

CE_T´ REAK´ SANTAL?

Santali ro_r bam baḍaea,
Santali o_lo_k bam baḍaea;
Santali parhaok bam baḍaea,
To_be_ amdo_...,
Ce_t´ reak´ Santal?

Santali sereñ bam baḍaea,
Santali e_ne_ć bam baḍaea;
So_go_e pajheṛ bam baḍaea,
To_be_ amdo_...,
Ce_t´ reak´ Santal?

Tumdaḱ ṭamak ru bam baḍaea,
Tiriḡ, Murli o_ro_n bam baḍaea;
Banam bam baḍaea,
To_be_ amdo_...,
Ce_t´ reak´ Santal?

Santal saḡai bam baḍaea,
Peṛa beohar bam baḍaea;
Ḑo_bo_k johar bam baḍaea,

To_be_ amdo_...

Ce_t' reak Santal?

Laṭu kaṭiṭ man-mano_t,

Bam baḍaea;

Santal paṛis bam baḍaea,

Santal itihās bam baḍaea;

To_be_ amdo_...

Ce_t' reak Santal?

Lajaok kanam,

paṅci pāṛhāṭ laḍey laḡit';

Lajaok kanam,

Aṛicaḷi beohar laḡit',

Lajaok kanam,

Aṅ-aṅri paṅjae laḡit';

To_be_ amdo_...

Ce_t' reak Santal?

PAUL OLAF BODDING Sahebak' Gur Ma~ha~

Teheń do_ santali pařsi sãohẽ_t'ren marañ pařsi guru ar marañ aķilanić ađi mano_tan Bodding sahebak 87ak gur serma kantaea.

Teheńak țarıkge Norway disomren nıtuman miso_nari Paul Olaf Bodding do_ 1938 sermare reak' 25 septe_mbor Denmark disom reak Odense nıtumanak jaegare setak jo_khe_cye bhindařena ar tarasiń 2.30 baje leka aćren dularıa juri Christine Larsen Bodding ak ho_bo_rre mucat' sahẽ_t'e sahẽ_t'leda. Un jo_khe_ć uniak ume_r do_ eae ge_l pe_(73) serma tahẽ_kantaea. Christine Larsen Bodding do_ nıtuman đakto_re tahẽ_kana me_nkhan Isor Babawak' hoho hoelen khan calak ho_r do_ o_ko_e hõ_bam ruar dařewaea.



Bodding sahebe calao lahaente santali sãohẽ_t' reak ađi marañ loksange hoyena. Santali sãohẽ_t're uniak oka e_ne_m menak ona do_ heřan marañ gea. Uniak noa santalko la_git' oka enem do_ o_ko_e hõ_pase_ć tis ho~ ban'ko jak tiok dařeaka.

Uniak iral ge_l eaeak gur sermare santalstimes gharon'j sec' khon ađi aema mano_t johar ar baha malale calae kana.

Suluk lagit' kami

Dharti reak suluk do jat, dhorom, rangao, ari-caliko reak begarko ba gikate dhartiren sanam manwako talare suluk, boeha ar be-jaruak ari-cali kana. Noa do eken larhai ban taken reak mane do ban kana, bickom manwa aitari, ari-cali, sikhnat, ar ari-cali hotete sanam lekan larhai ar be-saritet' ko cabae ar sariak ar adi raska dharti benao reak jarur kana. Noa kami purau lagit' mit' maran' jeget'riari saota lekate kami kana ar jao serma 21 september hilok jaha□re jat parsi din manaet' kana.

Kobi Jibanananda Das do adi din laha acak po_ro_b re_ye_o_l akada je dharti re_suluk do_banuka. Onka leka ar ho ar mit kobi doe ol akat tabona; "in thakao akan atma kana, jiwa sagar sange thir akana, Nator ren Banalata Sen do bar dhao suluke emkeda" – 'Banalata sen' ponoy sec khon.

UN Secretary General ak office khon: O_kte_re_adi jarur gea je, adi jarur okte re_sanamkoge sariak lagit' ko kurumutueda.

