

# T-sports re Tehen´ak´ Khila\_d.

Ban´galdisa\_m re pa\_hil Sports channel do\_hoyok´ kana T-sports. Disa\_m reak´ enec´ khila\_d. sa~o sa~ote nia\_channel do\_jao oktege aema lekan khila\_d ko do\_e porcaret´ sey uduk´et´ kana. Tehen´ T-sports re oka do\_n´elo\_go\_k´a....

## Football

### La Liga

Getafe-Elche

N´inda\_ 12.00 baja okte n´el n´amok´a

Granada-Real Betis

N´inda\_ 2.00 baja okte

Source: Kalerkantho

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# Ivory Coast re So\_nton\_ri (Military) Ud\_a\_uk´ Ga\_d\_i (Helicopter) Bina\_ste Mo~r\_e~ (5) hor\_ko Gurena

Ivory Coast reak´ ut\_ar nakha t\_othare mit´t\_en so\_nton\_ri (Military) ud\_a\_uk´ ga\_d\_i (Helicopter) do\_bina\_sena. Ar noa kha\_tir Mo~r\_e~ hor\_ko gurena. Burkina Faso ar\_e t\_hen noa Helicopter do\_bina\_s akana. Ar e\_kkalte noare tina\_k´

hor\_ko tahe~kan sanam hor\_ko gurena.

Ivory Coast reak' Protirokha Montronaloy mit' biboronte bad\_ae ocokeda, Uda\_uk' ga\_d.i do\_ ona t\_othare pahra la\_git' Mission rey selet'lena. Cedak' noa a~or\_e ga~or\_e~ hoyena nit' ha\_bic' ona do\_ ban' sapha akana. Mit' biboronte bad\_ae oco akana, a~or\_e ga~or\_e~ reak' karontet' ko sendaet' kana. Ivory coast sa~o Burkina Faso o\_t' sima\_na tahe~ kha\_tirte ond\_e do\_ uchur koak' dhawa do\_ a\_d.i a~t. d.her akana.

Calaoen serma Burkina Faso re be\_s bar-pe dhao gujuk' lekan dhawa ko calao akada Al Kayedar sa~o jopor\_ao jon'igiko. Ona tayom kho\_nge disa\_m do\_ berukhia. reak' khand re pura\_u akana.

Source: Korotoa

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## 17 Cando Tayom Jhicyena Iskul

Ko\_ro\_na ma~ha~ma\_ri kha\_tir calaoen serma reak' 17 March khonak' disa\_m reak' jo\_to\_ Skul college do\_ bond tahe~kana. Me\_nkhan 17 cando tayom tehen' kho\_n Skul- College reak' dua\_r jhic' akana. Skul- College calak' la\_git' sanam pa\_t.hua. gidra\_ko ta\_n'igi se\_ koyok' horreko tahe~kana. Una\_k' din kho\_n uiha\_r ar ta\_n'igire tahe~kanak' do\_ tehen' suma\_r akana.

Tehen' kho\_n Disa\_m reak' Primary, Secondary ar High Skul a~t\_re menak' sikhna\_t ga~ota kore jo\_to\_ lekanak' hor\_mo ha\_t.in' reak' a\_nko manao salak' kelas do\_ eho\_p' akana. Onate a\_d.i ra\_ska. ko a\_ika\_uet' kana pa\_t.hua. gaidra\_ko. E\_nte tehen' do\_ mimit' gate ko sa~o n'apam n'epel do\_ hoyok' kantakoa.

Me\_nkhan jo\_to\_ pa.t.ha.u gidra.ko mask ho\_ro\_k' kate ar Mahasoe koak' batlao lekate kelasteko bo\_lo\_yena.

Source: Bangladesh-protidin

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## **Migrain (Bo\_ho\_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a**

Migrain bo\_ho\_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo\_no\_do\_bo\_s akan bises akhr.a 'Bo\_ho\_k' la\_git' Bo\_ho\_k' Haso' reak' mo~r.e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho\_n ban'cao n'am. Un hilok' per.a hisabte set\_ere tahe~kana National Institute Of Neuroscience And Hospital reak' Neurology bibhag ren sa~oten professor Dr. Abu Nayim. Noa akhr.a do\_e a.yurleda Sushmita Shruti Chowdhury.

