

HUL JOHAR

E_ Sido-Kanhu,

E_ Cand-Bhaero,

E_ Phulo-Jhano,

Teheń apeák gur mähäre,

Teheń apeák dinisä mähäre,

Hul Joharle ro_řet'kana!

Jo_to_ge...

Latu katić,

Korakan kurikan,

Katić gidrakan,

Haramkan Budhikan,

Hul Joharle menet'kana!

Sanamge...

Metakme,

Santal ho_po_n,

Deko ho_po_n,

Üra~o Mundā,

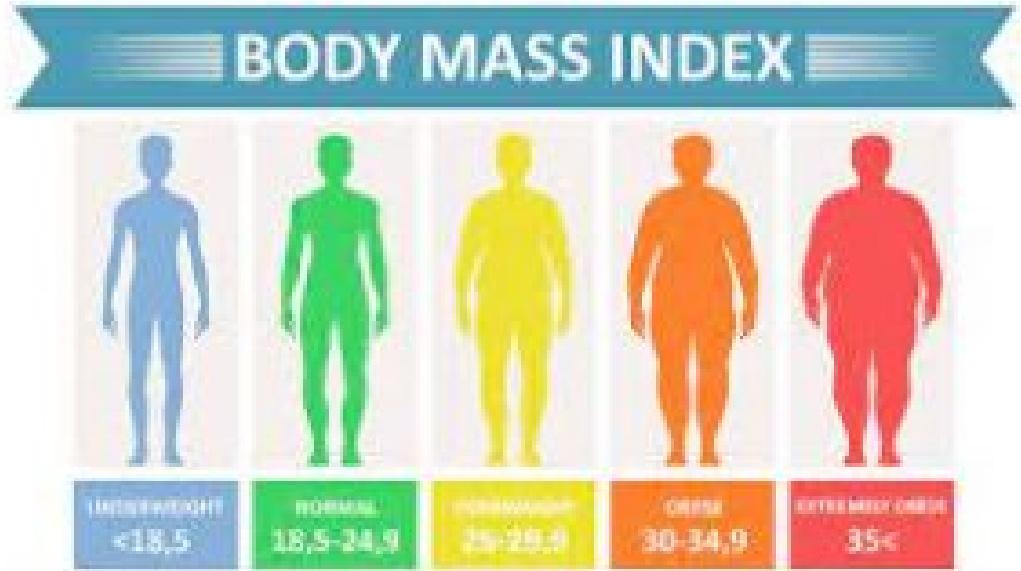
Ho_kharia,

Hul Joharle aranet'kana!

Me_nkhan,
Jo_kho_nge apeak,
Noa dinle hirińe_t'kana,
Ape leka lăṛhaile pąçkkana!
E_nhō_ Hul Johar ro_r do_,
Ekalge bale hirińa.

Hor_mo Reak' Ojon Sucok' se Body Mass Index Do Cet' Kana?

Hor_mo do aboak' join reak' mit't_en
maran' uta_r sandes bo men dareyak'a. Gidra_ okteren'
par_hao leda, hor_moge joto suk reak' asol tet'. Noa nitok'
ad_i bes te bo at_kar dareyak'a. Ente napai hor_mo ge
mit't_en adorso hor_mo tear re maran' da_yik' se bhumikae
doho darek'a. Ar abo laha khonge bon badaya je napai hormo
rege mit't_en napai mondo tahe~na.



Adisedae ren ninda n se sadharon hor. ko doko hudiset' tahe~ kana, napai homo hor. doko unko kana okoeak' hor. mo do usul ar mot.a sot.a. Menkhan biggan se science doe meneda usul ar mot.a sot.alen khan ge do napai hor. mo do ban kana. Onate nitok' sedae se laha okte reak' hudis se dharona do ar bako hitaoak' kana.

