

Disa_m re_n Namd_ak Gainaha Andru Kishore Ak' Pa_hil Gujuk' Ma~ha~ Manao

Tehen' Mon'golbar (6 July) Ban'gladisa_m re_n Ban'gla seren'
re_n namd_ak' gainaha Andru Kishore ak' pa_hil gujuk'
ma~ha~. 2020 se_rmare tehen'ak' dinre acak' gharonj re_n
hor_ko son'ge son'ge aema celako_ ba_gi kate no_a dhur_i
dha_rti do_e ba_gi akada. Gel (10) serma cencer rua_ sa~o
la_r_ha_i kate mucat're calaoen serma 6 July do_
sisija_uic'ak' hohote calak' hoyentaea. Andru kishore ak'
gujuk' ma~ha~ n'utumte acak' janam tha~i Rajsha_hi re_
tehen' got_a din do_ nacar hor_ko_ talare_ jomak'e e_meda
acren o_r_ak' hor_ Mrs. Lipika Andru. Nui silpi do_ a.d.i
mon'j mon'je se_re_n' akada. Ja~ha~ lekan se_re_n'ge a.d.i
algatey se_re_n' akada. Se_re_n' do_ uni acak' gand_on re_
mo_n re_, akilre_i do_ho_leda. Me_net' tahe~nae 'in' do_
mit't_en se_re_n' ka_mia_ic' ka_nan'. Se_re_nge in'ak'
ka_mi do_. Ja~ha~e ko_ mo_n dukok' nonkanak' kathage bae
ror_et' tahe~na. Me_nkhan nitok' abo do_ uni lekan dosar
Andru kishore ho~ babon n'am dar_ekaa. Thor_a se_rma lahare_
Rajsha_hi Jila_, Tanore Upa_jila_ re_ak' choknakha atotei
hec'lana nui silpi do_. Ren'gec' nacar Santal hor_ko_
talare_ kambra se_ Kombol e_m ha_t_in' akhr_are_ set_ere
tahe~kana. O_na ia_te tehe~nak' dinre_ uni la_git tahe~n
kana aema aema manot johar.

Source: Pothmatimes

14 July Ha_bic´ Lockdown D_herena.

Disa_mre_ arho~ kajak manao ganao reak´ o_kte ko_ d_her kate Ban'gldisa_m Sarkar do_ parwanae ja_ri keda. Noa Lockdown do_ 14 July ha_bic´ d_her hoy akana. No_a lahare, kajak lockdown do_ arho~ mit´ hapta d_her la_git´ suparis ledako_ (Covid- 19) babot´ re_n ja_tio solha committee ko_. Robibar (4) July n´inda_ no_a babotre bad_ae hataoe menjon'en khan committee member Odhapok M. Iqbal do_e me_nkeda, ko_ro_na poristhiti kobj la_git

lahare ale do_ bar hapta lockdown reak´ solhale emleda. Montri porisod ren mit´ officer me_nleda, ko_ro_na poristhiti nitok´ ho~ ban´ t_hik akana.



Gujuk´ son'kha nitok´ ho~ mit sa~e (100) cetan. Onate manao ganao re_ak´ okte arho~ d_her reak´ hudis cinta_ calak´ kana. Noa_ lahare sarkar do_ 1 July setak´ 6 baja kho_n 7 July tala n´inda_ ha_bic´ lockdown re_ak´e la_i so_do_r akada. No_a kha_tir calaoen 30 June montri bibhag kho_n

parwana ja hir hoy akana. Lockdown re ja rur ak' seba son'gtha ko chad a jo to Dokan, Market ko bond me nak'a. Manao ganao ko hoe pura u lagit' a n rukhia ba hini ko sa'o mat h re me nak'koa Army ko .

Messi Ak' Jobor Khelod te Semi-Final re Argentina

Lionel Messi ak' jo bo r khelod te Ecuador phot bol do l harao kate Copa-America reak' semi-finalre ko rakap'ena Argentina. Lionel Scaloni ren ce lako 3-0 gol teko jita uena. Khelod re tahe~ kate mit't en kate ko gol keda Rodrigo De Paul, Lautaro Martinez ar Messi. Ac'ak' nij gol son'ge son'gete et ak' bar gol reak' ho~ gor o menak'a Messiak'. Nia dhao reak' Copare nit' dha bic' Messi do 4 gol ar soman gor oe em akada. One oka do nia dhao reak' akhr a re jo to khon d her.