### **Aema lekan Bo\_ho\_k' Haso:**

Dr. Abu Nayim do\_e bad\_ae ocokeda, Me~t' cetan khon da.bi dha\_bic' noa bhag do\_ bo\_ho\_k' kana. Ar bo\_ho\_k' tahe~len khan bo\_ho\_k' haso do\_ tahe~ngea. Me\_nkhan ja~ha~tin ja~ha~tinre nia. bo\_ho\_k' haso kho\_nge me~t', lutur ar sinus reak' muskil hoe dar\_eak'a. Pa\_hil porjai reak' bo\_ho\_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo\_ho\_k' hasoge nonkanak' bo\_ho\_k' haso kana. Ar 2-5 percent re n'e\_lok' kana, Bo\_ho\_k' haso sa~o me~t', lutur ar mu~ do\_ jopor\_ao menak'a. Noa ko bo\_ho\_k' haso reak' 70 percent arho~ a.d.i cinta. kho\_n ho~ hoyogo\_k'a. Noa do\_ko metak' kana Tension Headache. Ar 30 percent do\_ hoyok' kana Maigrain bo\_ho\_k' haso.

## **Cekatebo\_n bujha\_ukea je okt\_ak´ bo\_ho\_k´ haso kana:**

A.d.i at\_cinta\_te bo\_ho\_k´ haso (Tension Headache) do\_mit´ talaoge hasoa. E\_t\_ak´ sec´ Migraine bo\_ho\_k´ haso do\_ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak´me bo\_cho\_rre mit´ dhao ho~ hoe dar\_eak´a. Ar cinta\_te bo\_ho\_k´ haso (Tension Headache) do\_cando ha\_surlen khange haso ho~ d.her idik´a. Migraine reak´ haso do\_nonka a\_ika\_uk´a, menkeam bo\_ho\_k´ bhitrire okoe con´ cet´teko ha\_net´ kana. Pulse sa~ote noa haso ho~ tal mila\_u kate rakap´ dar\_eak´a. Ar Tension Headache do\_a.d.i kajak´gea. Bo\_ho\_k´ a\_cur dar\_eak´a, dudr\_umge a\_ika\_uk´a. Bec´ bec´ at\_karok´a. Seton´ reak´ ra~t ban´ sahaok´a, Katha\_ror\_re ho~ muskil hoe dar\_eak´a.

## **O\_koe do\_ Migraine bo\_ho\_k´ haso n´am dar\_eakoa:**

Ja~ha~e hor\_koak´ge Migraine hoe dar\_eak´a. Emanteak´ bo\_ho\_k´ haso leka maejiu ko ba\_r.ti Migraine n´amet´koa. 16 bo\_cho\_r kho\_n e\_hop´ kate 45 bo\_cho\_r dha\_bic´ noa bo\_ho\_k´ haso do\_tahẽ dar\_eak´a. Nia laha- tayomre ho~ hoe dar\_eak´a. Ba\_r.tikaete n´e\_logo\_k´ kana, gogo-babawak´ tahẽkana. Ond\_e kho\_n ho~ hoe dar\_eak´a.

## **Migraine karonak´te cet´ ja~ha~n muskilak´ hoe dar\_ekea:**

Ban´, Cinta\_reak´ ja~ha~n karonge ba\_nuk´a. Secondary bo\_ho\_k´ haso hoelen khan thor\_a cinta\_reak´ kangea. Me\_nkhan pa\_hilak´ re cinta\_reak´ karonge ba\_nuk´a. Cedak´ je\_, Bo\_ho\_k´ kho\_n ehobok´ kan bo\_ho\_k´ haso do\_bo\_ho\_k´ reak´ cet´ ho~ bae loksana. Me~t´, mu~ ar lutur kho\_n ehobok´ bo\_ho\_k´ haso thor\_a sensitive. Lahate ko dharonat´ kan tahẽna Migraine sa~o Stroke reak´ ga\_hir sompok menak´a. Me\_nkhan, khond-rond (Gobesona) kate ja~ha~n pormange ban´ n´am akana. Migraine reak´ cikit´sa lekhan mon´jok´a. Me\_nkhan aema o\_kte ban´ mon´j uta\_rok´a. Aema din ran jo\_jo\_m joyok´a. Migraine re me~t´ tayom nakha hasoa. Aema hor\_do\_me~t´ ren dactor t\_henko senok´a. Cosma

ko ho\_ro\_ga. E\_nre ho~ thor\_a do\_mon'jok', nirdae do\_ban' mon'j ut\_arok'a.

