar do bogete sogek'a. Gabetet' do rod.oc'kate holon' sa~o mesalkateko pit.ha.ia, unre ona pit.ha. doko metak'a, "tale pit.ha.". Daka sa~ote ho~ko mesala unre doko mena, "tale daka".

Berel tale jo bhitrire rasa tahena, ona rasare len'jer n'o~k' khur.us khur.us guli tahena, ona ho~ beja~e sebela, ona do bha.ti kana, ona doko metak'a, "tale bha.ti", ar rasatet' doko sir.uba, her.emgea. Pot.koc' jan'em mak' par.ak'ket'a, ar bhitritet're ona bha.tige unre do juda.ge sebela. Gidra. do a.d.i ko kusiak'a; n'am bar.aeako. Daretet' do par.ak'kate or.ak'reko lagaoa.

Tuma.l- A.kil D.ahar, pa.hil ha.t.in'

Meskoc´

Meskoc´

(5)

Gidra.: Baba In´ do_ Iskulte do_ ba.n´ calak´a,

Baba: Cedak´ ba_bu cedak´ bam calak´a,

Gidra.: Ente bare, aleren mahasoe cet´ge bae dar_eak´a jo_to_ge aleye
par_hao ocolea.

(6)

Mahasoe barea gidra_ aema kurumut_u kate reho~ unkin asketia_ gidra_
cetat reho~/ hisa_b do_ ba_kin cet´leda,

Mit´din unkin gidra_ ul dare rekin dec´ kate ulkin tia_k´kan
tahe~kana, un okterege n´elme uni mahasoe ond_em set_er got´ena, Ado_
gidra_i metat´ kina, In´ pea ul ema.n´ben, Gidra_ do_ pea ul kin
emadea, Arho~ uni mahasoe do_e metat´kina, Den barea ul ema.n´ben,
Unkin do_ arho~ barea ulkin emadea.

Nia_ dhao uni mahasoe do_e metat´kina, Nitok´ la_iben se in´ t_hen
tina_k´ ul menak´a? T_hik takrege e_t.ak´ gidra_ do_e me_n go_t´keda E
ya alom la_ia, nonkate on´ko/ hisa_be cet´ alan´a.

Rajren Sipa_hi

Mit´t_en raje tahe~kana ar uniren mit´t_en sipa_hi. Uni sipa_hi do_
pa_cri dua_r t_hene pahraea; ado_ ja~ha~e ho_r_ ja~ha~nak´ a_krin´

la.git' raj t.henko a.gui khan do_e metakoa, Noa jinis tina.k'
damok'tapea, ona reak' adha dampe eman' khan, e.nd.e_khan raj t.hen
bhitri mo_ho_lten' bo_lo_ ocoapea; ar bape eman' khan do_ o_ho_n'
bo_lo_ ocolepea. Ado_ cekaeako be_cara? Re_n'ge_c' ho_r. bako
a.krin'le khan ma din gujra.n ban' calak'tako. Ado_ khangе adha damko
go_k'aea, to_be_ko bo_lo_k'a. Nonkage uni sipa.hi do_ je kichu o.nd.e_
calak' ho_r. do_, sanam ho_r.geye onkakoa. Ado_ khangе mit' dhao do_
mit't.en ke~ot.a maran' uta.r hakoe jha.likedea; ado_e me_nket'a, Nui
hako do_ raj t.hen in' a.krin'ea, d.her dam na~ha~k' hoyok'tin'a. Onka
bundis bar.akate uni ke~ot.a do_e idikedea. Ado_ ona pa.cri dua.r
t.he_c'ren sipa.hi do_e metae kana, Okatem bo_lo_k' kana bin hukumte
do? Hape ten'gonme. Ado_ uni ke~ot.a do_e me_nket'a, Raj t.hen hako
a.krin'e la.git' in' bo_lo_k' kana.

