

Sompadokancho Sondex

Favo Taka Mellttach

Sorkar yeta ani veta, tachio yeuzonno bodoltat punn dhoronnam bodlonant. Tanche odhikari bodoltat punn vaur bodlonam. Naka to pois veta, zai to lagim yeta. Zonn ekleachem noxib. Hea disamni khub tempan montri bodoltanam distat. Konnak koslo zago mellttolo tem khobor nam punn konn dukhate zalear konn khuxal. Amchea kuttumbamni zaiste pauttim oxench ghoddtta. Ghorantlo ek zoddkar gelo zalear tacho zago konn ghetat tacher zaitio gozali nimbun astat. Soiream bhitro goddbodd suru zata ani aspoticher dholo asloleancho opekxabhong zata. Hem oxem kiteak ghoddtta tacher prosn korunk zainam. Kiteak jem ghoddtta tem borea khatir ghoddtta vo boream zaunche khatir toxim paulam marchim poddtat. Kaim vellar fuddari asa taka kotthor ani khor upai gheunchem poddtat. Xanno monis he upai hanstea tondan mandun ghetat. Jem aplea hatant nam, taka roddon kitem faido? Zaito zonn aplea hatant sot'ta yeunchi mhoonn axetat punn tachea hatant sot'ta konn dinam. Konnacher mhoonn tannem zall kaddpache? Konnak dox divpacho? Noxib tem. Kaim pauttim favo nhoi taka melltta ani favo aslolo vonchit urta. Ogeponnakui inam' asta mhoonn tumi nokllo? Zaito zonnank hachi khobor nam. Moun sambalchem, favo tem tujea paim-iam-xim cholon yetolem. Dusreachem kaddun gheunk chintinaka, tujea noxibant asa tem konn kaddun vhoronk xokonam. Montri zaum sontri, zonn eklo aplea noxibacho dhoni. Favo taka mellttach.

– Vincy Quadros & Pri. Myron Jeson Barreto

Svobhimani Haves

AMCHIE KUDDIK YOGA-CHE FAIDE

Bharot sorkaran 'yoga'-k borench mhotv dilam. Yoga atam sonvsarbhor famad zala. He vixim **Dr. ALVARINHO J. LUIS** mhaiti dita.

21 Jun Ontoraxtriya Yoga Dis monoitat. 2014 vorsa Bharotacho Proddhan Montri Xri. Narendra Modi hannem Söyukt Raxtranchie Sobent (UN) ek bhaxonn dilem ani Junachie 21vier Yoga Dis monounk suchna keli. Tannem yogacho itihās ani bholaikiek kosle faide zaunk xoktat tem bi spoxtt kelem. Te uprant UN-ank Bharotacho protinidhi Asoke Mukherji-n Vixv Yoga Dis mhoonn jahir korunk ek provast söyukt raxtranchie sobhent manddlo. 177 raxtramni ho provast svikarlo ani 2015 vorsa thaun Jun 21vier Ontor'raxtriya Yoga Dis zolmank ailo. Tea vorsa thaun sonvsarbhor lok yogachim prodorxonam, karyoxalla ani zagrutai korit asa.

Kuddik, man'sik ani otmik faide asat dekhun lhan-vhodd,

rajkarmani ani chitrpott kolakar tosoch sado lok yoga ek nirogiponn sadhon mhoonn apnnaitat. Yogachi mullam Bharotiy totvigneant riglolim asat. Sumar 5000 vorsancho itihās ason tacho sondorbh Hindu Dhormachem Pustok Rigvedant melltta. Sumar 200 BCE thaun ek vidvan Patanjali mhuuntta tannem yogachim nitixastrachim (ethic) totvam tin bhagamni maddlean, zantunt kuddicho povitro (posture), svas niyontronni ani smoronnacho (meditation) asvap asat.

Yoga hem Sonskrut uttor yuj hantuntlean ailam. Hacho orth zaun asa söyog vo zoddop vo ekantai.