### **Migraine reak' cikit'sa:**

Diagnosis ocoe hoyok'a. Ina\_chad\_a ho~ gharon'j reak' nagam tahe~n khan, jo\_to\_cinha\_ko mila\_u katec' ale do\_thor\_a ranle e\_mogo\_k'a. Mone re do\_ho\_e hoyok'a, Cando re judi bar-pe dhao nonka a\_d\_i kajak' bo\_ho\_k' haso hoyok', e\_nd\_ekhan e\_t.ak' ran do\_le emakoa. Haso e\_hop' torage ran jo\_m lekhan una\_k' do\_ban' hasoa.

### **Maejiu kodo\_cet' lekate Migraine ko sambr\_aoa:**

Bha\_rti hor\_mo tahe~n o\_kte Migraine do\_sabhabik ghot\_na kana. Arho~ ale Migraine reak' oka lekan ranle emako, ona do\_bha\_rti hor\_mo tahe~n o\_kte emok' ban' ganok'a. Nond\_e mit't\_en ha\_si reak' ghot\_na menak'a. O\_koe koak' do\_laha kho\_nak'ge Genuine Migraine tahe~n, bha\_rti hor\_mo tahe~n o\_kte ona do\_50 percent belare do\_mon'jok'a. Ar o\_koe koak' Migraine reak' nagam banuk', Onkoak' 16 percent belare do\_bha\_rti hor\_mo okte Migraine hoyok'a. Arho~ gidra\_janam tayom mon'jok'a.

### **O\_koeak' ghane ghane Migraine hoyok', uniak' judi Tension Headache hoyok', unre?**

Mit' hor.ak' nonkan bar lekan bo\_ho\_k' haso hoe dar\_eak'a. Unre okako ran do\_bar lekan hasorey ka\_mia, onkan rangele emakoa. Migraine bo\_ho\_k' haso me\_nak'tae rogi do\_sabhabik leka bako ka\_mi dar\_eak'a. Je\_mon Skul, College se\_Office calak', olok' par\_haok'- noako ban'ko dar\_eak'a.

### **Hor\_mo khat\_aok' sa~o sa~ote Migraine reak' sompok:**

A\_d\_i cinta tahe~len khan, ja\_pit' ko\_m hoylen khan, mit' san'j ban' jo\_m lekhan, ackage ba\_rti hor\_mo khat\_ao lekhan Migraine hoe dar\_eak'a. Migraine kh\_on sa\_n'gin're tahe~n la\_git' hor\_mo ar mo\_n niropo do\_hoe ja\_rur\_a. Jaoge hor\_mo

khat\_ao, tar\_am, bhan'jao (beyam) ja\_rur\_a. Migraine do\_bo\_ho\_k' hatan' reak' rua\_kana. Hatan' reak' cet' ho~ bae loksana. Cikit'sa lekhan aema okte mon'j ho~ mon'j ho\_do\_k'a. Me\_nkhan mon'j ho~ ban' mon'j dar\_eak'a. Ban' mon'j lenkhan sambr\_aote do\_hoe hoyok'a. O\_kte na\_pitre ja\_pit' hoyok'a. O\_kte na\_pit're jo\_m hoyok'a. Dak' n'u~i lagaok'a. Ar ona sa~ote thor\_a hor\_mo bhan'jao kate apnarte napae tahe~n ja\_rura. Migraine se\_bo\_ho\_k' haso do\_ja~ha~n maran' muskilak' cet' ho~ ban' kana.

Source: Prothom alo

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## Messi Do\_ 'Sona ren Jel' Lekanae

Lionel Messi lekan suka\_r (superstar) do\_seton' din re\_be\_go\_r uca\_r.te do\_l reko n'am akadea PSG. Argentina superstar la\_git' Champion League re kukmu~ reko matao akana phorasi club. PSG Messi ko n'amkedete aema po\_rho\_ ko n'amet'kana mat\_h bahreko reho~. Barcelona ren sa\_bik a\_k'yuric'e selet'en tayom khonge league 1 ren brand value rean' aema lahanti hoy akana.

Metak'me, Messi ko n'amkedete ko monejon' kana ban'ma 'Sona ren Jel' ko n'am akadea. PSG ar Messiwak' kago\_j-ko\_lo\_mte chukti oktege Argentina Superstar ak' n'utum ol menak' Ja\_rsi mit' ghur\_itege a\_khrin' cabayena.

