

Cet' Lekate Migraine (Bo_ho_k' Haso) Kho_n Rukhia_bo N'amkea

Migraine mit' lekan bo_ho_k' haso kana. Bo_ho_k' re ja~ha~ mit' ar_e kho_nak'ge noa haso ehop'a. Migraine bo_ho_k' haso a.d.i gha_r.ic' do_ tahe~na. Okoe ak' nonkan et_ket_or_e~ menak'tako, Onko do bo_ho_k' haso sa~o be_c' be_c'ko at_kara. Noa haso a.d.i algate ban' maraok'a, thor_a din do_ hasoa. Onate tina_k' hor_koak' noa haso menak', noa haso cet' kha_tirte ehop'a ona babotre bad_aejon' ja_rur_ menak'a. Nonkate Migraine khonak' pharak'bo tahe~ dar_ekea.

1. Ren'gec'te tahe~n:

Ren'gec'te tahe~len khan Migraine bo_ho_k' haso ehop'a. Ente ren'gec'te tahe~nre gastric reak' muskil n'elogo_k'a, oka do_ bo_ho_k' haso d.her dar_eak'a.

2. Hoe-dak' bichna_u (abohaoa):

A.d.i ba_r.ti seton're na_curle khanho~ bo_ho_k' haso ehop' dar_eak'a. Ina_kate lo_lo_ seton' kha_tirte hoe dar_eak'a.

3. Mo_nre uca_t_:

Okoe do_ asambher_ se_ a.d.i ba_r.ti uca_t.teko ka_mikan, ar jo_m-n'u rean' ja~ha~n nit_ akan okto ba_nuk'tako se_ ban'ko manaoet' kan, onkanko hor_ge ba_r.ti noa bo_ho_k' haso n'amet'ko kana.

End_ete nonkanak' mo_nak' uca_t_ dea gid_ikak' reak' kurumut_ui hoyok'a.

4. Ja~ha~nak' sad_e: kajak' rir_a.n' r.ar.an'te seren' an'jo_m emanteak' kha_tirte Migraine bo_ho_k' haso n'an'ama. A.d.i rir_a.n' r.ar.an' kha_tir amdaj bar din dha_bic' haso tahe~ dar_eak'a.

5. A.d.i ba_r.ti ja_pit':

Okte na.pitre ja.pit' sanamko la.git' a.d.i ja.rur.a. Ente oktere ban' ja.pit'le khan hor.more aema lekan et.ket.o~r.e~ n'elogo_k'a. Okoe do_jao hilok' 5-6 ghont.a ko ja.pit', Ackage mit' okte onkanko hor.d.herko ja.pit' lekhan bo_ho_k' haso ehop' dar.eakoa. Onate sanamko sontor ar aodhan tahe~n hoyok'tabona.

Ukraine Reak' La_r.ha.ire Bar Phut_bol_khelwar_kin Gurena

Ukraine ar Russia talare mit' la_r.hai do_calak' kana. Calaoen 24 February an'ga paha-poho kho_nak'ge noa dhawa jhapt.ao do_ehop' akana. Tehen' Lukhibar dhawa jhapt.ao rean' ira.l ak' din. Russia-Ukraine talare oka la_r.ha.i noa do_dosar dhaoak' Gulmal tayo_m Europe rean' jo_to_wak' kho_n maran' ka.pha.ria.u-la.ihaiko metat'kana.

Calaoen eyae dinre Russia ren pha.d ar palt.onko Ukraine reak' mimit' t.ot.hare kur.par.ko calaoet' kana. Russia nit' dha.bic'te a.d.i uta.r nagrahakoe do_kho_l akat'a. Noa la.pa.r.ha.ire disomren barea phut_bol_khelwar. ho~ jiwikin alaeket'a.

Noako dinre 10 lakh kho_n d.her hor. Ukraine nagrahako ba.giada. Disom ko ba.giakat're ho~, Russiawak' nonkan kur.par. birudre disom hor.ko ha.tia.rko sap'jon'ana. Janam disom rukhia.i kha.tir haron dinre disomren khelwar. ho~ thir ba.nuk'koa, bickom la.ihaireko so_ho_t set.erakana. Ar sa.rige noa gulmal la.pa.r.ha.ire barea phut_bol_khelwar. Vitali Sapylo ar Dmytro Martynenko ho~kin gurena.

Nukin babar got.en phut_bol_khelwar. ak' International Federation FIFPRO Ukraine re Russia reak' kur.par.re noa kho_bo_re bad.ae ocoakada.

21 serma umerren Sapylo dosar bibha.g do_l Libhib se_c' kho_nak'e

e_ne_jok'kan tahe~kana. Ado_ noa la.pa.r.ha.ire Tank commander
hisa.btey jo_po_r.aolena. Uni do_ Kyiv reak' mit't.en kur.par.
gulma.lre gurena.