- BD protidin khon Torjomaore Sotosh T ud u
-

Bar din bhitre re uta r nakha duba dar eak'a

Disa m re ak' uta r nakha t ot hako re ak' gad a dak' d her akante darakan 48 ghont a se bar din bhitre duba dak' hec' dar eak'a me nte bad ae oco akadae Pani Unnoyon Board re ak' duba laha sapr ao ar sontor tahe~n center. Robibar

(4) July d.uba. dak' la.git' sapr.ao ar sontor tahe~n centre gad.a re.ak' poristhiti ar lahare so_ntonr reak' ta.lika.re_no_a bo_to_r re.ak' katha do_e la.i so_do_r akada. No_are_me_n akana abohaoa odhidaptar ar bharot abohaoa odhidaptar re_n reak' kho_bo_r lekate, darakan 48 ghont.a re_disa_m reak' uta_r nakha, uta_r- purub nakha ar ona so_r Bharot reak' Himalaya latar rean' pa_chim bon'go, Sikkim, Meghalaya t.ot.ha re_a.d.i jhomo_rate dak' hec' dar.eak'a. Noa_karonte, nia_ okte disa_m reak' uta_r nakha reak' Teesta, Dhorla, Dudhkumar gad.a re.ak' dak' okte re_a.d.i usa.ra d.her kate thor.a tha~.iko_re_ cehel cepel duba. hoy dar.eak'a. D.uba. dak' purbabas ar sontor tahe~n centre ren Nirbahi Engineer Md: Arifuzzman Bhuiya do_e me_nkeda, Bramahputra- Jumuna gad.a re.ak' dak' d.her idik'kana, darakan 72 ghont.a ha.bic' nia. dak' d.her idi dar.eak'a. Gonga- podda gad.a dak' t.ika_u menak'a oka do_ darakan 24 ghont.a ha.bic' tahe~ dar.eak'a. Disa_m reak' uta_r- purub nakha cetan Meghna maran' gad.a ko_re.ak' dak' do thir tahena, ar no_a do_ darakan 24 ghont.a re_ thor.a dar.eak'a me_nte ta.lika. re_ so_do_r akana.

Kurba_ni Eid Bajarre Soros D_aman Dan'gra Ko_ Rakap'ede Kana Mohonpur Bajarre.

Nia. dhao re.ak' Kurba.ni Eid bajare re_ Mohonpur upa.jila. re_ soroa daman dan'gra n'utum do_ 'Ban'gla re_n Hende Ha.ti'. Hende rong re_n dan'gra do_ n'elok're_ a.d.i maran' ha.ti leka. Nui dan'graak' o_jo_n do_ amdaj 37 mo_n. Dam ko_ khojo_k' kana gel mo~r.e~ (15) lakh ka.ud.i. Nui dan'gra re_n maalik Rezaul Korim babu sonhar do_e me_nkeda,