Dharti reak adi utar kami ko talare jion ko denga atkar idik kana, gidrakoak kami ko denga atkar idik kana ar larhai reak kai ar dher kami ko talare manwa koak asol aitari ko denga atkar idiet' kana. – UN ren maran sakhia antonio guteres

Nit' do sariak dharti lagit' kami me," Onka leka tehen' do **National Agency for Green Revolution ak' ayur ar hohote Mennonite Center Committee Peace building** ak' gorote 50 more gel hor ko sohor set er lena. Ad.i daman kathako la.i sodorre selet' ko tahekana manotanko. Entet' got.a dharti, disom, somaj, gharon'j, juri-pari, boeha ko talare be-suluk do calak' kana. Noako be-suluk khon odok se sontor taken lagit' ad.i daman kathate sanamko sontor ocoket' koa. Bangladesh re suluk agui lagit' ad.i a~t doe kami kana National Agency for Green Revolution. Barti doe kami kana; Hormo hat.in'ko niropon dohoe, Sikhnat, Ari-caliko saohai ar

sanam lekan lahanti ka.mi doe ka.mi idiet' kana.

2025 serma reak' sukhi hapta re sukhi benao, lahanti ar rukhia re_jopora.ao re_dhean emok' kana. september 21 Sombar khon George Mason Jamiat reak' Jimmy ar Rosalynn Carter Iskul reak' sariak' ar jarurak' ka.mi lagit'' "Sariak' benao, udga.u, ar sariak' ka.mi lagit'' a.d.i jarurak' ka.mi" nutumte 2025 sal reak' sariak' hapta reak' ka.mi ko calaoeda.

Goṭ.a dhā.rti re aema lekate noa din manaok' kana. Noa serma reak' motlob do_hoyok' kana 'Sariak' lagit'' ka.mi: Global Goal lagit'' aboak' as'. Noa din do 1981 sal khon manaok' kana. Sanam serma khon noa din do New York reak' UN reak' mukhia orak' re 'Peace Bell' jom katet' noa din ehobok' akana. Noa ga.d.i do disa.ocoet' kana je **'larhai reak' jo do manwa koak' gujuk' kana'**.

Ona chada gadi then roḍ re 'D.her din ha.bić sa.riak' globa peace' nonkan sombad ho English te ol akana. Noa din do disa.ocoet'' kana je, noa dhā.rti do aboak' orak' kana, nonka taken lagit'' do sanam ko saote sa.riak', gatek', ar bhage monsuba. te taken hoyok' tabona. Ar oka dhā.rti re suluk banuk'a ona dhā.rti re abo do babon tahe dar.eak'a. Onate bhage te jion khemao sanayet'bon khan dharti re suluk dohoe do adi jarur gea. Ona iate noa din do_manao hoyok' kana. Dharti re suluk dohoe lagit' okoe ko aema lekan kami ko kami akat' se ko kamiet' kan onko do noa dinre ko disa dohoet' koa. Larao, muskil, larhai, larhai, etak' etak' kami hotete cet' ho muskil do ban solha dareak'a, barea dharti larhai do noage sodor akada je, ona do eken jion ar dhon reak' handi, ar kami reak' dhertet' ar dhertet' do barti idik' kana. Onate noa din do dharti re suluk reak' jarur babot' disa ocoet' bona.

Ona dinre UN ren maran secretary António Guterres do_sanam manwakoak' adari lagit' adi atte sariak' dohoe, jarurak' ko kom ocoe ar jarurak' ko sadhin lagit' adi jarurak' ka.mi ko ka.mi ocoe lagit' adi jarurak' kami ko kami ocoe reak' ko goṭa keda. Ona chada uni do_nit okte reak' somaj kore baric patiau,

hãtiń ar pãtiãu ari-çali reak jarur menak'a mente note kate, sãriak ari-çali lağit' usarate laha idi lağit' ađi ãt kami lağit'e hoho keda. Uni doe meneda, suluk do_ nisai ari do_ bań bickom monsubã ar kami reak jo kana. Onate uni do_ dhãrti reak sanam jaega kore calao akan paryavaran reak' muskil ko ađi jarur menaka, sãriak' ari-çali ko bańcao ar manwa ađari ar ađari ko ađi jarur menaka menteye la_i keda.

