

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'kede. 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'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 takenkan 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 taken la.git' okako njomak' jom
ja.rur.a, onkage okako jomak' baron se ban' jom ja.rur.a ona
ho~ bad_ae taken 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 taken 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_onto_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_nige 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'amenā. 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'ige 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'ige 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
benaot'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'ige 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' kathaē 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_nton_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_katege 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.

Goḷap Baha (Don' Seren')

Gad,a hanasare Goḷap baha

Gad,a noasate d,a,r akana,

Sitan' menten' calaolena goḷap baha

Haere Goḷap baha d,an,d,ate dak'.

SASAN'

Sasan' do a.d.i gunanak' kante din hilok' reak' ka.miremako beoharge, ona sa~ote leg-acar ar a.ri ca.li reho~ sasan' do boloakana. Noa do mosolako reak' mit't.en hi~s kana. Sasan' 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 sasan' reak' ja.rur. menak'a, gujuk' gurok' reho~ sasan' ja.rur.ok' kana ar ran murga.n reho~ sasan' do ja.rur.abon kana. Gidra.ko punilen khan ran sa~ote sasan' mesal reak' ja.rur. par.aok' kana. Gidra.wak' lac' goromlen khan dumur rasa sa~ote sasan' mesalkateko jom ocokoa. Rear. jinis kante lac' do rear.ok'a.

Khok' manda reho~ sasan' beohar lekhan do usa.ra belek'te besok'a. Jel-hako redo sasan'em 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 sasan'te ojok'kin reak' a.ri-ca.li ko 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 sasan' 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 got.en 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 kulikede a 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 kulikede a, 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.

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.*)

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_i ko 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.

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\_r\_i 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_r_i do sedae khonge santal somajre menak` a\_gua. Sedae do ga\_d\_iiko 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 katege 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*

CEHAO ARAÑ

Banukkoa,

Gai dañgra goṛare;

Lajao so_ro_m banuka,

Nahak kuṛi-koṛare.

Hanko to_ra,

Pante pitat' ko_ke_re;

Titiko sapaṛkan,

Siñ ninda o_kte_re.

Banuka lajao so_ro_m,

Banuka man-mano_t ijať;

Cekatepe nonkankan,

Mase_ ape Ho_ř ho_po_n jať?

Alom mitań,

Amak do_ ce_t' calakkana?

E_ke_n hudiso_kkanań;

Santal so_maj reak ijať calakkana.

Amak inať Santal so_maj,

Ađige sapha sořa;

Hudispe gađonpe,

Nit ardo_ bań ro_řa.