Hie purvil'lie pod'dotin kuddicho povitro (ason), svas (pranayam) ani smoronnacho sombond ason kudd, mon ani otmeacho ekvott (ekagrot) vaddovpa khatir ani tache vorvim mon'xachea jivak boreponnam mellonk yogachem khaxeleponn asa. 2025 vorsacho vixoi zaun asa 'Svota ani somaza khatir yoga.'

Yogache bholaikiek faide

Sodvaur uzvadda aila te pormannem yoga kelear *joint pain* nopoit zaun amchi kudd suddsuiddit zata. Atth satolle yoga kololeanchi kudd 14–35% suddsuiddit zalia mhoonn spoxtt zalam. Te bhair yoga kortoleanchea rogatachea provahant (supply) sudharnna dixtti poddli. Toxench yoga korun tann unno zaun kallazachem duyens zavpi uchch roktdab, kolestrol ani *inflammation-an* sudharop zalam. Dusrie suvater, fattint ani konneachea sokoilia bhagant dukhapot unni zavpachio kexi dison ailiat. Kaim lokak

asthma ani her pulmanvachea duyensank ilaz mell'lla mhoonn sodvaur kollit korta. Tisrie suvater, yoga tann ani huske-khonti cheptat ani kuddint *cortisol hormone* vaddoun jivak xanti-somadhan zata. Ugddas urop, lokx sudharop ani *cognitive* khuxalkai vaddounk zannntean toxench bhurgeank boreponnam melltat mhoonn sodvaurantlean koll'llam.

Sompotianam...

Yoga sadaronnponnam surokvit asa punn gurvar bailo vo zokhmi/operesany kololea lokan dotorak vicharunuch korcho. Te bhair yoga poiliech pautt kortat zalear yoga Guruchea margdorxona khala korcho ani yogachea faideancho labh gheuncho.

– Dr. ALVARINHO J. LUIS



Supik Sondex

Ami-i Kaddunk Zai Sorkari Yeuzonnanchi Faido

Sogllea Bharotiank ek khuxalkayechi gozal, Proddhan Montri Narendra Modichea Kendr sorkarachea tisree karyokallantlea poilea vorsak 'Viksit Bharot ka Amrit kall, Seva, Sushasan, Garib Kalyan ka 11 Saal' oxem mhuunnlam. Barik nodor marlear hantunt zaitench sot dista. Khub yeuzonno chalik laglolo distat. Hea yeuzonnam khatir zaite zonn sorkari ofisamni lainik ravlole distat. Moja mhuunnlear je lok sorkarachea nanvan bovall martat, te legit teach sorkarachio yeuzonno gheunk fuddem astat.

"Vochot tea potramni udorgot udorgot mhoonn nare gaztat. Kosli udorgot kelia hea sorkaran?" Ek tornnatto bhasabhas kortanam bovall marunk laglo. Her asle te tachea ulovneachem

vixlexonn korunk lagle. Adlea sorkara poros hea sorkaran veglio yeuzonno chalik laileat. Cheddvam khatir ani bhou korun Adivasi somaza khatir, Adivasi vidyarthia khatir ani halinch Adivasi cheddvam khatir khas yeuzonni chalik lailia. Hem addnodor korun ami uloitat? Tanche modleach eklean mhuunnlem ani vad ghalunk laglo. Kitem boream zata tachi tust korunk zai, vankddem sogllech kortat. Tem polleun bore kortat tankam vankddem korunk lailear konnachem boream zatolem?

"Tumi chomche nhoi re hea sorkarache? Tanchea favrak uloitolech." Dusro eklo challvollo. Barik niyall korun polleyat, hea pokxant borabor gheun mukhar vochapchi chal asa. Tujea kuttumbantlo



ghoddye konn nasot punn amchea kitleach kuttumbamni tannem uzvadd ghala.