1945 sal khon UN reak sãriak kamiãko (China, France, Russia, United Kingdom ar America) do lařhai se jarurak kami begorte apnar ar jat pãrsi reak jarurak ko sãdhin lağit' ko goãa akada. Ona chađ_a hõ disomko do_ ona tayom khon aema lekan lařhai re ko bolo akana. Noa ađil do_ pãhil hãtiń lařhai tayom ađi jarurok' kana, ona reak' jo_ do_ hoyok' kana United Nations. Noa do mit'ten jat dhorom ari-çali reak ari-çali kana, oka do dhãrti reak judã judã disom ar jat ko talare suluk, mit'ten ari-çali, bujhãu ar gatek lağit' te benao akana. Dosar hãtiń lařhai tayom ona reak ađari lekate United Nations benao rakańena. United Nations do_ dhãrti reak pãhil antar-sarkari sãota kana oka do_ nit hãbić dhãrti reak sãriak sãriakte dohoe reak ađi jarurak kami ko purãu akada. Dhãrti reak suluk do_ jat, dhorom, rańgao, ari-çali begor bađae kate dhãrtiren sanam ho_řko talare menak' suluk, boeha ar be-jarurak ari-çali kana. Noa do eken lařhai begor rajyo_ reak mane do_ bań kana, menkhan manwa ađari, ari-çali, sikhnať ar ari-çali hotete sanam lekan lařhai ar ari-çali ko caba kate sãriak ar ađi rařka dhãrti benao reak ja_rur_hõe so_do_ra.

Noa kami purãu lağit' United Nations do mit' jaruran jat pãrsi ari-çali lekate kami kana ar jao serma 21 september hilok jat pãrsi din do manaok kana.



Dhṛti

reak suluk reak aema lekan ari-ḅali:

Laṛao ar laṛḅai khon baṅcao akan rajyo_: Dhṛti reak suluk do sanam laṛḅai ar laṛḅai ko mucat' laḅit' kana, okaṭak re jāhān aḅi baṛiḅ se aḅi baṛiḅ kami do_ baṅ tahena.

Boeha ar mit'ten ari-ḅali: Dhṛti reak sanam hoṛko talare mit'ten ari-ḅali, mit'ten ari-ḅali ar boeha ari-ḅali benao do hoyok' kana.

Manwa hok lekako baṅcaok': Sukhi somaj re sanam hoṛak aḅi jaṛuṛan hok ar saḅhintet' ko saḅit dohoe do dhṛti sukhi reak aḅi jaṛuṛanak' haṭiṅ kana.

Lahanti ar sthapanak': Dhṛti reak sthapanana reak ja_rur_ do hoyok kana ḅarko ḅahar aḅu, sikhnat ar ari-ḅali reak uskur, ar raja_ri sthapanak hotete mit'ten aḅi uskur ar sthapanak dhṛti benao.

Dhṛti reak suluk nam laḅit' moḅotanak' bhumika: United Nations (UN): Dhṛti laṛḅai reak aḅi baṛiḅ kami khon sikhnat nam kate dhṛti reak saṛiak ar saṛiak dohoe laḅit' kami kana. Noa do_ juda juda diso_m kore saṛiak benao, laṛḅai ko khon baṅcao, ar manwa aḅidari ko rukhia reak aḅi maraṅ kami kana.

Antarjatika din: Antarjatika din do jao serma 21 september hilok manaok kana, ona hotete antarjatika ar gatek reak sombad

do dharti re pasnaok kana.

United Nation do 2025 serma do jat parsi ar biswas reak serma menteye jahir akada. Noa resolve do UN ren maran ayurko hotete pasnao akana, ona reak udgau do hoyok kana adi jaruran galmarao hotete jarurak ko sadhin ar ayuric disomko talare sariak ar biswas ko monj ocoe.

Mahatma Gandhi khon etohop' katet' Martin Luther King Jr., Dorothy Day khon Malala Yousafzai habic', no nde dharti ren aema nutum dam d'ahē akan ayurko ar onkoak' suluk reak' kathako men akadaa oka tēdo_ape ko udgau pe nama mente as in' dohoeda.

Dharti Suluk Ma~ha~ Manotena Tanore re

At hwar hilok' (21 September) Rajshahi jila, Tanore upa jila, Kolma union reak' Dorgad an'ga bajarre suluk ma~ha~ nutumte galmarao sabha hoyena. NAGR (National Agency for Green Revolution) ak' bondobos ar Mennonite Central Committee (MCC) ak' gorote galmarao sabha do hoe pura uena.

Dharti suluk ma~ha~ galmarao sabhare manotan per a lekate setere tahekana National Agency for Green Revolution ren mukhia Mn.Stephen Soren, setere tahekana Kolma union pargana Plilip Hembrom, Shahin Academy ren mukhia Md.Nur Alom, Dorgad an'ga bajar ren namdak karbaria Md.Robiul Islam, NAGR ren Program Manager Prodip Hembrom, Amnura Lutheren Mission Hospital ren Manager Markus Murmu.

