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 koboj 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˙gstha 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 ma.lik 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 acren 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_ acren 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_ndea. 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.aoena, cet´e cekaea me_nte bae hudis n´amet tahe˜ kana. Ar note ka.hu do_ dak´re lohot´ 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˙gi 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 gidr.a jhan˙gan´ horok´ae kana.

Arho˜ mit´ gha.r.i tayom ka.hu˜ do_ dua.re t.helao keda, un okte Ghar.wa d_oe me_nkeda, Ka.hu˜ dada E Ka.hu˜ dada ar mit´ gha.r.i ta.n˙gime in´ren gidra. ca.ndiren´ t.ika.k´kae kana, Ka.hu˜ do_ ar bae ta.n˙gi dar.eak´ kan tahe˜na ente uni do_ rear. teye thartharaok´ kan tahe˜na. 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 dakae 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 dakae 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 dakae 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 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.agete 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 bancao 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´ lekage 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.

L**ockdown 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.aoena 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´ Antorjatik 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 Antorjatik 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-Kạnhu,

E_ Cand-Bhaero,

E_ Phulo-Jhano,

Teheń apeaḱ gur mãhãre,

Teheń apeaḱ dinisạ mãhãre,

Hul Joharle ro_ṛet´kana!

Jo_to_ge…

Lạṭu kạṭić,

Koṛakan kuṛikan,

Kạṭić gidrạkan,

Haṛamkan Buḍhikan,

Hul Joharle menet´kana!

Sanamge…

Metaḱme,

Santal ho_po_n,

Deko ho_po_n,

Ũrạ̃o Muṇḍa,

Ho̲ khaṛia,

Hul Joharle aṛaṅet´kana!

Me̲nkhan,

Jo̲kho̲nge apeaḱ,

Noa dinle hiṛiṅe̲t´kana,

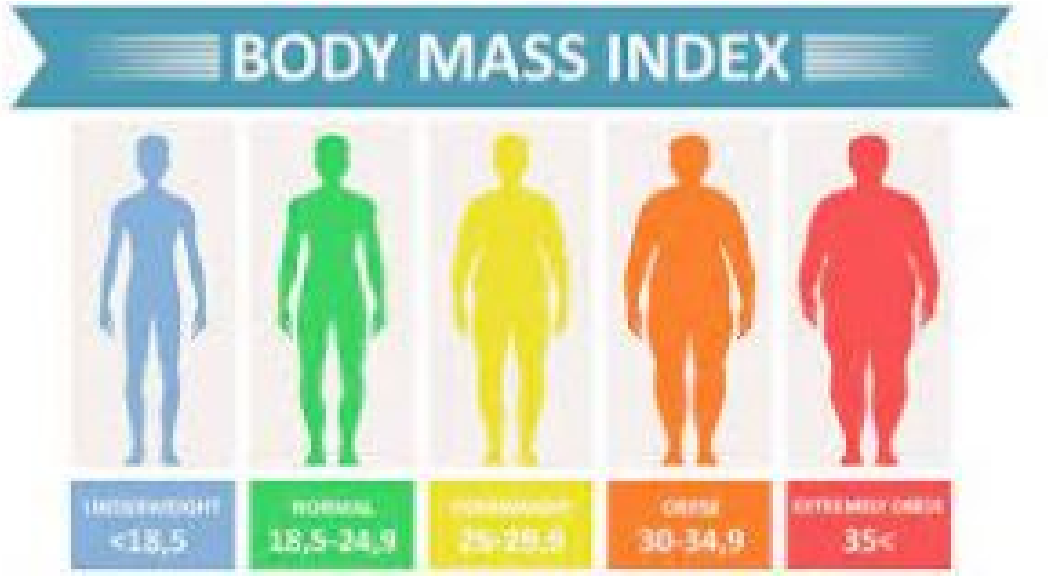
Ape leka lạṛhạile pạcạḱkana!

E̲nhõ̲ Hul Johar ro̲ṛ do̲,

Ekalge bale hiṛiṅa.

Hor̤mo Reak´ Ojon Sucok´ se Body Mass Index Do Cet´ Kana?

Hor̤mo do aboak´ join reak´ mit´t̤en maran̈ uta̤r sandes bo men dareyak´a. Gidra̤ okteren´ par̤hao leda, hor̤moge joto suk reak´ asol tet´. Noa nitok´ ad̤i bes te bo at̤kar dareyak´a. Ente napai hor̤mo ge mit´t̤en adorso hor̤mo tear re maran̈ da̤yik´ se bhumikae doho darek´a. Ar abo laha khonge bon badaya je napai hormo rege mit´t̤en napai mondo tahe̲na.



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?

