

HUL JOHAR

E_ Sido-Kanhu,

E_ Cand-Bhaero,

E_ Phulo-Jhano,

Teheñ apeak gur mähäre,

Teheñ apeak dinisa mähäre,

Hul Joharle ro_řet'kana!

Jo_to_ge...

Lařu kařić,

Korakan kuřikan,

Kařić gidraķan,

Hařamkan Buđhikan,

Hul Joharle menet'kana!

Sanamge...

Metakme,

Santal ho_po_n,

Deko ho_po_n,

Ūra~o Muᅇᅇa,

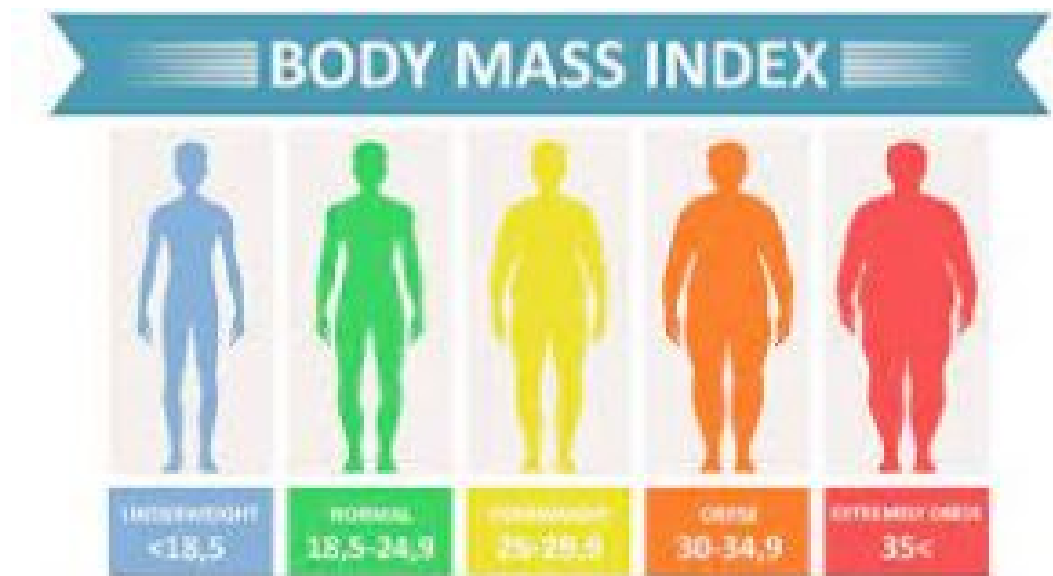
Ho_ khařia,

Hul Joharle ařaᅇet'kana!

Me_nkhan,
Jo_kho_nge apeak,
Noa dinle hiṛiñe_t'kana,
Ape leka laṛhaile paçakkana!
E_nhõ_ Hul Johar ro_ṛ do_,
Ekalge bale hiṛiña.

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.akae hor.mo hat.in', mon reak' hudis-cinta 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 d.her 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?

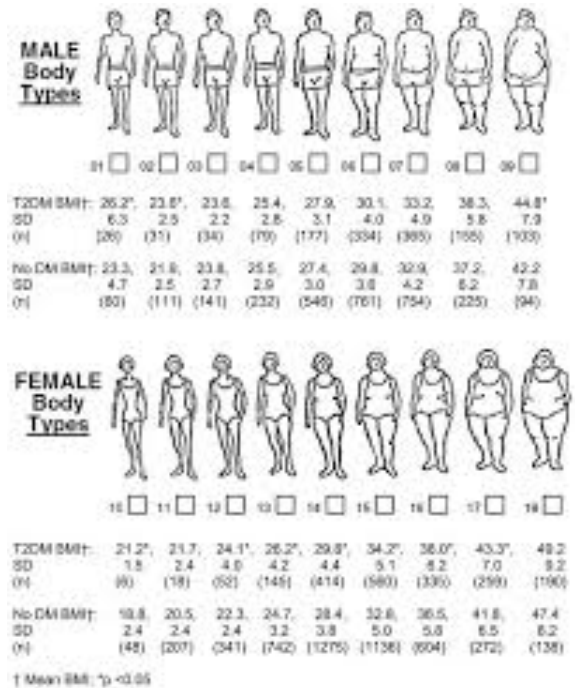
Sadharon lekate la_i lekhan adorso hormo ojon reak' 20% se ona khon ba_r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot_a ko metak' kana. Sthulota se ledgec' mot_a do nonkan mit' dosa kana tinre ja~ha~e hor_hor_mo sec' te mot_ak' tegiye tahe~na.

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' hudis 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.



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. Noa te 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 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 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. Nonde BMI man reak' sreeni bibhag tear hoe akana. Abo bon bujha.o dar.eak' kana je amak' BMI man Jodi 18 latar re taken unre bujha.o hoyok'a je am do roga hormo antem bosobasok' kana.

BODY MASS INDEX (BMI)

Classification BMI score (kg/
)

Under weight	 18.5
Normal	18.5-24.9
Over weight	25.0-29.0
Obese	30.0-40.0
Extreme	 40.0

Amak' man Jodi 18.5- 24.9 hoyok' tobe sabhabik ar bogi hor.mo menama. Ba.r.ti ojon khetro re noa reak' man sadharonto 25.0-29.0 tahena. Ar sthulota se ledgec' mot.a hor.mo reak' pa.hil stor khetro re 30-34.9 hoyok'a. Amak' man Jodi 35-40 hoyok' tobe amdo sthulota se legec' mot.a hor.mo reak' dosar dhap' re menama. Am Jodi hor.mo 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' hor.mo reak' dosa do ba.r.ic' sec'. Jaha~tin okterege amak' dua.re kot.ab dar.e atama. Ente sthulota se ledgec' mot.a hor.mo 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 akae tahe~n do adi bogia.

Sthulota se legec' 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.