Mosby's Medical Dictionary, 8th edition, 2009 lekate hor. mo do hoyok' kana; rog bidhi se eman teak' osabhabik' poristithi khon sahar acae hor. mo hat.in', mon reak' hudiscinta ar sa~otareak' bhage dosa. Onate okoe ba.r.tiko mot.a unko joto hor. do menkhan bolbana do ban'ko hoe dar.aya. Boron' okoe ba.r.ti ko mot.a unko ge aema lekan hor. mo reak' muskil dosare ko tahe~n kana. Ar non ka ad.i mot.a hoyok' reak' sana kan gea sthulota se ledgec' mot.a do. Cetan reak' songa lekate, sthulotha se ledgec' mot.a do bogic' bodolte rua. lek mente Cikit'sa biggan se Medical Science re mit' nawa sakha upel akana. Sthulota se ledgec' mot.a khatirte hor. mo reak' ojon do sabhabik lekate ge dher calak'a. Pura. boyosko mit' hor.ak' hor. mo re matra ba.r.ti ojon got.ak' la.git' usul ar hor. mo reak' ojon re oka anupatik har sodorok' onage bon metak' kana Body Mass Index se hor. mo reak' ojon sucok'. Khat.o te noa do BMI n'utum ko bahanaya. Body mass index bad. ae okte re abo do mit't.en katha se word 'Sthulota' se ledgec' mot.a son'ge bon oprom akana.

Nitok' thor.a khat.ote bad.ae reak' bon kurumut.u legi.

Sthulota se ledgec' mot.a do cet' ko metak'a?

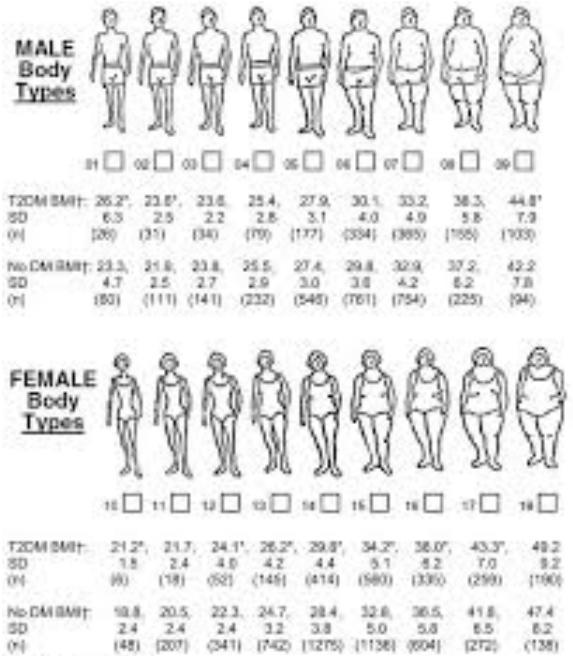
Sadharon lekate la.i lekhan adorso hormo ojon reak' 20% se ona khon ba.r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot.a ko metak' kana. Sthulota se ledgec' mot.a do nonkan mit' dosa kana tinre ja~ha~e hor.hormo sec' te mot.ak' tegiye tahe~na.

Cekate bon bujha.oa je in do sthulota se ledgec' mot.a dosare talare mena.n'a se ban'?

Sthulota se ledgec' mot.a reak' dosa son' la.git' do BMI se Body Mass Index reak' hudas phed. hoe lena. Belgium ren Jotirbid, Gonitbid, Sonkha tottobid, ar Somajbiggani Adlophe Quetelet joto khon pa.hil hor.mo reak' noa sucok' reak' video doe sodor ledae. Wikipedia reak' khobor lekate 1830-1850 Serma reak' bhitrire uni do noa babotre ja.r.ur.ok' lekan bhe_de sodor kedae.

BMI se hor.mo reak' ojon sucok' cet' lekate nirnoya?

Body Mass Index se hor.mo reak' ojon sucok' reak' son'ga khon abo bon badae akada je mit' hor.ak' hor.more matra khon ba.r.ti ojon got.ae lagit' usul ar ojonre oka anupatik har se rate sodoroak'a onage hormo reak' ojon sucok' se Body Mass Index ko metak' kana.



