

Meskoc´

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Ram do din hilok´ ac´ ba.hu sa~oe jhogr.ak´a. Ente uni do jaoge pa.ura n´ute bulkok´a. Mit´din Ram do bulkate or.ak´e hec´ena. Ado ac´ ba.hu do ran.gaote metadea, pa.ura. n´ute nuna.k´ ra.ska. ar mon´jem tahe~n kana, end.ekhan cedak´ in´em bapla keden´a. Pa.ura. sa~ogem tahe~ dar.eak´kea. Noa katha an´jomte Ram do mit´t.en gila.s re thor.a pa.ura. dul kate ac´ ba.hui emadete metadea, ne n´u legaeme.

Khange Ram ac´ ba.hu do mocare idiket´ sa~ote bahre da.r.keda are gid.i ot.okeda. Ado hec´ katec´e meneda, cekate nuna.k´ ba.r.ic´ jinis doym n´ueda?

Ado Rame menkeda, cedak´, thor.a lahagem metadin´a., a.d.i mon´j ar ra.ska.te bolen´ n´ueda, end.ekhan nitem bujha.ukeda tina.k´ kost.ote pa.ura.n´ n´ueda. Ina.kate Ram ac´ ba.hu doe menkeda, tehen´ khon ar tisge pa.ura. n´u ba.n´ baronmea. Ac´ ba.huak´ katha an´jomte Ram do mone monete menkeda, “dak´ begor mesalak´em n´u lekhan do nonkage hoyok´a”.

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 khangе 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. raban' 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. raban' 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' ban' hajamok'a, tesar karon gidra.ren gogo se n'en'el ko do ba.r.ti ka.mi ia.te ja~ha~ leka ti jan'ga 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 son'ge
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_n'ge_l do_ho_eme go_ in' kho_n sa.n'gin'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 kulikedeadea,
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' bhinda.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'ime 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

lekanić doe okoe kana! Enho~ uni sa~o ac'ren hoponerae bapla kedeā 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'
bahaduritaē. 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~oteyē 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 .ukedeā

Isore gok'let' jokhec're Sarae hirikedete, Isa.hake n'utumen mit't.en
kor.a hopone janamkedeā, Abraham do un jokhec' 100 serma umer
tahe~kantaē. D.her n'o~k' serma tayom Isor do Abrahame bid.a.ukedeā,
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'geteyē idi torawana; jeredok'
saman'ok' la.git' sahan par.ak'ket'te onae idi torawana, ar Isore
metade t.ha.~iteyē 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 ladekedeadea. 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'amkedeadea. Uni sap'kate ac'ren hopon bodolteye ten'genkedeadea.

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.**)

Lagr_e~ Seren'

Ma.n'jhiko chat.kare, jogma.n'jhi chat.kare

Ra.i tur.i dare akan, d.and.a jokhate

Da.nd.a jokhate.

E ba.bu ma.nda.r.ia. tokoe koren parwa

Ra.i tur.i ko ca.t.ic'eda sarar.e sarar.

Sarar.e sarar..

OR_ AK´ AD_ EPASERE SA_ BJI CAS

Ho_ rmo_ reak´ jo_ m la_ git´ ar ho_ rmo_ a_ di din bahaok´ ar mo_ nj dohoe la_ git´ aboak´ dinam jo_ m re aema lekan jom nuak´ jinis bon jomet´ kana. Nit do_ Bañladisam reak´ a_ di marañ muskil do_ hoyok´ kana a_ di ja_ ru_ ran jom- nu, menkhan abo do_ jom- nu reak´ apnar a_ di_ a_ ri/ khusi bon nam akada.

Abo do_ o_ rak´ a_ de_ pasere alga tege a_ di lekan sa_ bji cas kate aboak´ hor_ mo reak´ ja_ rur_ ok´ ak´ kobon n´ am purau da_ rea_ ka. Aboak´ se ho_ rkoak´ hasa/ jaega- j´ umi do_ a_ di tho_ ra gea, onate gharonj reak´ kud_ a_ m a_ re ar o_ rak´ reak´ sorkore a_ di ja_ ru_ rok´ kan anaj se sa_ bji reak´ algatege bon cas da_ rea_ k´ a. Noa lekate apnar gharon´ jren sanam ko la_ git´ a_ di bhage ar a_ di monj hor_ mo ar mon bon nam da_ rea_ ka.

FAO reak´ katha lekate dinam mit´ hor_ la_ git´ 220 gram sa_ bji a_ di ja_ ru_ ra. Menkhan abo disomre do_ ona reak´ adha ho_ banbon jom namet´ kana. Onate noa ret_ ba_ rti la_ git´ o_ rak´ ad_ e_ pasere sa_ bji cas a_ di ja_ ru_ rak´.

Disom ren aema ren´ gec´ nacar hor_ koak´ pust_ i jom- n´ u purun la_ git´ te o_ rak´ ad_ e_ pasere 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 monj ar niropon dohoe la_ git´ a_ d_ i ja_ rur_ a.

O_ rak´ sor reak´ kha_ li jaegakore aema lekan sa_ bji a_ di algate cas kate aboak´ hor_ mo reak´ pust_ i apnar tebon purun da_ rea_ k´ 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 da_ rea_ k´ 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 reak o rak sor re kaṭic' kaṭic' jaega kore aema
lekan sa bji bon cas daṛeak'a, eken aboak' hor mo reak'jaṛuṛ
purun laḡit' do bañ, 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.