Ado_e metadea, Nui hako tina.k'e damok'tam, ona reak' adha dam
eman'me. Cet' kichu ona do_ bam bad.aea? Nun din khonem a.guyet'kore
ho~ bam bad.aea? A.na.r.ik' kangeam? Khangе ado_e me_nket'a, E_ baba,
bad.ae do_n' bad.aegea, me_nkhan, bana am t.hen in' ne_ho~rok' kana,
nia. dhao do_ ika.kan'me. Nui hako reak' pura. dam in'ge hatao
ocoan'me; alo onka do_m pajhetin'a; ika.ka.n'me bar.e_. Ja~ha~ hilok'
in' a.guleko khan do_ unre do_n' emamgea, o_ho_n' e_r.e_mea; me_nkhan
nia. dhao do_ ika.ka.n'me. Me_nkhan sipa.hi do_ bae an'jo_mlet'taea;
una.k'e ne_ho~renre ho~ bae ika.ledea. Ado_ khangе uni ke~ot.a ac'
mo_ne_reye bujha.u bar.aket'a, Judi nui hako ba.n' a.krin'le khan do_
na~ha~k'e seak'tin'a. Nonka hudis bar.akate ado_ ba.pur.ic'kate adha
dame go_k'adea. Khangе ado_ bhitri mo_ho_lte raj t.hene bo_lo_yena.
Ado_ raje kuli kedea, Cele ho, okatem he_c' akana? Ado_e me_nket'a,
Hakon' a.gu akadea; nui hako reak' dam eman'me. Ado_e metadea, Nui
hako do_ tina.k'em damea? Ado_ uni ke~ot.ae me_nket'a, Ia. raja saheb
, nui hako reak' dam do_ mit' sae t.hen'ga dal.

Ado_ khangе raje me_nket'a, Henda ke~ot.a, cedak' onka do_m dame
kana? Nonkan dam do_ nun jug in' hoyok' kana, me_nkhan ban' an'jo_m
akat'a. Onate a.d.i hahar.an' an'jo_met' kana. Mase_ noa reak' bhe_d
bhan'gaoan'me. Noa do_ cet' lekan dam kana? Ado_e la.iae kana, Noa
reak' bhe_d do_ noa kana: ja~ha~e ho_r.ge ja~ha~nak' a.krin' la.git'
am t.henle hijuk' khan, uni pa.cri dua.rren sipa.hi do_ bae bo_lo_

ocoalea. Ado_e metalea, Noa jinis tina.k' damok'tape, ona reak' adha dam eman'pe, e_nd.e_khan in' bo_lo_ ocoapea. Onkae metalea; ado_ adha damle go_k'aea, to_be_ e_ne_c' am t.henle bo_lo_ dar.eak' kana. Ar tehen' ho_~ adha dam a.urin' go_k'ae ha.bic' do_ bae bo_lo_ ocoan' kan tahe~kana, onate onka do_n' dam akadea; mit' sae t.hen'gam dallin' khan, e_nd.e_khan ona reak' adha, bar isi ge_l t.hen'ga do_ unim dalea.

Khange ado_ noa kathae an'jo_m cabaket' khan, raj do_e ran'gaoente uni sipa.hige mit' sae be~_te dalkedea, ar ca.kri khon ho~_e barkhas uta_rkedea.

Tuma_l- Santal Folk Tales

Tesar Ar Ponak' Kelas Ren Pa_t.hua. Gidra.koak' Kelas Do_ Haptare Bar Din

Darakan Sunibar (2 October) kho_n primary reak' tesar ar ponak' kelas ren pa_t.hua. gidra.koak' haptare mit' din bo_do_lte bar din kate kelas hatao hoyok'a. Na~wa~ somoysuci lekate, tesar kelas ren pa.thu gidra.koak' kelas do_ Robibar ar Lukhibar, Ar ponak' kelas ren pa_t.hua. gidra.koak' do_ Sunibar ar Budhbar kate kelas hoyok'a. Budhbar (29 September) Prathomik sikkha odhidoptor do_ na~wa~ somoysuci do_e so_do_r akada.

Ina. chad.a ho~ Mon'golbar do_ pa.hil kelas ren ar Sombar do_ dosar kelas ren pa.thua. gidra.koak' kelas hoyok'a. Mo~r.e~ak' kelas ren pa_t.huakoak' do_ lahate leakage din hilok' kelas hoyok'a. Mo~r.e~ak' kelas ren pa.thua.koak' do_ t.ifin tayom hoyok'a. Ar et.ak' kelas ren pa_t.huakoak' do_ setak' bela kelas hoyok'takoa.

Tin Gha_r.ic´em Tar_ama

Tar.am do_ jo_to_ kho_n alga hor.ma bhan´jao (biyam) kana. Jo_to_ umer ren hor.ko la.git´ a.d.i ja.rur.ak´ ho~ kana. Me_nkhan tin gha_r.ic´ tar.am hoyok´a se_ tar.am reak´ speed cet´ hoyok´ ja.rur., ona babotre d.her hor.ge babon pust.a.ua. Hor.mo bhan´jao hisa.bte tar.am reak´ po_rho_ do_ cet´ kana ar tin gha_r.ic´ tar.am lekhan po_rho_ n´amok´a ona babotre bad.ae ocoakada phaysiotherapy consultant Umme Sayla Rumki. Din hilok´ tar.am lekhan kor.am reak´ rua., Diabetes, jan´ khoy (Osteoporosis) rog rean´ jiwí ko_t.o_k´ ko_m n´o~_go_k´a. Din hilok´ tar.am lekhan jel sir reak´ dar.e ar sahao dar.e ba.r.tik´a. jan´ rean´ got.hon ho~ ket.ec´jo_k´a.