dam do_r re_ thik hoylen khan or_ak' kho_nge nui dan'gra do_e akhrin'ea. Bad_ae n'am akana, Mohonpur upa_jila. Raighati Union re_n Sormoil ato re_n Korim babu sonhar do_ Chowba_ria_ bajar kho_n calaoen serma kurba_ni bajar kho_n Holstein ja_t re_n nui dan'gra do_e kirin'ledea. Nia_ dhao Kurba_ni Eid bajarre akhrin'e la_git mit' sermae jo_to_n kedea babu sonhar ar acak' gharon'j re_n hor_ko_. Sunibar ond_e sen kate sonhar sa~o katha ror_ tayom bad_ae n'am akana, Uni dan'gra kirin' tayom kho_nge acen gidra_ leka nui d_an'ra do_e jo_to_n kedea. Dina_mge et_ak' jo_mak' ko_ son'ge son'ge Apple, komla ar malta ko_ jo_m ocoedea. Dina_m din jo_mak're_ me_nak'a suji, bhusi, ar khudi daka. Nitok' dina_mge pe (3) kg apple, komla ar malta jo_mak'e jo_ma_ nui d_n'gra do_. Jao candoge nui dan'gra do_ 3.5 mon suji, bhusi ar pe_ (3) mon khudi daka jo_m ocoea. Kirin' tayom kho_n nit ha_bic' jo_mak' ar cikit'sa selet' nui d_an'gra tayomrey kho_ro_c' akada amdaj pon (4) lakh kaud_i. Lo_lo_ okte nui hende ha_ti do_ dinre_ bar dhao kate ko_ paeraea. Lo_lo_ge bae sahao dar_eak'a. O_nate current da_rle khan charger phen calao hoyok'a. 37 mo_n o_jo_n re_n hende ha_ti d_an'ra do_ okte okte jokhec' bahrete ko_ od_ok'ea dar_a phranao la_git'. Rezaul Korim sonhar do_e me_keda, a_d_i jo_to_n kate do_n' hara akadea nui d_an'gra do_. Tinak'in' khojok' kan ina_k' damin' n'amle khan or_ak' kho_nge a_khrin'ea. Ar ba_n' n'amle khan bajarre idi katen' akhrin'ea. Babu sonhar re_n or_ak' hor_ do_e me_nkeda, in' ja~wa~e do_ mit't_en sona bepari kanae . Nui d_an'gra do_ acen gidra_ lekae jo_to_n hara akedea. Nui dan'gra do_ ale t_hen a_d_i apnar akanae. Unile a_khrin'le khan a_d_i bhabnale a_uika_ua. Me_nkhan a_khrin' do_ lagak'gea. Dam thor_a_ d_her n'ok'le n'amlekhan bhabnak're ho~ thor_a kom n'ok'le a_ika_ua. Mohonpur upa_jila_ pranisompod ren_ kormokorta do_e me_nkeda, Ale do_ nui d_an'gra mon'jgele jo_to_ndeae. Upa_jila_ re_ nui d_an'grage jo_to_ dan'gra kho_n maran' uta_ric' d_an'gra kanae.

Source: Sonali Sangbad

KA_HU~ AR GHAR_WA

Mit't.en dare re_mit't.en ce~r.e~ tuka_tahẽkana. Ar uni ce~r.e~ak' tuka_do_a.d.i a.ula.u-jha.ula.u ar bin saphage tahẽkana. Uniak' jinisko_do_hand.e nand.e taralbasal tahẽn kan tahẽna. Ar ond.ege arho~ mit't.en et.ak' dare re_mit't.en ce~r.e~ tuka_tahẽkana. Uni ce~r.e~ak' tuka_do_a.d.i sa.ita.ute ar sapha-sa.phi tahẽkana. Me_nkhan unkin ce~r.e~ talare a.d.i mill do_ban' tahẽkana. Ackage mit din do_hoedak' ehop'ena, onate Ka.hu~ak' tuka_ra.put kut.ra.entaea. Unre Ka.hu do_a.d.i mu~skilreye par.aena, cet'e cekaea me_nte bae hudis n'amet tahẽ kana. Ar note ka.hu do_dak're lohok' cabaena.

Unre Ka.hu~ do_uni Ghar.wa ce~r.e~ ak' kathae disa_kedea. Un okte Ka.hu~ do_et.ak' dare ud.au calaokate Ghar.wa ce~r.e~ ak' dua.re thop' thop'e lagaoena ar hohoe ehop'ena, Ghar.wa misera dua.r jhic'mese in' do_bhitriten' bolok'a, bhitri kho_n Ghar.wa do_e me_nkeda ka.hu~ dada, ka.hu~ dada mit_gha.r.i ten'gonme, in'ren gidra.n' paeraedea. No_a katha an'jom kate ka.hu do_mit' gha.r.ic'e ta.n'igi keda. Arho~ mit' gha.r.i tayom Ka.hu~ do_dua.re t.hop t.hop katec'e menkeda, E misera dua.r jhic'me, Ghar.wa do_e ror.rua.r.keda Ka.hu~ dada mit' gha.r.i ten'gonme gidra.jhan'gan' horok'ae kana.

Arho~ mit' gha.r.i tayom ka.hu~ do_dua.re t.helao keda, un okte Ghar.wa do_e me_nkeda, Ka.hu~ dada E Ka.hu~ dada ar mit' gha.r.i ta.n'igime in'ren gidra.ca.ndiren' t.ika.k'kae kana, Ka.hu~ do_ar bae ta.n'igi dar.eak' kan tahẽna ente uni do_rear.teye thartharaok' kan tahẽna. O_nate uni

Ghar.wa ce~r.e~ do_ dua.r jhic' la.git' ghane ghane
ne~ho~rae lagaoena. Ka.hu~ ak' ne~ho~rte Ghar.wa ce~r.e~ do_
dua.r jhic' kate bhitri sec' hijuk'e metadea. Bhitri bolo
tayom Ghar.wa do_ Ka.hu~ jo_do_k' la.git' gamchai emadea are
metadea Ka.hu~ dada nond.ege dur.up hatar.ok'me ar hor.mo
re_ak' dak' do_ hawet'me in' do_n' paera hec'lenge. No_a
katha ror. kate Ghar.wa do_ paera la.git'e senena.

