**XRIXTTICHE UDORGOTICHIM BIAM**

“ United Nations “ he ontor-raxtriya sonsthen aplea **68t**h mellaveant **2016** hem voros **“kodd-dhanyanchem voros” vo “Year of the Pulses**” mhunn zahir korpacho nirnnoi ghetlo.

Kiteak kai United Nations-hannem kodd-dhanyank (pulses) itlem mhotv dilem ani itlo vhoddlo tharav ghetlo ? Tancho udex ekuch—samanya lokam, xetkamteam ani xruxtticheam rakhonndaram modem kodd-dhanyancheam faideam vixim zagrutai haddop. Itlim vorsam ami tanchem mhotv somzolim nam nhoi mhunn tankam ken’nach mol dilem nam.

Tor kodd-dhanya vo pulses mhonnje kitem ? Ani amkam tim itlim mhotvachim kiteak ? Inglez utor ‘pulses’ hem Latin utor “puls” hacheavoilean ailam. Chalteam utramnim sangpachem zalear ollsandde, chonnem, mung, ullid, kullid, mosoor zaun asat kodd-dhanyam. Tor hea kodd-dhanyanchi pik ami amchea xetamni kiteak kaddpak zai ani amchea dispottea jevnnant kiteak tim vapurpak zai ?

Xemkddeamni vorsam pasun, monis him kodd-dhanyam aplea xetamni pikoit aila ani aplea jevnnant tacho vapur korit aila. Ani zor amkam bore bholaiken jievpachem asa ani xrusttichem somtolponn (environmental balance) sambhallpachem asa tor amkam fuddarakui hem korit ravchem poddtolem.

Kodd-dhanyamche zaite faide asat. Tim amchea aharant (diet) asunkuch zai. Hantunt “cholesterol” vo “fats” hancho promann (contents) sarko zero percent. Punn bholaikek faideak poddpacheo vostu zoxeo “minerals, B vitamins , proteins, dietary fibres” chodd promannant asat. Tantunt ‘proteins’ gonvaporos dupett ani tandllamvun tripett chodd asa. Tim amkam cancer ani diabetes-heam piddampasun pois ravpak adar kortat. Teach pasot ami amcheam dispotteam jevnnanim tancho vapur korunk ken’nach visrunk zainam. Goemkaram modem ek chukicho somoz asa---ami xakhari ( vegetarian ) jevonn jevlear oskot zatlim ani amchi bholaiki ibaddtoli. Hem monantlem pois kaddun favo toso kodd-dhanyamcho vapur korop gorjechem asa. Heam dhanyamcho anik ek faido mhonnlear him borim sukovun kitlech mhoine tancho vapur korunk zata tancheantlem pouxttik mol (nutritional value) komi zainam.

Him biam xetkarache ixtt. Tanche bhitor zomin supik (fertile) korpacho ek gunn asa . Xetkamteamni apli dusri pikavoll kaddche adim ken’nai him biam modekot (in rotation) roilim zalear tanchea xetachi-i pik vaddtoli ani zominui bori urtoli.

Ami zannam atamchea kallar tapman (climate) bodlot asta. Heam biam modem bodoltea tapmanakui fuddo korpacho gunn asa ani taka lagun tanchi pik komi zaina zoxem dusre pikavollichem zata.

Heam kodd-dhanyamche oxe sabar faide asat. Xevttak mhojean itlench mhunno eta “ Tim zaun asat xrixttiche udorgotichim biam “ zancho ami favo toslo upeog amchea dispottea jivitant korunk zai.

**Golda Gracias**