

വളരെ ദിവസമായി സുരക്ഷിതമായി പഠിക്കുന്നു. അദ്ദേഹത്തിന്റെ ഒരു ബന്ധു വീട്ടിൽ പോകണം എന്ന് കരുതണം. കഴിഞ്ഞതിന് ശേഷം ഇത് വരെ പോകാൻ കഴിഞ്ഞിട്ടില്ല. ഇനിയും വൈകിയാൽ ശരിയാവില്ല. അവർ അത്രയും വേണ്ടപ്പെട്ടവർ ആണ്. സ്ഥലത്തിന്റെ പേരു കേട്ടപ്പോൾ തന്നെ ഞാൻ വിചാരിച്ചു. ഇതു മനോഹരമാകും എന്ന്. ഏതൊരു ഒരു ഭാഗം കേൾക്കുമ്പോൾ, ബസ്സിൽ കണ്ടെത്തിക്കൊടുക്കുകയും ചെയ്യണം. അവിടെക്കൊണ്ടെങ്കിൽ അധികം ബസ് സർവീസ്സും ഇല്ല. ദിവസത്തിൽ ആകെ മുന്നേറ്റം. രാവിലെയും ഉച്ചയ്ക്കും വൈകീട്ടും. അതിൽ ഒരേയൊരു നമ്മുടെ പ്രിയപ്പെട്ട ആന വണ്ടി എന്ന് വിളിക്കുന്ന സർക്കാരിന്റെ ചുവന്ന ബസ്സ്. അത് നല്ല ദിവസം നോക്കിയെ വരു. അഥവാ വന്നാൽ തന്നെ വഴിയിൽ വച്ച് ഡ്രൈവ് ഡ്രൈവ് ആവുകയോ മേൽ പാർച്ച് ട് ആവുകയോ ചെയ്യാൻ അന്നത്തെ കാലം പോകാൻ.

അങ്ങനെയൊരു പാഞ്ഞു ഇനിയും വച്ച് താങ്ങിക്കൊണ്ടു ഒരു ദിവസം ഒന്ന് പോയി വാ. കരുതണം. കഴിഞ്ഞിട്ട് ഇതു വരെ പോയില്ലെല്ലോ എന്ന്.

എന്ന പരിചയപ്പെടുത്തിയില്ലെല്ലോ. ഞാൻ കവിത, വയസ്സ് 25 ആവുന്നു. കരുതണം. കഴിഞ്ഞ് 2 മാസം ആയി പഠയാൽ സുരക്ഷിതമാണോ എന്ന് ചോദിച്ചാൽ ആണ്. ഇരു നിറം പിന്നെ ഒരു പെണ്ണിന് വേണ്ടതെല്ലാം ആവശ്യത്തിനും അത്പം കൂടുതലും ഉണ്ട് എന്ന് വേണമെങ്കിൽ പറയാം. വീട്ടിലെ പ്രാരാബ്ധം കാരണം പ്രീ ഡിഗ്രി വരെയെ പഠിക്കാൻ പറ്റിയില്ല. അത് കഴിഞ്ഞ് 30ണിലെ ഒരു വലിയ ക്ലസ്റ്ററിൽ കോളേജിൽ

# Kochupusthakam 3th Edition

**Emilie Sanchez**



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web healthy eating for children brochure healthy eating for adults brochure healthy eating during your pregnancy brochure the following high resolution copies of australian dietary guidelines companion resources are suitable for desktop printing please note a3 paper is required for printing the brochures

**dietary guidelines in singapore pubmed** - Sep 10 2022

web to date singapore has produced dietary guidelines for children and adolescents focusing on establishing healthy lifelong eating patterns adults focusing on preventing obesity and reinforcing healthy eating patterns and most recently guidelines for older adults 50 years of age that address the issue of potential dietary insufficiency caused by age

**nutrition takecareasia com** - Oct 11 2022

web you eat to provide energy and nutrients important for growth maintenance and overall health good nutrition is important to keep your body at optimum health a healthy diet can help you reach and maintain proper weight reduce your risk of chronic diseases and promote good health one way to ensure that you are eating healthy is to