Mahatma Gandhin mhuunnloem, "Dor Bharoti mon'xachea dolleantim dukam pusun vetolim tednanch desant vikas zala mhoonnunk zatolem." Hem khorem, punn

kitlea zonnamni faido kaddla tacho ankddo konna koddem asa? Sorkari odhikarich hea soulotanchi faido ghetale, tankam cheompi poddli ani tech duddu atam goribank mellttat. Sorkari khateamni polleun gelear hachi govaiki mellttoli, tanchie bhasabhexant

hem spoxtt zalem.

Ek gozal asa, sorkari mon'xamni apleach lokak kitlio souloti dileat kai? Konn mhuunttalo Proddhan Montri Narendra Modichea kuttumb azun aple pornne vevsai choloitak khoim. Taka zai zalear tankam soglleank palasimni dovrunk zatale. Hem khub zonnank sot dischem nam, mat tachim ikra vorsam sorkar dorbharant purnn zalim tea disachio jairati polleleat, kitlea lokachi udorgot zalia ani kitlio souloti khoreamnich asat tachi zannvai melltta. Ami tancho faido gheunk toyar zaum-ia ani sorkaracher titika korche poros, yeuzonnanchi faido kaddum-ia.

– Vincy Quadros



Kovita

Amchi Sonskrutai

Darantlea khursak vat pettoili Pav ga mhuonn rat bhettoili To aslo dekhun zomank xoklim Atam disnam dekhun chal visorlim

Pez jevon xetant denvlim Kaxtti marun ramponn vhoaddi Gham' varoun famil posli Deva bollan jinn sarli

Adim sobar prat ghorant randi Vasacheruch amchi bhuk-tan mari Pausacho purument bhorun dovri Aiz goroz nant, soglleam melltta Ek dhemp marit tori

Festam zatrank sob yenam Tiatr nattok asnam tednam Vhoddponn mijas pois ghannaun Sonskrutai amchi ukhulun dhor'ia

– Sr Aida Rodrigues SFN



Zoitacho Rosto

Disacho porzollit suria udeta Ratchim nokhetram chockchoktat Xurvir sodanch zoitivont mhuuntta Pun zaito pauttim to jikhon harta

Kednam-i vot kednam-i paus Hem deva nisorga dennem Doria udkan tan bhagonam Karonn doria udok kharem

Jinnent kainch korunk xoklo nam Khinnttam hanv noxib naslolo Durbollank fottoile kakut nastanam Monis to don rupam aslolo

Koxtt korun gham' golloita Taka koxttancho foll melltta Devachea bhavartahn jem cholta Tankam zoitacho rosto ucto zata

– Mariano Lucas Diniz



Vevsai Lekh

Gõycho Render- Poromporik Vevasai

1510, Gõyant jednam Purtugez aile tednam tannim soro kaddpachi pod'dot aple vangdda haddli ani osoch soro pivop Gõykarachea jivitacho ek bhag zaun gelo.

Renderacho dhondo korunk maddachea zhaddachi goroz poddtta. Ontor'raxtrik mollar, "*cocus nucifera*" hea nanvan vollkhotat. Hea maddachem Botanical nanv. Gõyant madd khub promannant amkam polleun mellttat. Haka lagun, renderacho dhondo mottea promannan fulounk khub takot asa. Maddacher choddon, maddacho vaur korun, sur kaddun uprant tacho soro toyar korta taka Render mhoonn pachartat. Renderacho dhondo korpi mon'xancho bhes her vauraddea sarkoch, kaxtti nhestale ani matheak tambddo les bandtale. Hie toren adlea kallar tancho bhes ekdom' sadeponnacho aslo. Atam mottvem kalsanv ani khomis ghaltat punn matheak les bandinant.