Nia dhao dharti suluk ma~ha~ reak' mul jos katha tahekana ***"Mit'ten Sulukanak' dharti lagit' nit khonge kami ehop' me."*** Noa galmarao sabhare Dorgad an'ga bajar ad epase t'ot ha reak' mo~re~ got en

atoren hor_ko selet'lena. Ar noa got_a akhr_ae a_yurkeda Harmonizing Santali, Mahali, Pahari Minority And Bengali Community Relations Through Peacebuilding (HSMPMBCR) ren supervisor Benjamin Murmu.

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 0'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' 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 tahenkan 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 tahen la.git' okako njomak' jom ja.rur.a, onkage okako jomak' baron se ban' jom ja.rur.a ona ho~ bad.ae tahen 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 taheñ la.git'te jaoge cando cando D.aktarak' solha hatao do a.d.o a.d.i ge ja.rur.a.

CEHAO ARAÑ

Banukkoa,

Gai dañgra goçare;

Lajao so_ro_m banuka,

Nahak kuçi-koçare.

Hanko to_ra,

Pante pitat' ko_ke_re;

Titiko sapaçkan,

Siñ ninda o_kte_re.

Banuka lajao so_ro_m,

Banuka man-mano_t ijaç;

Cekatepe nonkankan,

Mase_ ape Ho_ r ho_ po_ n jət?

Alom mitəń,

Amak do_ ce_ t' calakkana?

E_ ke_ n hudiso_ kkanəń;

Santal so_ maj reak ijət calakkana.

Amak ińak Santal so_ maj,

Ađige sapha so_ ra;

Hudispe gańdonpe,

Nit ardo_ bań ro_ ra.

KUŃKAL O_ RAK'

O_ rak' bhitre,

Laṭkaoakan kuńkal o_ rak',

Menak' pe pase_ c' hudisre;

Bańkana noa o_ rak' ho_ rak'.

Bina kham khunṭite,

Bina se_ ne_ r batate;

Mö_ njge le_ nje_ r ne_ loKre,

Benaokan hasate.

Celem metae nui kunḡal,

Baḡkanae cẽ_řě_ sunḡal;

Benaokat'e aḡi jhukal,

Baḡkanae cẽ_řě_ maḡkal.

Sarige nui do_ kaḡigo_l,

Mõ_ńjge ne_lok're o_no_l-bo_no_l;

Garhaoakat'ae hasate to_l,

O_mo_no_k'ko ac'leka noa oraḡ' mo_ho_l.

Dha_rti Jakat Sa_hi Ma~ha~

Calaoen 8 September 2025 St. Andrew's Junior High School re a_ddi jak-jomok selet'ko manao ganao keda **Dha_rti Jakat Sa_hi Ma~ha~**. Noa sapr_ao ar ka_mi hora pura_u reko ta~he kana SIL Bangladesh ar National Agency for Green Revolution. Disom ar jaḡ reak' jo_to_ lekan aḡi-caḡi do_ begor sikhnaḡ nagraha begor do_ baḡ hoe daḡreak'a. Ona reak' jaḡaruḡ bujḡau laḡit' ar sikhnaḡ ko uskur laḡit' UNESCO do_ jao serma 8 september hilok '**Dha_rti Jakat Sa_hi Ma~ha~**' ko manaoeda. Noa din do 1966 sal reak' 26 october hilok UNESCO reak' 14 taḡrik session re jaḡhirlena. ar 1967 sal khon noa din do jao serma aḡi jomokte manaok kana. Saḡhin tayom Baḡladisom re hoḡ noa din manaok kana. Noa dha_rti jakat sa_hi ma~ha~ do UNESCO hotete jaḡhir akana ar ona reak' udḡau do hoyok kana paḡthuako, jaḡ ar somaj laḡit' paḡhaok reak' jaḡaruokak ko sodor laḡit'.

Tarik: 8 September

*Udgau: Dharti reak ari-cali babot'
cet'et'kanko cet'ako.*

*Sangothon: Mit' Jom Siknat,
Bigganik ar Sanskritik Sangothon
(UNESCO)*

*Itihas: UNESCO do pahil dhao 1966
salre noa din ko manao leda ar noa
din do pahil dhao 1967 salre ko
manao leda.*

Gapalmarao re a.d.i bhage kathako ror. sodor keda. Bad.ae geabon je Sa.hi reak' marsal ja.pit' kate aboak' somaj a.d.i ra.ska. ar bhage la.git' ka.mi hoyok' tabona. Onkage sa.hi do jion reak' aboak' a.yur kana, oka do sa.ri d.a.r re calao la.git'te gor.oabona ar jion reak' jite a.gu eda.