Nia\_ ko din talatege PSG sec' kho\_n enec' la\_git' Messi ko o\_jo\_k' kedeo. Jel, Cricketer leka namdak jo\_to\_ga~ota sa~o chukti hoy akantaea PSG wak'. Cricketer ko sa~o pe

serma reak' oka chukti, ona kho\_n PSG dharonat' kana 25-30  
Milion Euro do\_e ka\_mai jon'a

Source: Bangladesh protidin

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## **Chin Kho\_n 54 Lakh Sinopharm Ko\_ro\_na T\_ika Do Hec'ena**

Chin kho\_n kirin akan Sinopharm reak' arho~ 54 lakh ko\_ro\_na  
t\_ika disa\_mre hec'ena. Hola Sokolbar tala n'inda 12:45  
baja okte mit't\_en ud\_a\_uk' ga\_d\_ite noa t\_ika do Dkaka  
reak' Hazrat Shahjalal Antorjatic Bimanbo\_ndo\_rre hec'ena.  
MNC&H ren Line Director Dr. Md. Shamsul Hoqe noa t\_ika  
hatao se\_atan' la\_git' bimanbo\_ndo\_r rey tahe~kana. Nia  
dhao do\_ 54 lakh 1 hajar 350 doge t\_ika do hec'ena.

Source: Banglar Jonopod

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## **TINAKEM HO\_NGO\_RA?**

E\_ am Lo\_ngra,

Tinakem ho\_ngo\_ra?

Ato tamma Mo\_ngra,

Bikauk kanem dangra.

E\_ am Lo\_ńgra,

Tinańkem ho\_ńgo\_ra?

Bańiyme tńaurą,

Bańiyme pańurą.

E\_ am Lo\_ńgra,

Tinańkem ho\_ńgo\_ra?

Metamkanko bńaurą,

Bikańk kanem bńaluą.

E\_ am Lo\_ńgra,

Tinańkem ho\_ńgo\_ra?

Era uru dinko e\_ge\_ra,

Jhogńrale\_nrem ge\_ge\_ra.

E\_ am Lo\_ńgra,

Tinańkem ho\_ńgo\_ra?

Uńarń\_kkan gńi gońa,

Ańjo\_mmese thońa.

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## Mit' t\_en' Pa\_tia\_r Seta

Mit' hor\_ren a\_d\_i dula\_r\_ia\_ setae taheńkana. A\_d\_i ańt\_e bolaolena.  
Uni hor\_ jańhań sec'geye calak', seta hoń uni sańoteye calak'a. Uni

hor. do dokandare tahe~kana. Mit' din uni hor. sadomre dec'kate mit' jaegateye senena. Uni seta ho~ ac'ren kisa.r. sa~ote tayom tayomteye da.r. idiket'a. Uni hor. rua.r. jokhec', mit' tha.ila.k' t.akae a.gu darayet' tahe~kana. Tarasin' okte tahe~kana, ar a.d.i seton'ena.

Ado hor ar.e reak' mit't.en dare but.a.re sadom khone a~r.goyena, are jira.uenena. Unre uni do ona t.aka tha.ila.k' otreye dohoket'a. Jira.uen khane arho~ sadomreya dec'ena, ar sadome kamsaokede, Menkhan ona t.aka tha.ila.k' doe hirin'ket'a. Seta doe bujha.uket'a, in'ren kisa~.r. do noa tha.ila.k' doe hir.in'ket'a. Khange seta do ona tha.ila.k' gerkate ik'diye t.est.aket'a.

Menkhan bae dar.eat'a. Ina.k'tege d.her san'gin' ac'ren kisa~.r. doe calaoena. Seta do ac'ren kisa~.r. tioge la.git' a.d.i a~t.e da.r.ket'a, ar a.d.i a~t.e bhok' idiket'a mit' gha.r.i khangeye n'ir tiok'kede, ar a.d.i a~t. unre ho~e bhok'ket'a. Menkhan uni hor. do setawak' bhok' bae hetaoat'a. Seta doe n'elket'a, nitok' in'ren kisa~.r. do bae rua.r.a, ona ia.te sadomge a.cur rua.r.e la.git' sadomak' jan'gae ha.mbur. uric'ket'a. Uni hor. doe bujha.uket'a, seton' ia.te ja.nic' nui seta do ackae bhalok'ena. Jivet'in' dohole khan d.her hor.e loksankoa.

Ona ia.te uni hor. uni setae t.hukede. Ba.puric' seta a.d.i a~t.e rak'ket'a, ar ona dare but.a t.hengeye n'ir rua.r.ena. Menkhan uni hor. doe sen idiyegea. Thor.a sa.n'gin'e senen khan, t.aka tha.ila.k' doe disa.ket'a. Ado ekalte sadome a.curkede, ar ons dare but.a. t.hene set.er got'ena. Unre uni dula.r.ia. seta do ona tha.ila.k'e burum lot.om akat' tahe~kana, ar ac'ren kisa~.r.ak' jinis rukhia.ket'taea.

