

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 Rajsa_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_na.n'. 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_ekea. 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'gsta 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 bhitrire_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_ntor 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 re.ak' 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 re.ak' uta_r nakha re.ak' 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_ soros 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 akedeas. 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_ndeas.
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. tahe~kana. Ar uni ce~r.e~ak' tuka. do_a.d.i a.ula.u-jha.ula.u ar bin saphage tahe~kana. Uniak' jinisko. do_hand.e nand.e taralbasal tahe~n kan tahe~na. Ar ond.ege arho~ mit't.en et.ak' dare re_mit't.en ce~r.e~ tuka. tahe~kana. Uni ce~r.e~ak' tuka. do_a.d.i sa.ita.ute ar sapha-sa.phi tahe~kana. Me_nkhan unkin ce~r.e~ talare a.d.i mill do_ban' tahe~kana. 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 tahe~ kana. Ar note ka.hu do_dak're lohota' cabaena.

Unre Ka.hu~ do_uni Ghar.wa ce~r.e~ ak' kathae disa. kede. 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 katecet'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 tahe~na ente uni do_rear. teye thartharaok' kan tahe~na. Onate 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 thor.a
thor.ate ona jo_to_ khir daka.e jom cabakeda. 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

ṽekan hor ko t ika 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 reak' aema centre re China re_ak' ran benao sa~ota Sinopharm reak' t ika ar eken Rajdha_ni Dhaka re juktorast_ro re_ak' ran benao sa~ota ko_Pfizer reak' 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_agate Dhaka reak' 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 reak' t ika got_a disa_mre 40 got_en centre re e_m hoyok'a. Noa ko_modre menak'a disa_m reak' 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' reak' katha menak'a. Me_nkhan Lockdown poristhiti kha_tir tika e_m reak' son'kha do_thor_a ko_m dar_eak'a mente Mr. Amin do_e la_i akada. Nia dhao t ika reak'

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 leakage 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. Hoge 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 khang 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_a.o 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 Montronaloι 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 mähäre,

Teheñ apeak dinisa mähäre,

Hul Joharle ro_řet'kana!

Jo_to_ge...

Lařu kařić,

Korakan kuřikan,

Kařić gidrařkan,

Haramkan Budhikan,

Hul Joharle menet'kana!

Sanamge...

Metakme,

Santal ho_po_n,

Deko ho_po_n,

Ūṛa~o Muṇḍa,

Ho_ khaṛia,

Hul Joharle aṛaṇet´kana!

Me_nkhan,

Jo_kho_nge apeak,

Noa dinle hiṛiṇe_t´kana,

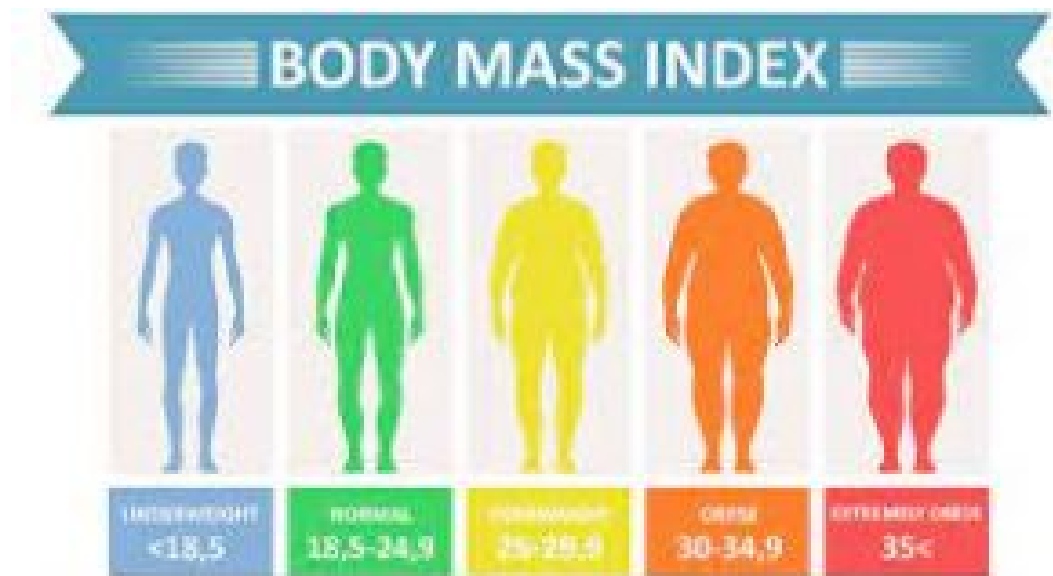
Ape leka laṛhaile paṇakkana!

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´
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?

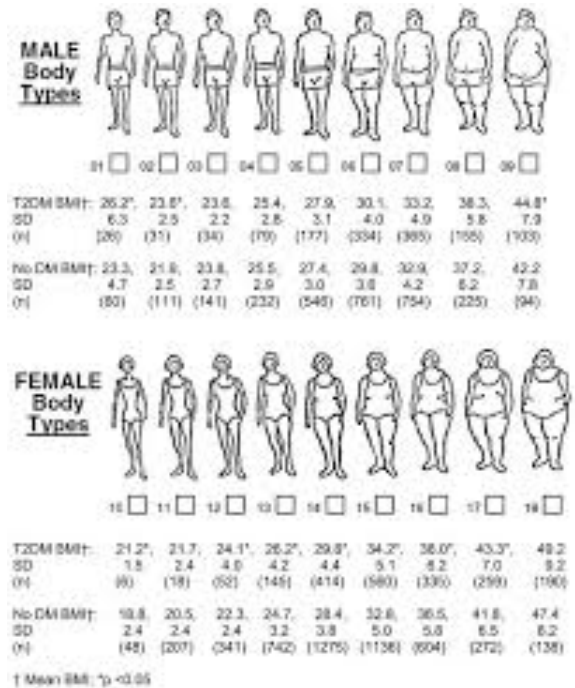
Sadharon lekate la_i lekhan adorso hormo ojon reak' 20% se ona khon ba_r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot_a ko metak' kana. Sthulota se ledgec' mot_a do nonkan mit' dosa kana tinre ja~ha~e hor. hor_mo sec' te mot_ak' tegiye tahe~na.

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 khettro 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, Telivisionren 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'r.ao 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.t.a 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, Telivisionren sasap'r.aoko 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'r.aoic' 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'r.aic' ar Mn. Dilip Hembrom, Sa~ota susa.ri ar onr.ia. Mn. Gabriel Soren, Sarsa.gun kho_bo_r sakam ar Television ren sasap'r.aoic' Manlinda Hasdak', Khobor sakam Adivasi Patheyo ren sa~o-

sasap'raoic' Mn. Sidan Murmu, Titri Ghut.u Express kho_bo_r 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_bo_r sakam ren Columnist Mn. Mithusilak Murmu, The Santals Times chapa so_do_ric' 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'go 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 koclon 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 sikna.t 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 Ghut.u Express ar Sandes n'utuman mit' kho_bo_r sakam ar magazine do ud_hau hoyena. The Santals Times online kho_bo_r sakam darakan dinkore ar ho~ nonka dupur.up' ar gapamarao reak' asjon'e dohoakada.