Tehen'ak' noa Dha.rti Jakat Sa.hi Ma~ha~ sec'te aboak' somaj re sanam hor.koak' sikhna.t a.ida.ribon sa.bit ocoe tabonpe.

Sohor bajar reak' ari-cali do_ ato reak' khon 10 ha.t.in'/percent khon ho barti gea. Ato or.ak' reak' ari-cali do_ 74.6%, menkhan sohor bajar reak' ari-cali do_ 84.8%. Ona modre Santal koak' do jahan survey se report do ban' n'am akana. Menkhan n'elogok' kana sedai ren gor.omba gor.omgo ar gogo babako chad.a sanamko geko sa.hi dar.eyak' kana. Nit' okte moca katha tebon nel lekhan nelok' kana, dher kaete sanam ho.r.ge sa.hi dareak'a Bangladesom santal ja.tia.riko. In'ak' hud.in' okte re disaet kana je, Bangladesom re Santalko ato or.ak' kore Santali mahasoe hotete 1991 salre aboak' pahil sikhnat do_ adi jarurge hoelena. Nit do_ pahil ar maran iskul kore begor gal'ti te_ puthi ko_ e_mo_k kana ar kuri ko_ lagit' scholarship ho_ menak'a. Aboak' an renak' 17 gothen an re 6 khon 10 serma umer ren gidrako begor kami kate adi jaruran sikhnat em reak' jor em akana. Noa ko do_ parhao_k barti lagit' bhage kami kana.

Muca.t' re noa gen' disa. arin' uiha.r ocobona je, **"Sikna.t**

somaj benao la.git' abo do mit'kate ka.mi ar sanamko sikna.t la.git' kurumut.u ja.rur.a." Mit' disom reak' uskur do_ ađi jarurte parhaok saote jorao menak'a. 'Aema parsi parhaok, bhage jion reak' garanti' reak' noa ađari do_ ađi jarur gea.

T_AIPHOID_RUA

T.aiphoid do *salmonella T.aiphi* n'tuman bekt.eria se tejo kha.tirte sirja.uk'kan mit.'t.en a.d.i muhin uca.r.ok' rog se bema kana, noa rua do kathae hor.ko bana rua ho~ko metak' kan tahe~kana. one oka do asokaete ba.r.ic' jomak' ar dak' hotete pasnaok' kana. Noa rog do d.her kaete ren.gec' nacar disomkore ba.r.ti n'elok' kana one okare pa.ikhana(Sanitation) mon'j bebostha ba.nuk' ar sapha se bhage n'ui dak' reak' a.d.i akal menak'.

Noa hoyok' reak' karon:

- **Ba.r.ic' jomak ar ma.ila dak':** T.aiphoid reak' asol uta.r karon kana *salmonella T.aiphi belkt.eria se tejo* te ba.r.ic' akan jomak' ar dak' jom n'u.
- **Hor.mo jok'ton reak' bhage cecetak' ban' bad.ae:** Jom n'u reak' bhage cecetak' ban' bad.aete bhage se mon'j jom n'uak' benao se toinat lahare mon'jte sapha se a.rup' ban' hoelen noa rog hoyok' reak' jhuki a.d.i d.her tahena.
- **Rua.k' hor.ak' sorre taken:** T.aiphoid te ja.bun akan hor. (okoeak' hor.more bekt.eria menak'ko menkhan rog reak' jahan cinha. ban' n'elok'kan se sodorok'kan) onkan ko t.hen khon pa.ikhana ar putu hotete bekt.eria se tejo do ko pasnaok' dar.eak'a.
- **Ma.ila mande:** Ba.r.ic' dak'(okare pa.ikhana se putu taken) son'ge mesaok' kan, tobe ona khonak' a.d.i usara

noa rog do pasnaok'a.