Tin okto tar.am ja.rur.a:

Dina_m din komkate 30 minit. tar.am ja.rur.a. Diabetes rogiko do_ ina. oktete 40 kho_n 45 minit. tar.am hoyok´ ja.rur. kantakoa. Bha_rti ho_r.mo_ tahe~n okte pa.hil pe_ cando 15 minit. katec´, dosar pe cando 20 minit. katec´ ar muca.t´ pe cando do_ 10 minit. tar.am ja.rur.a. To_be_ okoekoak´ umer 40 bo_ho_r kho_n cetan ar aema din kho_nak´ ja~ha~n hor.mo bhan´jao se_ hor.mo khat.a. sa~o jo_po_r.a. ba.nui, onkan hor.ko do_ tar.am lahare bissegoggo ak´ solha hatao hoyok´takoa. Arho~ e_t.ak´ se_cbon n´e_lle khan, Okoekoak´ hor.mo_ reak´ o_jo_n d.herger, onkoko ho~ tar.am e_hob lahare stretching kate, jel reak´ sir jira_u n´o~_k´ hoyok´takoa. Ban´khan stretching babotre bad.ae hataojo_n´ la.git´ phaysiotherapy koak´ solha hatao hoyok´a.

Ja~ha~e hor.koge hor.mo se_c´ kho_n napae tahe~n la.git´ haptare ko_mkate 150 minit. tar.am hoyok´takoa. Haptare 30 minit. kate 5 din ho~ bon tar.am dar.eak´a. Okto ban´ tahe~len khan dinre 10 minit. kate

pe_dhao tar.am lekhan ho~ hoyok'a.

Jogging:

30 minit. tar.am tayom 10 minit. jogging dar.eakabon. Jogging reak' bhe_d do_mit' jaegare ten'go kate pa.hilre jo_jo_m jan'ga, ina. tayomte len'ga jan'ga tulkate do_n hoyok'a. Jogging la.git' a.d.i maran' jaega rean' ja.rur. do_ba.nuk'a. Or.ak're ja~ha~ t.hen mit' jaegare ten'gu kategebon jogging dar.eak'a. Pa.hilre do_ba.i ba.ite , ina. tayom do_usa.ra usa.ra. Okoe koak' do_ba.r.ti o_jo_n onko do_pa.hilre adha minit. kate jogging ako. Ina.kate hor.mo reak' halot bujha_u kate ba.i ba.ite okto do_ba.r.ti idiy hoyok'a.

Tar.am calak' lahare:

Tar.am okte sukra.j (aramdayok) ca.t.ki ho_ro_k' hoyok'a. Ho_ro_k' bande_kicric' ho~ thor.a sukra.j ar d.hila.n' dholon' n'o~_k' ho_ro_k' ja.rur.a. Seton' kho_n e_ran'ok' la.git' setak' paha- poho okte ar a.yupbela cando ha.sur tayom tar.am la.git'bon od.ok dar.eak'a. Tar.am tayom thor.a stretching jarur.a; je_mon jan'ga ka.t.up' cetanre ten'golen khan tayom reak' jel sir ko hasua. To_be_o_jo_n ko_m la.git' tar.am se_jogging do_aso_lak' ban' kana. Balance thik do_ho_e ja.rur.a. Nia_m kate nit. akat' oktere hor.mo reak' keleri hisa.bte jo_m hoyok'a.

Source: Ajkerpatrika

Meskoc'

Meskoc'

(3)

Raja ar Montri kin galmaraoeda,

Raja: Onko do_ ko okoe kana je, in'ak' SMS reak' ro_r.
rua_r. bako e_ma.n' kana.

Montri: Ma_lik, noko do_ hoyok' kana onko cut_hia. ho_r.
okoe do_ akoak' or.ak're se_n'ge_l lagaolenre phayar sarbhis
ren ho_r. t_hen Miss kol ko e_m.

(4)

Mit' din up' get' la_git' ac'ren gidra. la_pit' t_hene idi
akadea,

La_pit': Cet' lekan' ged tama ba_bu?

Gidra.: In' baba leka, cetan sec' do_ je_mon phaka tahe~n.