Ka.hu~ do_ mit' gha.r.i dur.up' tayom daka.e or.ak' kho_n
a.d.i mon'j so_ do_e n'amet' tahe~na ar ona so_ do_
tahe~kana khir daka re_ak' so_. Un okte ka.hu do_ lob bae
sambr.ao dar.eak'te ba.i ba.ite daka or.ak' sen kate thora
thor.ate ona jo_to_ khir daka.e jom cabakada. Ar note_
Ghar.wa do_ paera kho_n rua.r. hec'katec'e n'el keda Ka.hu~
do_ daka or.ak' bo_lo_ kate jo_to_ khir daka.e jo_m
cabaoakada. Unre Ghar.wa do_ a.d.i a~t.e bhabnayena are
ran'gaoena. Ghar.wa ce~r.e~ do_ ran'gaote culha. re_ak' kat.
sen'gel ka.hu~ak' pha~.k'r.a.k' rey capat keda. Ar son'ge
son'ge Ka.hu~ ak' pha~.k'r.a.k' do_ lok' ehop'entaea. Khange
ka.hu do_ chat.pat.ao kate_ye goc'ena.

No_a golpo re_ak' cecetak' bisoi do_ hoyok' kana et.ak'
hor.ak' jahan jinisre_tis ho~ alom laloca.

COVID (Ko_ro_na) :
Ban'gladiso_m re arho~ Hor.
t_ika_ ka_mihora ehop'ena, pe

Lekan hor ko tika ko n'am

Lukhibar (01.07.2021) kho_n Dhaka selet' got_a disa_mre arho~ ko_ro_na virus re_ak' t_ika. e_m ka_mihora ko_ ehop' akana. Nia. dhao do_ disa_m re_ak' aema centre re China re_ak' ran benao sa~ota Sinopharm re_ak' t_ika. ar eken Rajdha_ni Dhaka re juktorast_ro re_ak' ran benao sa~ota ko_ Pfizer re_ak' tika. ko_ emako_ kana. Sastho odhidaptor sabha mukhia. Dr. Md. Robed Amin noa khobore la_i sodor akada.

Okare N'amok'a?

Ban'gladisa_m re_ calaoen May cando ar June cando Pfizer re_ak' t_ika. bid_au la_git' e_m ehop' akana. Okoe talare ho~ jahan ror. rua_r. ban' n'amlente Lukhibar kho_n ehop' akana noa_ t_ika. ka_mihora ko_. Pfizer tika. thor_agete Dhaka re_ak' eyae (7) go_t_en centre re pa_hil do e_mgok'a.

Centre ko_ do_ hoyok' kana, Dhaka Medical College, Sir Solimullah Medical College, Sohid Sohwardi Medical College Haspatal, Mugda Medical College Haspatal, Bonn'gobundhu Shekh Mujib Medical Haspatal, Shekh Rasel Gastorlever Haspatal ar Kurmit_olla General Haspatal.

Ina. chad_a ho~ Sinopharm re_ak' t_ika. got_a disa_mre 40 got_en centre re e_m hoyok'a. Noa ko_ modre menak'a disa_m re_ak' jo_to_ Medical College Haspatal sa~o, Jila. sodor Haspatal, bar sa~e mo~r_e~ gel (250) bicha_na Haspatal. Noa ko centre khon dina_m din setak' 8 baja khon a.yup' bela 3 baja ha_bic' n'utum ol car_hao akat' hor_ko_ pa_hil doge t_ika. ko_ hatao dar_eak'a.

Okoe do_ Tika. ko_ N'ama?