Noa rog ten'go daram: T.aiphoid. rua. reak' cikitsa ar ten'go daram la.git' thor.a a.d.i ja.rur.an ka.mihora latarre ol uduk'ena:

Cikitsa:

- **Antibiotic se rog ten'go daram ran:** T.aiphoid. rua. cabae la.git'te D.aktar koak' solha lekate sut.hik antibiotic se rog ten'go daram ran jom se bebohar do a.d.i ja.rur.a. Bekt.eria se tejo koak' dhoron se cet' leka onka lekate d.aktar ko do sut.hik antibiot.ic se ranko jom reak' solha ko emok'a.
- **Pura.puri jira.u:** T.aiphoid. rua. re hor.mo do a.d.i a~t. lan'gak'a, oan ia.re jira.uk' reak' a.d.i a.d.i ja.rur. menak'a.
- **Haidret. se Dak' jiniste purun taken:** Noa okte rua. ar leher t.and.ite hoyok'te hor.mo khonak' dak'ar leher od.ok calak'te onako purun rua.r. la.git' aema dak' ar et.ak' onkan jom n'ui ja.rur.a.
- **Algate hajamok' jomak':** Noa rua.re taken okte a.d.i algate hajamok' onkan jomak' jeleka: la.bit' se an'jet' daka ar.ak' sakam kaera taben ar a.n'gur jom ja.rur.a.

Ten'go daram:

- **T.ika. hatao:** T.aiphoid. khonak' rukhia. n'am la.git' vaccine se T.ika. hatao do a.d.i bha.la.inak' kana bisas kaete judi ja~ha~e onkan t.ha~i se elakate dar.ane calak' khan noa rua. hoyok' reak' d.her jhuki menak'a.
- **Sapha Dak':** Sanam okte sapha se mon'j dak' n'ui ja.rur.a, judi somhob khan dak' lolo kate n'ui reak' ja.rur. menak'a.
- **Ti a.rup':** Ja~ha~nakge jom lahare, pa.ikhana calak' tayom se jomak' benao se toinat lahare sa.bunte a.d.i mon'jte ti a.rup' reak' ja.rur. menak'a.

- **A.d.i aodhante jomak' jom n'ui:** Ja~ha~te calak' se dar.an oktere hor ar.e reak' ot.ak' jomak' ar a.d.i mon'jte ban' isin akan onkan jomak' jaoge ba.giak' se ban' jom ja.rur.a, ona chad.a kate berel jo jinis ar sa.bji se ar.ak' sakam kobon jom okte lahare a.d.i mon'jte a.rup' ja.rur.a.
- **Sut.hik' jaegare ma.ila. gid.i reak' bebosta:** Or.ak' se as ad.epase reak' dak' se ma.ila. od.ok gid.ikak' reak' mon'j bebosta taken ja.rur.a ona chad.a sanam horko hor.mo napae ar niropon dohoe reak' a.n a.riko manao ar senak' ja.rur.a. Noako manao ganao lekhan noa rua.ten'go daram reak' a.d.i a.d.i ka.mire lagaok'a.

A.d.i ja.rur. mit.'t.en katha: T.aiphoid. rua. reak' jahan cinha. ko n'ellen khan a.d.i usa.ra d.aktar koaku solha hatao ja.rur.a, sut.hik oktere cikitsa se ran ban' jom se hataole khan noa ru. a.d.i maran' botoranak' hoe dar.eak'a.

OR .AK' AD .EPASERE SA .BJI CAS

Ho.rmo. reak' jo_m lagit' ar ho.rmo. ađi din bahaok' ar mo.nj dohoe lagit' aboak' dinam jo_m re aema lekan jom nuak' jinis bon jomet' kana. Nit do_ Bañladisam reak' ađi marañ muskil do_hoyok' kana ađi ja.rur.an jom-nu, menkhan abo do_ jom-nu reak' apnar ađiđari/khusi bon nam akada.

Abo do_ o.rak' ađepasere alga tege ađi lekan sa.bji cas kate aboak' hor.mo reak' ja.rur.ok' ak' kobon n'am purau dareaka. Aboak' se ho.rkoak' hasa/jaega-j'umi do_ ađi tho.ra gea, onate gharonj reak' kud.a.m are ar orak' reak' sorkore ađi ja.rur.ok' kan anaj se sa.bji reak' algatege bon cas dareak'a. Noa lekate apnar gharon'jren sanam ko la.git' ađi bhage ar ađi monj hormo ar mon bon nam dareaka.

FAO reak katha lekate dinam mit' hor lagit' 220 gram sa.bji adi jarura. Menkhan abo disomre do ona reak adha ho banbon jom namet' kana. Onate noa ret. barti lagit' orak ad.epasere sa.bji cas adi jarurak.

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.

Orak sor reak kha.li jaegakore aema lekan sa.bji adi 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 ho_ ato reak o_rak sor re katic' katic' jaega kore aema lekan sa.bji bon cas dareak'a, eken aboak' hor.mo reak'jarur purun lagit' do_ ban, 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.