Uni seta do ac'ren kisa~.r.e n'elkede khan, cand.bole t.hepe t.hepeket'a. Uni hor. do sadom khon usa.rae a~r.goyena, ar ac'ren dula.r.ia. setae ha.r.up'kede, ar me~t' dak' joroyentaea.

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# T-20 Bissocup La .git´ Ban`gladisa .m ren Do\_lko La .i So \_do \_rket´ko

Darakan 17 September kho\_n hoyok´ la .gido\_k´kan T-Twenty Bissocup la .git´ Ban`gladisa .m ren do\_l ko la .i so \_do \_r akat´koa. Ge\_l mo~r.e~ (15) member ren a .k´yuric´ ko do \_ho akadea Mahumudullah Riyadh. Tehen´ Lukhibar tikin 12 baja tayom Mirpur Shere ban`gla Cricket Studiom re Press Conference kut .hri re bo \_ndo \_bo \_s akat´ sombad sonmelonre Bissocup do \_le la .i so \_do \_rket´koa maran´ khelwar . bachaoic´ Minhazul Abedin Nannu. Ar uni salak´ arho~ et .ak´ bar . hor . khelwar . bachaokin Habibul Basher Sumon ar Abdur Razzak. Calaoen bar pe cando kho\_n okoe do \_ jatiyo do\_l reak´ T-Twenty series ko e .nec´ akan, Onko mo\_d kho\_n 15 got .en khelwar . ko bachao n´am akana. Ond .e do \_ Mahmudullah Riyadh cha .da ho~ ga .khur khelwar . hisa .bte Mushfiqur Rahim, Sakib Al Hasan tako ho~ me \_nak´koa se \_te \_lak´ kha .tirte.

Mit´ Non`jorte Ban`gladisa .m ren Bissocup Squad-

Mahmudullah Riyadh (A .k´yuric´), Sakib Al Hasan, Mushfiqur Rahim, Sowmo Sarkar, Liton kumar Das, Nayim Sekh, Afif Hosen, Kazi Nurul Islam Sowhan, Shamim Hosen Patwari, Mostafizur Rahman, Taskin Ahmed, Md. Saifuddin, Soriful Islam, Sekh Mehedi Hosen ar Nasum Ahmed.

Source: Sonali Songbad

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# Internet Begor Beohar Google Drive Beohar

Markin Search Giant Google akaok' Storage seba google drive do internet begor beohar reak' phaeda do ko a.gukeda. Cedak' je, phone se internet ban' tahe~lenre ho~ Offline re Google Drive re do ho akan nothi se chubi jhic'kate n'e\_l reak' a.t menak'a. Ne so do r akan mit't.en Blog post re Tech Giant gaota do noa katha ko bad.ae ocokeda. Aso kaete PAN card, Voter card se Driving Lisence lekan nijak' kago\_j (file) , Office reak' PDF file chad.a ho~ ja.rur.ak' ko Google Drive re do.hok'a. Je\_mon ja.rur. okte ona t.un' ghur.ite n'e\_lgo\_k'.

Me\_nkhan digital nothi se kago\_j okte maran' muskil do noage, Internet begor beohar reak' ja~ha~n upa.ige ba.nuk'a. Aema okte sa.n'gin' t.ot.hako re Network t.ont.ate muskilre par.aok' hoyok' kana. Noa muskil cabae la.git'ge na~wa~ Projukti ( Technology) do\_e a.gukeda. Noa ia.te Google do\_e bad.ae ocokeda, nit kho\_n Offline reho~ Google Drive re PDF file, Office reak' ja.rur.ak' kago\_j ko n'e\_l n'amok'a. Arho~ bad.ae n'am akana, Drive re digital file kha.li save lekhang noa phaeda do ban' n'amok'a. Internet bond tahe~n okte Google Drive re digital nothi se file n'e\_l jo\_khe\_n jo\_po\_r.ao menak' nothire ' Right Click' kate 'Available Offline' option re Click hoyok'a.

2019 serma kho\_n na~wa~ projukti reak' mo\_ho\_r.a ko calaokeda Google. Aema hatao Milan hor.ko selet'lana ona mo\_ho\_r.a re. Onare po\_rho\_ n'am tayom nia. dhao sanamko la.git' a.guyena se so do rena noa projukti.

Source: Korotoa