Ar onkage Club FC Gostomel sa~o la.phua. khelwar. hisa.bteye
e_ne_cjok' kan tahe~kana Martynenko. Ukraine Rajdha.nire nijak'
Apartmentre en'gatet' sa~o 25 umerren nui khelwar. girobasok' kan
tahe~kana. Nui ho~ Russia pha.dkoak' boma ha.ntey gur ocoyena. FIFPRO
bad.ae ocokeda, Nukin jua.n khelwar. Vitali Sapylo ar Dmytro
Martynenko takinak' gharon'j, per.a ar gateko la.git' ma~ya~ mohle
so_do_ret'kana. Noa la.r.ha.ire pa.hil ja~ha~e phut.bol khelwar. ak'
gur kho_bo_r bad.ae n'amenana. Nukin bana hor.ge suluktekin
ja.pit'jon'ma.

La.r.ha.ire gur tayom Sapylo do_ 'Mahabir' hisa.bteko cikhna.kedea
acak' club Carpati. Nui do_ calaoen So_ko_lbare gur akana me.nteko
pust.auteko bad.ae ocoakada. Ale do_ jaoge nui Mahabir ak' jaejugak'
dik'sa.wak' thuti ko porbosto pos idia.

Mit't.en Kul, Toyo Ar Gadhawak' Go_lpo_

Mit't.en Kul Toyo sabea mentey dho_mkaokedea. Toyo do_ ekal Kule
neho~rae kana, E maharaj nia. dhaotec' ika.ka.n'me. In'ak' sarec'
jin'gi am sebaren' jamar.kok'a honan'. Jo_to_wak'gen' ka.mitama.
Ja~ha~n kamkajre ba.n' ek'r.e botec'kema. Toyo ak' nonkan se_be_l-
so_r.o_m kathatey khalas kadea.

Ina. tayom Kul do_ Toyo batlaoadea, Calak'te in' la.git' mit't.en
janwar sap' a.gua.n'me. Kulak' batlao leka bir sendrae mohnd.ayena.
Me_nkhan celege bae n'amlet'koa. Ackage ac' saman're mit't.en Gadhae
he_c'ena. Ado_ Toyo do_ uni Gadhae metadea, ' E Gadha boeha un kho_n
amge co_n' n'am bar.aet'me. Bir-gajar.ren maharaj am la.git' kur.a.i

ante ta.n'gi ta~r.a~k're menaea. Onate ne~otame la.git'in' he_c'akan do_.

End.ekhan Me dela in' sao~, amtet'ge kur.a.i atan'me. Ado_ Toyo ak' kathate ma.lun'kate Gadha do_ uni sa~oe mohnd.a mar.an'ena. Kul t.hen mohn'jam torage ekal jhapt.aoate sap'e dilkeda. Me_nkhan Gadha do_ bo_to_rtey tharbasaoena are da.r. pharakkeda. Nia_ dhao Kul do_ Toyo cetanre a.d.i a~t.e edreyena. Cet' lekanic'em a.gukedea. Bad.agiri! Ma muca.t' dhao a.tin' emamkana. Do_ calaojon'me, Gadha rua.rem. Arho~m ka.i lekhan ba.n' ika.mea. Ado_ sa.rige Toyo arho~ Gadha t.hene calaoena are metaekana. E boeha, Kul mama ma co_ am ha.r.ube mo_nelet'. Cedak' bacham d.a.rkeda. Gadhae me_n go_t'keda, Mase_ sa.rige ado_! In' man' hudislet' pase_c' jo_men' la.gi'te nonkak' kan tahe~kana.

Dela end.ekhan, ina_ tayom arho~kin calaoena. Nia_ dhao Kul ac'ak' kusi-sana leka Gadha sap kate raktaoate cusa.u go_c' kedeaa. Ado_ Toyo metadea, tin dha.bic' ba.n' hijuk' ma pahra hatar.em nahak. Toyo menkeda, T.hikgea maharaj.

Tehen'ak' Khila_d_ Ko

Criket

Bangladesh-Afghanistan

Pa_hil ak' T20

Dhina_n 3:00 baja okte

Channel T sports, Gazi Tv.

Phut_bol

English FA Cup

Everton-Boreham Wood

N'inda, 2:15 minit.

Sony Ten 2 channel re.

ISL

Chennai-Mohunbagan

N'inda, 8:00 baja okte ehop'a.

Star sports channer re porcaro_k'a.

Pa_hil Doge Hatao Rean' A_t Niton' Ho~ Menak'a: Sastho Odhidaptor

Calak kan ko_ro_na mahama,ri re a,d,i aema lekan et,ket,o~re~ disom ar
dha,rtire hec' par,ao akana. Noa mahama,ri sa~o la,iha,i se_ rukhia,k'
la,git' sanamko t,ika, hatao a,d,ige ja,rur,abon kana.

