**BORI BHOLAIKI --- DEVACHEM DENNEM**

*Bori bholaiki zaun asa Devachem ek khas ani kherit dennem; ani hea denneamchem mhot’v amkam hea ‘covid-19’ hachea kallar somzolem jitlem amkam poilim ken’nach kollunk naslem. Poixe-duddu, bhattam-bensam, suropai ani huxarkai, man-bhovman, zut’ti-podvi, zat-kat hem sogllem kiteakuch upkarnam mhonn amkam* somzolem ani ami onnbhovlem. Ten’na zonn eklean aple bholaikechi kallji ghevop ani dusreamkui ghevpak adar korop ekdom gorjechem mhonn kollun ailem.

Amchea Goychea dhormprantant Febrerache 14ver bholaike khatir bhettoilolo dis mhonn palltat. Bholaikecho husko monant ballgop ani zagrutai nirmann korop zaun asa hache fattlo mukhel hetu.

Bholaikechi kallji ghevop zonn ekleacho mullavo kaido zaun asa. Zaite pavtti amkam dista bholaike vixim nem-kaide pallop mhollear ek khup kottin gozal ani amchean tem vheov’harant ghalunk zavchem nam. Punn hem chintop chukichem. Kaim sompe ani sade upai gheun amchean amche bholaikechi zata titili kallji ghevum eta. Sokol dil’le nem amkam thodde bhov faideak poddtole.

1. Chukoinastonam sokallim uttnam fuddem, ek glass bhor udok pievchem.
2. Sodanch ugtea vatavoronant 20-30 mintttam pasoyek vechem. Shud’dh varem ani suryachem vot amche bholaikek ekdom borem.
3. Ratchim 7-8 voram tori susth nhid ghevchi.
4. Zonn eklean apnnak avoddtta tem korpant (hobby) thoddo tori vell sarcho.
5. Zata titlem puxttik (nutritious) jevonn jevchem ani “junk food” pois dovorchem.

Kuddiche bholaikechi kallji ghevop zoxem faideachem toxench monachi ani otmeachi bholaiki sambhallop ekdom gorjechem. Devacher okhondd bhavarth amchea monank ani otmeank ghottai dita ani jinnek urba haddtta. Konn eka zannkaran mhonnlelem asa: “A healthy outside starts from the inside.”

***Golda Gracias***