† Mean BMI; [‡]p <0.05

Noate abobon men dar eak'a je Monekak'me amak' hor mo reak' ojon 60 kg ar am do 5 feet 6 inch usul mit' hor kanam. Noate amak' BMI reak' man tinak'? Se amak' sthulota se ledgec' mot'a reak' oka dosa re menak'mea. Dela pa hil re BMI man ligi; nonde amak' hor mo reak' ojon do 60 kg ar hormo reak' usul do 5 feet 6 inch:

Abo bon bad aya: 1 inch = 0.0833 feet,

metak'me 6 inch = (0.083 \times 6) = 0.04998 feet.

Tobe amak' usul tin goena = (5+0.04998) feet = 5.4998 feet.

Abo bon bad aya: 1 feet = 0.305 meters.

Tobe 5,4998 feet = 0.305 \times 5.4998 = 1.677439 meters.

Cetan reak' somikoronre asol man ba esa o lekhac' n'amok'a;

BMI=21.32

Tobe amak' hor mo reak' ojon sucok' do hoyok' kana 21.32

Nitok' latar reak' chok bon n'ela. Nondé BMI man reak' sreeni bibhag tear hoe akana. Abo bon bujha.o dar.eak' kana je amak' BMI man Jodi 18 latar re tahan unre bujha.o hoyok'a je am do roga hormo antem bosobasok' kana.

BODY MASS INDEX (BMI)

Classification BMI score (kg/m²)

Under weight	<input checked="" type="checkbox"/> 18.5
Normal	18.5-24.9
Over weight	25.0-29.0
Obese	30.0-40.0
Extreme	<input checked="" type="checkbox"/> 40.0

Amak' man Jodi 18.5- 24.9 hoyok' tobe sabhabik ar bogi hormo menama. Ba.r.ti ojon khetro re noa reak' man sadharonto 25.0-29.0 tahena. Ar sthulota se ledgec' mot.a hormo reak' pa.hil stor khettro re 30-34.9 hoyok'a. Amak' man Jodi 35-40 hoyok' tobe amdo sthulota se legec' mot.a hormo reak' dosar dhap' re menama. Am Jodi hormo reak' ojon sucok 40 khon ba.r.ti man n'el ocole khan tobe amak' sthulota se ledgec' mot.a hormo do tesar dhap' re menak'a. Onate am do bujha.o lagaoama je amak' hormo reak' dosa do ba.r.ic' sec'. Jaha~tin okterege amak' dua.re kot.ab dar.e atama. Ente sthulota se ledgec' mot.a hormo kha.tirte Koronari koram rua., t.aip-2, Diabetes, Cancer (breast, colon) High blood pressure, Stroke, ar ho~ aema aema botoranak' rua. hoe dar.eya. Onate noa babotre sontor acae tahe~n do adi bogia.

Sthulota se ledgec' mot.a do cekate hoyok'a?

Mimit' hor. a.d.i ba.r.ti Calories jom, menkhan ja.rur. lek

hor.mo ban khat.ao ge sthulota se ledgec' mot.ak' reak' maran' karon mente ganog kana. Ona chad.a ban' ja.pit' dareak', ja.r.ur. leka jira.ok', unko boss re menak' (Genetic), Gharoj reak' join jin'gi, mon sec'te bajao ar eman tiak' ko ho~ sthulota se ledgec' mot.a reak' karon mente lekhak' kana.

Cekate sthulota se ledgec' mot.a do bon tegu darama?

Noa khetro re jao hilok' beyamok' (Exercise) chad.a ar cet' ho~ ba.nuk'a? Din hilok' setak're taram, paerak' ar eman teak' hotete d.her.kaete sthulota se ledgec' mot.a do kot.a gidic'a. Ona chad.a pust.i jomak' ko jom, laloc' jomak' ko jom ba.gi, dar.eak' khan hor.mo reak' ojon jao hilok' ariba.ndite aema rukhia. n'amok'a.