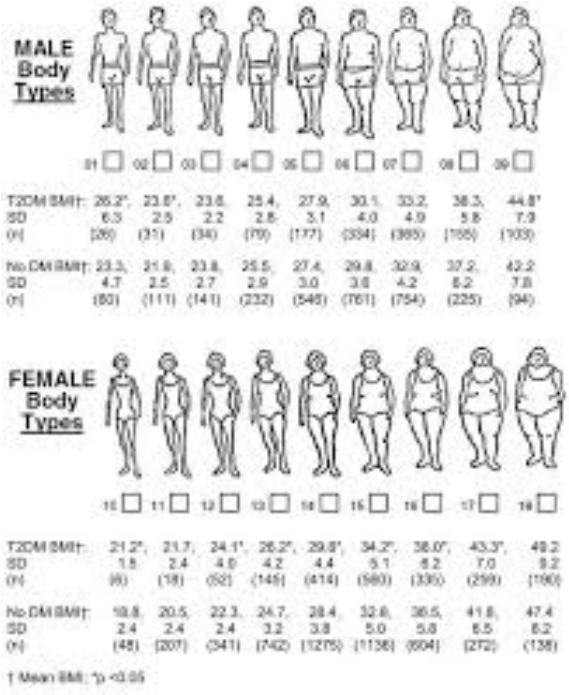
Sadharon lekate la.i lekhan adorso hormo ojon reak´ 20% se ona khon ba.r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec´ mot.a ko metak´ kana. Sthulota se ledgec´ mot.a do nonkan mit´ dosa kana tinre ja˜ha˜e hor. hor.mo sec´ te mot.ak´ tegiye tahe˜na.

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 dar̤eak´a je Monekak´me amak´ hor̤mo reak´ ojon 60 kg ar am do 5 feet 6 inch usul mit´ hor̤ kanam. Noa te amak´ BMI reak´ man tinak´? Se amak´ sthulota se ledgec´ mot̤a reak´ oka dosa re menak´mea. Dela pa̤hil re BMI man ligi; nonde amak´ hor̤mo reak´ ojon do 60 kg ar hormo reak´ usul do 5 feet 6 inch:

Abo bon bad̤aya: 1 inch = 0.0833 feet,

metak´me 6 inch = (0.083 × 6) = 0.04998 feet.

Tobe amak´ usul tin̈goena = (5+0.04998) feet = 5.4998 feet.

Abo bon bad̤aya: 1 feet = 0.305 meters.

Tobe 5,4998 feet = 0.305 × 5.4998 = 1.677439 meters.

Cetan reak´ somikoronre asol man ba̤esa̤o lekhac´ n´amok´a;

BMI=21.32

Tobe amak´ hor̤mo 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 tahen 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´ maraṅ karon mente ganog kana. Ona chad.a baṅ ja.pit´ dareak´, ja.r.ur. leka jira.ok´, unko boss re menak´ (Genetic), Gharoj reak´ join jiṅgi, 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 Baṅgladesh ar India mit´te Santal Hul Ma˜ha˜ reak´ 166 Serma ko manao keda

Baṅgladiso_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˙



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 ghant˙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´r̤aoic´ Mn. Sidan Murmu, Titri Ghut̤u Express kho̱bo̱r sakam sasap´r̤aoic´ Mn. Lalchand Murmu, Sandes magazine ren sasap´r̤aoic´ Mn. Joshep Soren ar Ban̈ladiso̱m ren Sa˜ota susa̤ria ar Jatiyo kho̱bo̱r sakam ren Columnist Mn. Mithusilak Murmu, The Santals Times chapa so̱do̱ric´ ar Sa˜ota lahanti galojic´ ar ka̤mia̤ Mn. Stephen Soren, Santali News24.com ren sa˜o sasap´r̤aic´ ar Language Research Hub ren bandhaic´ Mn. Somor M. Soren, Mado̱l Magazine ren sasap´r̤aoic´ ar Utta̤r Ban̈go Adivasi Forum ren Secretary Mn. Advocate Probhat Tud̤u.

Hul ma˜ha˜ reak´ 166 sermare HUL reak´ karon ar Hul nagam ol cetan a̤d̤i kha̤ndin´ galmaro hoyena. Ar nond̤e kho̱n nagam reak´ aema nawa nawa mare katha ko̱ la̤i so̱do̱rena. Nia̤ virtual ba̤isi kho̱n sanam santalko ar ranajot̤ kate nawate nitok´ ak´ sa˜ota ar a̤ida̤ri koclon cetan tingu daram la̤git´ arm it´ dhao HUL lagao abona mente joto manotan ko hohoket´a. Sanam ko jumit kate o̱t bar̤gi dhokhol ko, lut̤pat̤ ko sikna̤t ar nukhri re a̤ida̤ri kho̱n er̤anok´ ko ten̈go daram la̱git´ ko menkeda.

Hul nagam gapalmarao ba̤isi do̱ a̤yurkeda The santals Times ren Sasap´r̤aoic´ Prodip Hembrom. Ar nond̤e gapal marao ba̤isi kho̱n sanam manotanko mit´ sa˜ote Citri Ghut̤u Express ar Sandes n´utuman mit´ kho̱bo̱r sakam ar magazine do ud̤hau hoyena. The Santals Times online kho̱bo̱r sakam darakan dinkore ar ho˜ nonka dupur̤up´ ar gapamarao reak´ asjon̈e dohoakada.

