

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

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

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

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 khangé 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_tahé~ dar_eak'a. Nia laha- tayomre ho~ hoe dar_eak'a. Ba_r.tikaete n'e_logo_k' kana, gogo-babawak' tahe~kana. 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 dharenaet' kan tahe~na 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

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 namd.ak jo_to_ ga~ota sa~o chukti hoy akantaea PSG wak'. Cricketer ko sa~o pe

serma reak' oka chukti, ona kho_n PSG dharonæ't' kana 25-30
Milion Euro do_e ka_mai jon'a

Source: Bangladesh protidin

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

TINAKEM HO_NGO_RA?

E_ am Lo_ngra,

Tinakem ho_ngo_ra?

Ato tamma Mo_ngra,

Bikauk kanem dangra.

E_ am Lo_ńgra,
Tinaķem ho_ńgo_ra?
Bađiyme ťažaura,
Bađiyme paúra.

E_ am Lo_ńgra,
Tinaķem ho_ńgo_ra?
Metamkanko bħarua,
Bikaúk kanem bħaluá.

E_ am Lo_ńgra,
Tinaķem ho_ńgo_ra?
Era uru dinko e_ge_ra,
Jhograle_nrem ge_ge_ra.

E_ am Lo_ńgra,
Tinaķem ho_ńgo_ra?
Ujařo_kkan ęai gořa,
Ańjo_mmese thořa.

Mit´t_en´ Pa_tia_r Seta

Mit´ hor_ren a_d_i dula_r_ia_ setae tahe~kana. A_d_i a~t_e bolaolena.
Uni hor_ ja~ha~ sec´geye calak´, seta ho~ uni sa~oteye 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~ sadomreye 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. Khang 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 idiyegae. 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.

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 Criket 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. Saifudddin, Soriful Islam, Sekh Mehedi Hosen ar Nasum Ahmed.

Source: Sonali Songbad

Internet Be_go_r Google Drive Beohar

Markin Search Giant Google akoak' 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 bego_r 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