Jo_to_ centre kho_n dina_m din 100 khon 200 doge t_ika. e_mok' re_ak' katha menak'a. Me_nkhan Lockdown poristhiti kha_tir tika. e_m re_ak' son'kha do_ thor_a ko_m dar_eak'a mente Mr. Amin do_e la_i akada. Nia. dhao t_ika. re_ak'

son`kha thor_a n`okgete ol car_hao reak` dhoron ho~ thor_a akana. Surokha website lekate nit kha_li a_n banco ba_hini, Cikit`sa sikna_t sa~o jopor_ao menak` babotre olok` par_hao gidra_ko_ ar Bissobiddaloi re_n abasik halls re_ menak`ko_ gidra_ko_ tika_ ko_ n`ama.

Ina_ tayom pon gel (40) parom umeren hor_ko_ ho~ e_m hoyok`a.

Me_nkhan Surokkha App re laha reak` leakage bar gel pon (24) got_en Catagori reak` katha me_n hoy akana. Sastho odhidaptar sec` khon bad_ae n`am akana, prathomik cikit`sa seba khat re_ jopor_ao akan ko_ metak`me Doctor, Nurse ar Medical Assistant ona sa~ote Police ar a_n rukhia_ ba_hini sodosso ko_ t_ika_ ko_ e_makoa. Public Bissibiddaloi re ta_lika_ menak` ko_ olok` par_hao gidra_ ko_ ho~ nia_ dhao t_ika_ ko_ n`ama. Okoe do_ laha dhao t_ika_ hatao la_git` n`utum ko_ ol car_haolet ar bako hatao dar_eakat` onko ho~ nia_ dhao do_ ko_ n`ama mente la_i sodor akana. Sastho odhidaptar re_n line Director ar tika_ kamihora ren a_yuric` Dr. Shamsul Hoqe do_ budhbar ko_ro_na bulletin rey la_i akada, okako_ disa_mre Sinopharm reak` tika_ ba_sut akan, onako_ disa_mre ren ka_mia_ hor_ko_ ho~ t_ika_ ko_ n`ama. Okoeko_ Oxford AstraZeneca reak` tika_ pa_hil doge hatao tayom dosar doge bako hatao dar_eakada onko ho Pfizer ar synoferm reak` tika_ hatao niro_po_n hoyok`a se ban` Mr. Amin do_e me_nkeda. Uni do_e me_nkeda, vaccine mesal hoyok`a se ban` ona reak` aema report do_ od_ok` akana. Noa ko report tege Ban`gladisa_m National Imionaization Technical Committee dur_up` kate got_a katha ko_ hataoa je_ et_ak` disa_m leka tika_ re mesal-juri abo disa_mre hoy dar_eak`a se ban`. Got_a katha ban` hatao ha_bic` AstraZeneca pa_hil doge ko_ hatao akat` onko do_ cet` tika_ ho~ bako n`ama. Pfizer se Sinopharm – ja~ha~t_ak` tika_ge hatao hoyok`, ona re_ak` pa_hil doge hatao pon (4) hapta se_ bar gel ira_l (28) din talare dosar doge hatao hoyok`a me_nte Dr. Rubed Amin do_e me_n akada. Pa_hil doge t_ika_ hatao tayom tayom

dhao re_ak' doge hatao reak' ta_rik card re ol dohoe hoyok'a.

Cet' Lekate Ol Car_hao hoyok'a?

Laha n'am hok' lekate okoe do_ tika_ hatao lek kan ko_, onko la_git' budhbar kho_n ol car_hao re_ak' ka_mi hora ko_e_hop' akana. T_ika_ hatao okte do laha lekage menak'a. www.surokkha.gov.bd web port_al re_ bolo kate ban' khan google play re_ bolo kate "surokkha" App download kate ol car_hao hoyok'a ar t_ika_ card tma_l hoyok'a. Ina_kate mobile phone re **SMS** talate tika_ e_m reak' ta_rik ar centre bad_ae n'amlen khan ,okte na_pitre centre calaokate t_ika_ hatao hoyok'a. T_ika_ card ar NID son'ge re dohoe hoyok'a mente Mr. Hoqe do_e menkeda.

Lockdown Okte Tika_

Ko_ro_na virus re_ak' tika_ e_m ka_mihora lockdown okte ho~ ol car_hao akat hor_ko_ do t_ika_ ko_ hatao dar_eak'a. Got_a disa_mre lockdown calak' okte ja~ha~e t_ika_ hatao reak'e menjon' khan Police t_ika_ card uduk' ako khange hoyok'a.

Tina_k t_ika_ menak'a...