Nacholre re 166 serma HUL ma˜ha˜ disa̱ ruar̤ ar MADO̱L

puthi ud̠ha̠uena

Chapainawabgonj jila̠ re̠ak´ Nachol upa̠jila̠ re̠ hola 30 June 2021 Santal Hul Ma˜ha˜ reak´ 166 serma ko̠ manao keda. Uta̠rbon̠go A̠diba̠si Foram ak´ a̠yurte setak´ 11 baja tala okte Shidu- Ka̠nhuak´ naksare bahamala horok´aete no̠a akhr̠a do̠ ehop´lena.



Nia̠ akhr̠a ren Maran̠ neota per̠a hisa̠bte selet´e tahekana Nachol upojila̠ ren santal birbanta Mukti joddha Amin Hembrom. Ena̠ chad̠a manot per̠a hisa̠bte The Santals Times ren chapa so̠do̠ric´ Mn. Stephen Soren, Nachole A̠diva̠si Academy ren mukhia̠ Mn. Jotin Hembrom, Utta̠rbon̠go A̠diva̠si Forum ren Maran̠ Mukhia̠ Mn. Hingu Murmu, Chapainawabganj jila̠ Uttra̠rbon̠go A̠diva̠si Forum da̠r ga˜otaren mukhia̠ Mn. Kornelius Murmu, Nachole Adiva̠si Maejue a̠yuric´ Ranjona Rani Bormon, Mn. Modon Hasda, Prodip Hembrom ar ho˜ manotan ko set̠er ko tahe˜kana.

Sanamko Hul sandes johare emak´koa Mn. Bir Muktijoddha Amin Hembrom ar uniak´ titige Hul Ma˜ha˜re Sida̠-ka̠nhu ar onko sa˜o la̠r̠haelen sanamko disa̠ rua̠r̠ lagit´ Mado̠l n´utuman mit´ chapa so̠do̠r puthi do hoyena.

Nia̠ Mado̠l chapa so̠do̠r puthi do Utta̠r Bon̠go A̠diva̠si ga˜ota kho̠n pa̠hil do̠m Hul disa̠ rua̠r̠ mit´ cinha̠ puthi menteko chapa so̠do̠r keda. Ar noa puthire Bangldiso̠mren Mo̠ntri , Attorney General ak´ hul johar katha ko̠ menak´a ar

diso᷇m ren maran᷈ mara᷈ onolia᷇ koak´ onol ko ho᷉ chapa akana nia᷇ puthire. Noa Madol do kin sap´r᷇ao akada Utta᷇r Bon᷈go A᷇diva᷇si Forum ren Secretary Advocate Probhat Tudu ar onolia᷇ Mithusilak Murmu.

No᷇a akhr᷇a re᷇ Uta᷇rbon᷈go A᷇diba᷇si Foram re᷇n sabha mukhia᷇ Hingu Murmu do᷇e me᷇nkeda,1855 serma re᷇ak´ 30 June Shidu-Ka᷇nhu, Chand, Voirob ak´ a᷇yurte bhognad᷇hi ato re amdaj 10 hajar hor᷇ko set᷇erkate re᷇n᷈gec´ nacar hor᷇ko santhao ocok´ kan birudre la᷇r᷇ha᷇i la᷇git´e udga᷇uket´ koa. No᷇a la᷇r᷇ha᷇ire᷇ amdaj 30 hajar hor᷇ko᷇ jiwi ko᷇ emleda. Tehen´ ho᷉ abo aema lekate bon koclon ocok´ kana. Tehen´ gapa abo ho᷉ aboak´ opromt᷇ont᷇a rebo par᷇ao akana. Sarkar abo do᷇ upa᷇ja᷇ti, ka᷇t᷇ic´ ja᷇tren hor᷇ ar aema lekan n´utumte ko᷇ bahanayet´ bon kana. Me᷇nkhan abo do᷇ sedae kho᷇nge no᷇a disa᷇mrebo᷇ girobasok´ kana. Uni do᷇ sarkar t᷇hen a᷇diba᷇si santal ko᷇ la᷇git´ sujog jemon ko᷇ n´am ona la᷇git´ da᷇bi keda.

Nachol a᷇diba᷇si Academi re᷇n sabha mukhia᷇ Jotin Hembrom do᷇e menkeda, hasa do᷇ a᷇diba᷇si koak´ maran᷈ mu᷉skilak´ kana. No᷇a hasa la᷇git´ge a᷇diba᷇si santal hor᷇ko do ba᷇rti bon koclon ocok´ kana. Uni ho᷉ sarkar t᷇hen uta᷇rbon᷈go a᷇diba᷇si santal ko᷇ la᷇git´ et᷇ak´ hasa montronaloi la᷇git´e da᷇bi keda.

The Santals Times ren sodoric´ Stephen Soren do᷇e me᷇nkeda, okte re᷇ak´ bodol hoylen re᷇ ho᷉ a᷇diba᷇si ko᷇ cetan kho᷇n santhao do᷇ ban᷈ thor᷇a akana.