Tina,k' hor, pa_hil doge ban'bo hatao akat' nit' ho~ Sarkari-besarkari
ni,t akan t,ika, t,ha,~re n'utum ol car,hao se_ ja,rurak' kago_jko
son'ge idi lekhangе tika, bon hataojon' dar,eak'a.

Ente tehen' Budhbar (2 March) Sastho Odhidaptor virtual Sastho
bulletin, zoom conference re Sastho Odhidaptor re_n t,ika, ka,mihora
a,k'yuric' Dr. Md. Shamsul Hoqe noa kathae ror, so_do_r akada.

Me_skoc´

Me_skoc´

Bar boeha mit´te d_hil capat´lekhan-

Hablu ar Bablu, bar boeha Ul kin capat´kan tahe~kana-

Hablu: E boeha, Un gha_r.ic´ kho_n capat´tege menak´lan´a, enreho~ Ul o_ho_ n´u~rlena. Pase_c´ nit´ ho~ berel machagea.

Bablu: Sa_rige pase_c´, Mase_ micha_lan´ haronena? Ban´khan dare dejo_k´ talan´mme.

Hablu ekal harephare dare de_c´ena. Ado_ Ule tunum a_ika_ukeda, ar kikia_uate Bablui metawaekana;

Hablu: E boeha, Ul ma co_ bele akan!

Bablu: A_d.i boge! Ma end_ekhan usa_ra phed_ ho_do_k´me. Banar boeha mit´telan´ capat´ lekhang a_d.i algate n´u~rok´a hape_n.

Horo Ar Ce~r_e~ Ak´ Go_lpo_

Mit´ dhao mit´t_en horo dare umulrey jira_ujon´ kan tahe~kana ar ona darere mit´t_en ce~r_e~ ak´ tuka_ tahe~kana. Un jo_khenge horo do_ ce~r_e~ metaekana, ‘Cet´lekan tuka_m benaojon´ kana? Noare ban´do menak´ cal-cha_uni ban´do ja~ha~n co~_ho~_k´! Amak´ tearak´ tuka_ kho_nak´ in´ak´ or_ak´ oka do_ deare menak´tin´ n´elok´te ho~ napaegea.

Ado_ ce~r_e~ ror_ rua_r_adea, “ Sa_rige n´elok´te a_d.i ba_r.ic´gea, Me_nkhan in´in´ tearakat´ or_ak´ a_d.igen´ dula_r_eda. Ado_ Horo ho~e

menkeda, Or.ak'tam metak'me tuka. nonka ba.r.ic', pase_c' in'ak' bin' ka.n'cur t.hap'rak'em lalocak' kana".

Ado_ onka leka ce~r.e~ye menkeda, Or.ak'tin' ba.r.ic'gea, Menkhan noare in'ren gharon'j hor.ko sa~o gateko ho~ko tahe~ dar.eak'a. Ar amak' t.hapr.ak' n'elok'te napaegaea, Enreho~m eskargea. E_nte am sa~o okoe ho~ ban'ko tahe~ dar.eak'a.

Pre-Primary 20 March Kho_n Jhijo_k'a

Prathomik sikha odhidaptor do_e bad.ae ocokeda, Ko_ro_na ajar kakhante amdaj mit' cando tala tayom tehen' kho_n pa.hil ar mo~r.e kelas ren pa.thua. gidra.koak' kelas ehop'ena.

Me_nkhan amdaj bar serma tayom Pre-primary re_n gidra.koak' kelas ho~ darakan 20 March khonak' ehobo_k'a.

SSC Bid_a_u 19 June Ar HSC 22 August Hoe Dar_eak'a

2022 serma reak' SSC (Secondary School Certificate) ar HSC (Higher Secondary School Certificate) bida_u hoe dar.eak'ak' rean' ta.rik Madhomik ar Ucchomadhomik sikhna.t board (Mausi) do_e la.i lahawakada.

Sombar (28 February) Madhomik ar Ucchomadhomik sikhna.t board, Dhaka website re so_do_rakat' aparek' bar got.en d.ha.rwa.k're noa kho_bo_r

so_do_r akana.

Board Chairman (Okoe do_bida_u da.yik're menae) Professor Topon kumar ak' suhiat' d.ha_rwa.k're menwana, 19 June SSC ar 22 August HSC bid_a_u hoe dar_eak'a. End.ete SSC pa.t.hua.gidra.koak' 13 April Ar HSC pa.thua.koak' do_8 June kho_nak' Online hotete registration Form purun ehop' dar_eak'a.

T sports Channel Re Tehen'ak' Enec'-Khila_d.

Ban'gladesh rean' pa.hil e_ne_c' khila_d. haparao channel kana noa T sports. Noa channel kho_n jao hilok' Disa_m reak' e_ne_c'-khila_d. sa~o sa~ote aema lekan khila_d. sardalek' kana. Tehen' T sports channel re n'elogo_k'a....

Phut_bol

BPL

Chottogram Abahani- Dhaka Abahani

Dhina_n 5:30 minit_re.