January cando reak' muca_t sec' kho_n Briten re_ benao akan ar Bharot re_ak' Siram Institute Oxford Astraageneca covisilt tika_ do_ bida_u la_git e_m ehopena. Tayomte 7 February kho_n ona tika_ e_m ka_mihora do_gota disa_mre ehop'ena. Me_nkhan Bharot chukti lekate okte na_pitre Ban'gladisa_m do_ tika_ ban' e_m hoy akante no_a ka_mihora do_ muskilre par_aena ar 26 April kho_n pa_hil doge tika_ e_m k_mihora do_ bondena. Okoe do_ pahil doge re_ak' tika_ ko_ hatao n'am akat' onko modre aema hor_ge dosar doge t_ika_ e_m lekan Sarkarak' ja~ha~n upa_ige ba_nuk'a. Nia_ okte, Ban'gladesh Sarkar do_ na~wa~te Chin, Juktorastro ar et_ak' disa_m kho_n tika_ a_gu re_ak'e kurumut_u keda.

Ban'gladisa_mre Pa_hilre Oxford Astrazeneca re_ak' E_m Hoy

akana.

Ona dharalekate tika re_ak' Antorjatic Platform Covax kho_n calaoen 31 May Pfizer BioNTech re_ak' benao akan 1 lakh do do_ Ban'gladisa_m sandes hisa_btei n'am akada. Ina_tayom 21 June pe_a Haspatal re_ 360 hor. talare ona tika bid_a_u la_git' e_m ehop'ena. No_a lahare Chin kho_n May ar June cando re_ak' talamala re_bar dhaote Synoferm re_ak' mot. gel mit (11) lakh t_ika. Ban'gladisa_mte hec'ena. 25 May kho_n sinopharm re_ak' bid_a_u la_git' e_m e_hop'ena. Sinopharm kho_n sarkari porjai re_ak' 1.5 ka_rur. ka_ud.i do_re_ak' t_ika. kirin' cukti do_hoy pura_uena. Cukti lekate June July ar August cando re_mo~r.e~ (5) lakh kate mot. 1.5 ka_rur. tika hijuk' re_ak' katha. Me_nkhan nitok' ha_bic' kirin' akat' t_ika. do_ban' hec' akana. Me_nkhan China Dutabas sutro kho_n bad_ae n'am akana, Ban'gladisa_m re_ak' kirin' akat' Sinopharm 20 lakh t_ika. Ban'gladisa_m re_jogar. la_git' sapr_ao akana. Tobe_tis hijuk'a ban' menogok' kana. No_te, darakan bar dinre Juktorastro re_ak' moderna bar gel mo~r.e~ (25) lakh doge Covid019 reak' tika. Ban'gladisa_mre hijuk'a me_nte Sastho Montri Jahid Malek do_e la_i so_d_or keda . Sokolbar, n'inda. 11:20 baja re_Dhaka Sahjalal Antorjatic Bimanbondorre America kho_n kul akat Moderna mot. 25 doge tika. re_ak' pa_hil doge hisa_bte amdaj 12 lakh tika. hijuk'a. Dosar din 3 July, Sunibar setak're, ina. tha~.irege moderna sarec' akan 13 lakh t_ika. do_hijuk'a. Lukhibar tikin okte Sastho ar poribar kollan Montri Jahid Malek no_a kho_bo_r do_e la_i keda. No_a t_ika. hatao la_git' uni do_Sokolbar n'inda. Hajrat Sahjalal Bimanbondorre set_ere tahe~na me_nte Montronaloi kho_n bad_ae n'am akana. Nonkate et_ak' tika. ko_hijuk' ehop'len khan t_ika. e_m re_ak' son'kha ho~ d.her hoyok'a me_nte la_i so_do_r keda Dr. Robed Amin.

BBC Ban'gla kho_n torjo_ma re Sumitra Murmu

HUL JOHAR

E_ Sido-Kanhu,

E_ Cand-Bhaero,

E_ Phulo-Jhano,

Teheñ apeak gur mähãre,

Teheñ apeak dinisa mähãre,

Hul Joharle ro_řet´kana!

Jo_to_ge...

Lařu kařić,

Kořakan kuřikan,

Kařić gidrařkan,

Hařamkan Buđhikan,

Hul Joharle menet´kana!

Sanamge...