Tech porim maddancho vaur korunk vetanam, render sodanch paim-iamni cholon vetalo, madd magir kitle-i pois

Onnbhov Lekh



asom. Aiz hem sadeponn nam. Aiz render, saikolin ani kednam-i skuttur gheun maddancho vaur korun veta. Renderacho vaur vorsache barai mhoine cholta. Taka suttu nam. Protiek maddacher tannem disak tin pauttim choddon-denvonk zai. Renderachea vaurachem khaxeleponn hench. Disachim 8 voram tori, render

Ruch



tache bleddin lhan-lhan kuddke korun dhavnnachea goreak laitale. Dhavonn altoddi saun poltoddhi ghatoli astali. Ponell gheun dhavonn palaunk vetanam doriachea hunvaracho odmas gheuncho poddtalo ani tum penvonk huxar ascho poddtalo. Ponell tanddop mhollear ek kolach ti. Pausa disamni chepnnechim toram tonddak lavun ukddea tandllachi pez jevunk ek aglli-veglli khuxalkai yetali. Asor datt zalo ki doriachea hunvarache nal'l, bondde, zollov, vhanvot yetale ani thoddik poddtale. Te punzaunk zaito lok yetalo. Bandar bendde, yivir, touxim, dudi adi roitale, tem khaunk bhurgeponnar jiv tutton poddtalo.

– Armando L. Fernandes



Noxib!

Noxib dor keleak asta Budhvontak tond dakhaita Murkhak fatt dakhaita Hoch noxibacho forok asa!

Ostiv!

Tum tunch zaun jiye Heram porim korunk vochun Tujem ostiv hogddainaka!

Tokli Pisandur!

Novench mottor haddlam mhoonn Rostear viprit dhanvddainaka!

Roddchem Ball!

Roddonaka balla mhojea Tuka pano ditam hanv Kednam tum vhoadd zata Sompounk hem misanv!

– Dr. Austin D'Souza Prabhu



Khas Res

Porot ek pautt sonxean kansvak challoilo ani apna borabor res lavunk taka uskaunk laglo. Kansvak apli outikai khobor aslolean to fattim fattim ravlo punn sonso taka kosoch sodinam zalo.

"Chol tor, toyar za. Pun he pauttim res lamb korum-ia. Ek dis ani ek ratbhor cholpachem vo dhanvpachem." Kansvan bejar zaun mhuunnlem. Taka khobor asli mottvea ontoran sonso apnnak kainch nhoi korun haroitolo mhoonn.

Sonso toyar zalo. Kansov chintunk poddlo, 'sonxeak koso harouncho? Haroinam zalear to amchi sodanch loz kaddttolo.' Kainch suchonam tem polleun tannem devakuch sanglem, tunch polleun ghe mhoonn. Hie votten sonxean ranbhor pergany ghalo ani kansvak lojent ghalunk soglea zonavorank res polleun apoilim. Tharolea vellar kansov apli tokli kott'tteant ghalun dhanvpachie rexecher ravlo. Kitlinch zonavoram res polleunk ailolim, kansvak kainch khobor nam. Sonso mat khuxal zaun nachonk laglo. Tache bhoxen aslolim zonavoram taka anik umed diunk laglim zalear zaitim zonnam kansvache churchure korunk laglim.

Refri aslo kolo. Tannem pirluk marli ani sogleank zagoile. Kansvan lhuach apli tokli bhair kaddli ani itlea sogott zonavorank polleunk to odikuch bhiyelo. Choddxim zonnam sonxeak 'cheers' kortalim. Kolean anik ek pirluk vazoiili.

"Ready?" mhuunnit tannem anik ek pirluk vazoiili res suru zavpak nettachem varem suru zalem. Kednam kallokh zalo ani mottean paus poddonk laglo tem konnakuch koll'llam nam. Sogllim zonavoram hevttent tevtent dhanvonk laglim. Refri kolean pirluk marun res bond keli ani dhanv marlo. Kansvan apli tokli kott'tteant ghalun ek lamb suskar soddlo.

Dekh : Kednam kednam Dev aplem asnnem dakhaita.

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