**BHOLAIKEN JIE….**

Bholaiki amkam Devachem ek vhodd dennem. Jen’na amkam duens-pidda zata, amchi bholaiki voir-sokol zata ten’nach amkam bore bholaikechem mhotv kollta ani bholaikechi kallji ghevop kitlem gorjechem tem somzota.

Hench monant dovrun , dor vorsa ak’hea sonvsarant Abrilache satver “ Bholaikecho Dis” mhunn palltat. Hea disa mhonnje Abrilache 7ver, 64 vorsam adim “World Health Organization” (W.H.O.) hi sonstha zolmol’li.

Hea vorsa W.H.O.hannim ghetlolo vixoi zaun asa “Ami amchea jivachi rakhonn “vector borne diseases” heamchea pasun koxi korchi?” “Vectors” mhonnje kitem? Vectors mhonnlear lhan jiv zoxe zollaram,mus, bikunn,ulkeo adi je malaria,dengue,chikungunia, Japanese encephalitis,yellow fever sarkim duensam ximpddaitat.

Atam bholaiki mhonnje kitem? Monis xaririk (physical) rupant boro aslear to bore bholaikent jieta oso amche modem chukicho somoz asa. Sangpachem mhonnlear bholaiki mhonnje monxachem charui bhagamchem joxem xaririk,mansik (mental),atmik ani samajik boreponn .

Bholaiki ibaddtokuch tacher ilaz kelea poros ti ibaddchi nhoi mhonn tacher upai ghevop odik borem.Hacho orth oso nhoi kim ami ken’nach duent poddchinch nam vo amchi bholaiki ken’nach voir-sokol zauchich nam ; pun zata titli bholaikechi kallzi ghevop hantumtuch amchem boreponn asa.

Borem jevonn-khann (a balanced diet), favo titlo veayam (exercise) ani goroz titlo visov hea tin fatramcher ami amchea jivitachi buniyad ghatlear amchem jivit nirogi ani ghott-mutt zatlem. Amchea zanntteamni amkam eka borea jivita khatir ek “recipe” dil’li asa—“att voram kam,att voram nhid,att voram khell ani urlolem sogllem Devacher.”

Anik ek mhotvachi gozal mhollear ami vaitt veosonam pasun char hat pois ravunk zai. Soro pievop,gunge vhokhdam ghevop, bemoryadint lingi bhog ghevop osleo gozali amchea jivitachi vatt laitat ani amkam mornnachea darvonttea kodden pavoitat.

Anik ek gozal mhollear ami amchea khasgi toxench somudaik jivitant nitollsann samballunk zai ani dusreamkui samballunk xikounk zai.

Ek sukhi ani dhadoxi jivit jietolim zalear bori bholaiki asop sarkhem gorjechem. “We can perform at our best only when we are healthy”. Hem tumkam khorem dis na

**Golda Gracias**