Metakme,

Santal ho_po_n,

Deko ho_po_n,

Ūṛā~o Muṇḍa,

Ho_ khaṛia,

Hul Joharle aṛaṇet´kana!

Me_nkhan,

Jo_kho_nge apeak,

Noa dinle hiṛiṇe_t´kana,

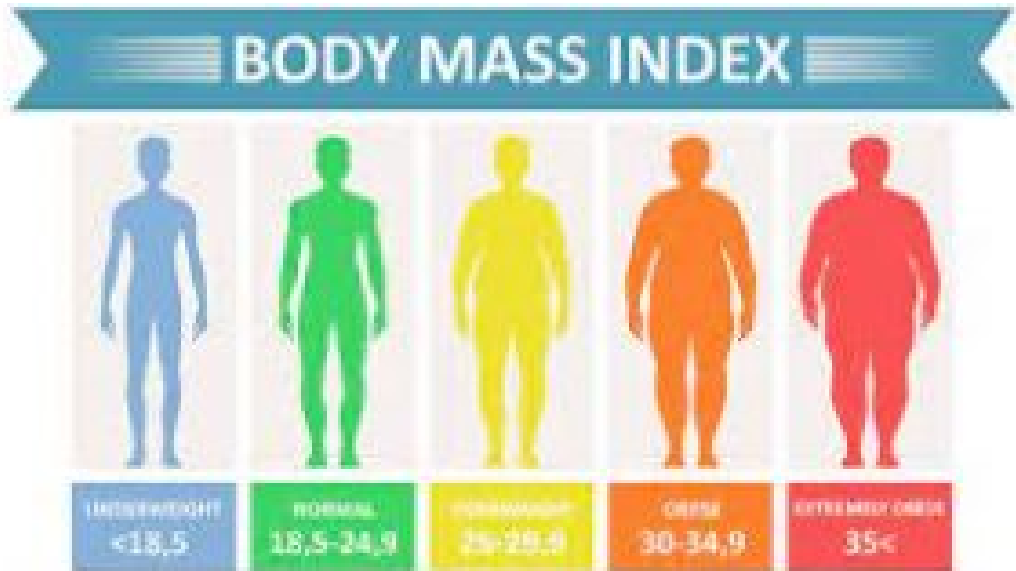
Ape leka laṛhaile paḇaḇkana!

E_nhõ_ Hul Johar ro_ṛ do_,

Ekalge bale hiṛiṇa.

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´ paṛ_hao leda, hor_moge joto suk reak´ asoḷ 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.aka.e 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´s.a 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?

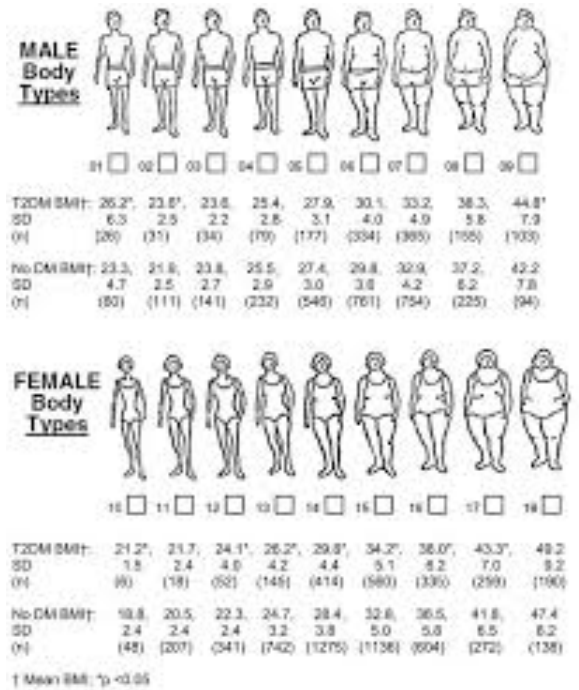
Sadharon lekate la_i lekhan adorso hormo ojon reak' 20% se ona khon ba_r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot_a ko metak' kana. Sthulota se ledgec' mot_a do nonkan mit' dosa kana tinre ja~ha~e hor. hor_mo sec' te mot_ak' tegiye tahe~na.

