

Kuriboleh aru Nukoriboleh khan thanda bishi huwa somoi tae

Kuriboleh khan

Thanda moinah naha agotae

- Goroom kabra pal para lagabi.
- Emergency supplies khan ready raghibi.

Thanda somoi tae

- Para dhak ghor pitor tae hei takhibi, pahar khan tae bishi niphirabi thanda hawa para bachiboh karoneh.
- Kabra khan olop bicha hoilebi nalagabi, body heat loss nohobo karoneh.
- Hawa pani kobor khan lagah jankari khan paboh karoneh, radio, TV aru newspaper khan somoi tae poribi nahoileh sabi.
- Somoi tae goroom pani khan kai takibi.
- Pura, puri aru baccha chuto khan pal para sabi.
- Pani khan thik para jama kuri khena rakhibi, khela koileh bishi thanda hoileh pipe khan bi pati bo pareh.
- Bishi thanda somoi tae, frostbite lagah symptoms khan ase nah naisabi – numbness, haat aru teng lagah angoli, khan aru nakh tae.
- Apni lagah gau kunba tae frostbite hoileh, bishi goroom tae nuhi khena, warm pani tae bichabi (pani lagah temperature toh frostbite nuha lagah body parts parah choileh comfortable hobo laghe).

Hypothermia huwa somoi tae kuriboh khan

- Etu manu toh goroom jagah tae rakhibi aru kabra toh jolti botli kuridibi.
- Etu bichedeh, etu manu toh skin to skin contact kuribi, blanket, kabra, towels aru sheets para dhik para lagai tebi.
- Goroom pani tebi, body goroom hobo karoneh. Mudu neghelabi.
- Etu manu lagah condition toh biya hoi chaileh, doctor kunba logotae dekhai lobi.

Nukoriboleh khan

- Mudu nakhabi. Etu para body temperature toh komti kuridae.
- Frostbite huwa jakha toh massage nukoribi. Etu parah aru bishi biyah hoi chaboh.
- Gao shiver kurehle, first sign ase ki, body para goroom toh komti hui jai ase. Aru etu ekta signal aseki cholti ghor pitor tae luicha boleh.

Kuriboleh aru Nukoriboleh khan thanda bishi huwa somoi tae agriculture tae

Kuriboh khan

- Sobji khan thanda para biya nuhoboh karoneh sham tae pani olop di takiboleh laghe.
- Ghas tae kol takia khan toh polythene bags olop chenta takia khan para bon kuribi.
- Dhan nursery tae: Rati somoi tae nursery beds khan toh polythene sheets para bon kuribi aru morning tae ulaidibi. Sam tae nursery beds khan tae pani talibi aru morning tae toh pani toh drain out kuridibi.
- Sensitive crops like sorso, beans, chana khan lagah ghas khan bishi thanda para bachiboh karoneh, sulphuric acid @ 0.1% (1 litre H₂SO₄ in 1000 litres of water) or thiourea @ 500 ppm (500 gm thiourea in 1000 litres of water) tae milai khena spray kuribi.
- Apni lagah jagah khan tae thanda bishi hui takeh koileh, wind/shelterbreaks/alley crops khan lagabi.
- February last or March agotae, thanda para ghas biyah kura khan toh, prune kuribi. Ghas prune kuria khan tae copper fungicides spray kuribi aru NPK talibi with irrigation.

Nukuriboh khan

- Bishi thanda somoi tae ghas tae nutrient nitibi, khela koileh thanda somoi tae roots parah etu nutrient toh utabo nabareh.
- Mati khan disturb nukoribi.

Janwar karoneh

Kuriboh khan

- Rati tae guru khan toh ghor pitor tae rakhibi aru tai lagah koma jagah toh sukkah hobo laghe.
- Janwar khan thanda para bachiboh karoneh, protein aru mineral level toh olop bishi tibi.
- Janwar khan tae hudai mineral mixture logotae nimok milai khena dibi. Etia thanda somoi tae, wheat grain, gur (jaggery) etc. @ 10% - 20% hudai dana tae milai khena dibi etu para janwar tae takot dibo.
- Murgi baccha khan thanda para bachiboh karoneh ghor tae light bulb (artificial light) talibi.

Nukuriboh khan

- Morning somoi tae guru/ sakoli khan pahar tae nacharibi.
- Rati somoi tae guru/ sakoli khan ghor tae rakhibi.