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

Virtual Ba.isi hotete Ban'gladesh ar India mit'te Santal Hul Ma~ha~ reak' 166 Serma ko manao keda

Ban'gladiso_m ar Bharot (India) diso_m ren, Sa~ota susa.ria.ko, sa~ota galojko, gha.khur. onolia. ar kho.bo_r sakam, Televisionren sasap'r.aoko nia. 30 june Santal Hul

Ma~ha~ reak' 166 serma Virtual gapa~

Videos



The Santals Times

Yesterday at 8:23 PM · 1.8K views

Online virtual (online zoom) ar mut.ha.nputhire(Face book live) so.do.r ucha.n do The Santals Times (*Santali online news portal*) ak' sap'rao te gapalmarao ba.isi do_a.yurena. 30 June 2021 a.yup' Ban'gladiso_m okte 7:30 ar Bharo_t diso_m 7:00 okte nia virtual Hul nagam gapalmarao ba.isi do ehop'kate 2 ghan.ta cetan okte ha.bic' nia HUL nagam reak' galmarao tun'gi idiyena.

Nia domge pa.hil dhao leka Bharot ar Bangladiso_mren Sa~ota susa.ria.ko, sa~ota galojko, gha.khur.onolia.ar kho.bo.r sakam, Televisionren sasap'raoko ar A.n bepariko nia Hul Ma~ha~ re Sida.- Kanhu~-Cadvairo-Fulomuni koak' a.yurte Santal Hul reak' nagam babot ko_la.e ha.tin'keda. Ar nia galmaraore Hul reak' aema ban' bad.ae nagam ko_do_so.do.rena. Oka do mut.ha.nputhi se facebook live so.dor ucha.n sec'te 1900 hor. cetan do_ko n'elkeda.

Santal Hul nagam reak' dik'sa idi ar abo.ak' bad.e ar tayo_m daram pir.hi ko t.hen nia sa.riak' nagam la.i so.do.rre aboak' da.yik noa cetan gapalmarao ba.isi re selet' ko tahe~kana Bharo_t diso_m kho.n Jugsirigol magazine ren sasap'raoic' Mn. Tonol Murmu, Santal sa~ota susa.ri Mn. Dr. Sontosh Kurmar Besra, All India Radio ren Santali kho.bo.r pathua.ar Jugsirijolren maren sasap'raoic' ar Mn. Dilip Hembrom, Sa~ota susa.ri ar onr.ia. Mn. Gabriel Soren, Sarsa.gun kho.bo.r sakam ar Television ren sasap'raoic' Manlinda Hasdak', Khobor sakam Adivasi Patheyo ren sa~o-

sasap'raoic' Mn. Sidan Murmu, Titri Ghutu Express kho_bor sakam sasap'raoic' Mn. Lalchand Murmu, Sandes magazine ren sasap'raoic' Mn. Joshep Soren ar Ban'ladiso_m ren Sa'ota susa_ria ar Jatiyo kho_bor sakam ren Columnist Mn. Mithusilak Murmu, The Santals Times chapa so_doric' ar Sa'ota lahanti galojic' ar ka_mia_ Mn. Stephen Soren, Santali News24.com ren sa'o sasap'raic' ar Language Research Hub ren bandhaic' Mn. Somor M. Soren, Mado_l Magazine ren sasap'raoic' ar Utta_r Ban'igo Adivasi Forum ren Secretary Mn. Advocate Probhat Tud_u.

Hul ma'ha' reak' 166 sermare HUL reak' karon ar Hul nagam ol cetan a_d_i kha_ndin' galmaro hoyena. Ar nond_e kho_n nagam reak' aema nawa nawa mare katha ko_la_i so_do_rena. Nia_virtual ba_isi kho_n sanam santalko ar ranajot_kate nawate nitok' ak' sa'ota ar a_ida_ri koclone cetan tingu daram la_git' arm it' dhao HUL lagao abona mente joto manotan ko hohoket'a. Sanam ko jumit kate o_t bar_gi dhokhol ko, lut_pat_ ko siknat ar nukhri re a_ida_ri kho_n er_anok' ko ten'go daram la_git' ko menkeda.

Hul nagam gapalmarao ba_isi do_a_yurkeda The santals Times ren Sasap'raoic' Prodip Hembrom. Ar nond_e gapal marao ba_isi kho_n sanam manotanko mit' sa'ote Citri Ghutu Express ar Sandes n'utuman mit' kho_bor sakam ar magazine do ud_hau hoyena. The Santals Times online kho_bor sakam darakan dinkore ar ho' nonka dupur_up' ar gapamarao reak' asjon'e dohoakada.