

#### **Internship Report On**

#### As a Sub Editor in



#### **Submitted to**

Mr. Aftab Hossain

#### Lecturer (Senior Scale) & Head

Department of Journalism, Media and Communication

Faculty of Humanities and Social Science

Daffodil International University

#### **Submitted By**

Afrida Ifrat Himika

ID: 181-24-653

Batch: 33rd

Department of Journalism, Media and Communication

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Date of Submission: 17 November, 2021

#### **Letter of Transmittal**

16 November, 2021

#### **Aftab Hossain**

Lecturer (Senior Scale) & Head

Department of Journalism, Media & Communication

Faculty of Humanities & Social Science

**Daffodil International University** 

**Subject**: Submission of Internship Report

Dear Sir,

I am very pleased to submit a report of my internship at The Daily Ittefaq. For the last three months, I was assigned to the daily Ittefaq which is a partial requirement for the degree of the Bachelors of Social Science (BSS). I am very grateful to my supervisor and the Daily Ittefaq Authority for giving me the opportunity and the environment for completing my internship without any problem.

The report details all the things I have learned, my activities, and the experience I have gathered during my internship period. I would be ever grateful to you and my supervisor for helping me complete my internship without any problems.

Doggrd	C	
Regard		



.....

#### **Afrida Ifrat Himika**

ID: 181-24-653

Batch: 33rd

Department of Journalism, Media and Communication

Faculty of Humanities and Social Science

**Daffodil International University** 

#### **Certificate of Approval**

I am very pleased to verify that the Internship reports on Internship as a sub-editor at the Daily Ittefaq Online completed and prepared by "Afrida Ifrat Himika"; bearing **ID no: 181-24-653** of the **Department of Journalism**, **Media and Communication** has been approved for presentation and defense. **Afrida Ifrat Himika** Has worked with the Daily Ittefaq Online as an intern under my supervision. She completed the work during the **Fall-2021 Semester**.

I am pleased to certify that the information, the findings presented in the report are the authentic work of **Afrida Ifrat Himika**.

As a human being, she bears a good moral character and a very pleasing personality. I wish her all the success in the future.

Supervisor,

Mr. Aftab Hossain

Oftal Hossain

Lecturer (Senior Scale) & Head

Department of Journalism, Media and Communication

Faculty of Humanities and Social Science

**Daffodil International University** 

#### **Acceptance of Internship Placement**



November 22, 2021

#### TO WHOM IT MAY CONCERN

This to certify that Afrida Ifrat Himika, Student ID No- 181-24-653 has completed her internship at the Daily Ittefaq (Online) successfully. She worked here from September 12, 2021 to November 20, 2021. She was assigned in various news desks to learn the overall news editing process. The feedbacks received from desk heads are very positive about her activities.

She was on time and had shown keen interest to learn. Her attitude towards work was lauded by all in the newsroom.

I wish her all success in life.

Sharafat Hussain

Online In-charge (Acting)

e-mail: ssharafatt@gmail.com

Cell: +8801944676767

#### **Acknowledgement**

At first, I am grateful to Almighty Allah for providing me the patience and energy to complete this internship report. Then, I would like to thank my university supervisor **Aftab Hossain** as I am greatly indebted for his help and support. His whole-hearted supervision, accurate guidance, and suggestions during my internship period helped me complete my report on time.

I also want to show my sincere gratitude towards **Sharafat Hussain**, the in charge of the **Daily Ittefaq Online**. He spends an extraordinary amount of time with the industry but in spite of his duties, he took time out to hear me, guide me, and keep me on the right path.

Finally, I want to show my utmost gratitude towards all the staff and members of the Daily Ittefaq Family. Their patience and cooperation helped me complete my internship without any problem.

#### **Dedication**

I would like to dedicate this work to my parents. They have inspired me to walk past every problem in my life. They are the sunshine I collect my hopes from. In the near future, hopefully, they are going to be proud of what I will achieve.

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## **CHAPTER ONE**

Introduction

## What is an Internship?

An internship is mainly a short-term working experience for any organization or company. The main objective of an internship is to gain some entry-level exposure from a specific industry or company.

Most of the time, students opt to intern for gaining insight into the field they want to choose as a career. It is obviously working but the main purpose of an internship is to learn or gather experience.

The one doing an internship is called an intern. Usually, an intern spends his/her time on relevant projects or work, making connections with the field, and in the meantime developing skills and experience.

Some interns may receive a full-time job after performing well during the intern period.

#### Why Consider Doing Internship?

An internship is an opportunity for people with low experience, mainly students who can gain significant experience within a specific time. Especially, modern jobs prefer experienced employees. But how can a student gain experience if he/she hasn't even started anything?

By doing an internship, students get a good idea about the entry-level roles of an industry. Also, students can build a network around the specific industry.

Aside from that, students can also decide what type of role they are capable of holding. Most jobs prefer a candidate who has completed an internship. Modern jobs are getting competitive and day by day employers are considering working experience on the resume.

So, doing an internship is important for building experience and acquiring some unique skills from the industry. If anyone is lucky enough, they can get a full-time job just doing his/her internship.

## **Background of**



The Daily Itteafaq has a very old and rich history as one of the oldest and significant newspapers in Bangladesh. The veteran politician Maulana Abdul Hamid Khan Vashani established the newspaper on 24 December 1953. Tofazzol Hossain or widely known as Manik Mia was the first editor of the newspaper.

At first, it was a weekly newspaper. But during the anti-Pakistan movement, the Daily Ittefaq became a daily newspaper. Manik Mia wrote a column named 'Rajnaitik Mancha' was very popular among a lot of people.

The newspaper played a vital role in conveying contemporary issues in Bangladesh. From the start, the Daily Ittefaq was a strong supporter of the Awami League. 1954 to 1971 is considered the golden time for the newspaper. Not to mention, the Daily Ittefaq is Bangladesh's first vernacular newspaper.

Well, President Ayub Khan censored the daily from June 17 to July 11 in 1966. He again censored the newspaper from July 17, 1966, to February 9, 1969.

Currently, Tahmima Hossain is the editor of the newspaper. It has all the sections of a modern newspaper.

In 2005, the Daily Ittefaq launched its online version. It is called the Ittefaq Online Section. Thanks to the online version, it has opened up a new dimension for readers across the nation. Even the online section has two versions: English and Bangla.

## **Appearance of the Daily Ittefaq**







বিশেষ সংবাদ জাতীয় সারাদেশ রাজনীতি বিশ্ব সংবাদ খেলা বিনোদন বাণিজ্য লাইফস্টাইল টেক ভিন্নচোখে মতামত



## **Appearance of the e-Ittefaq**



## **Organogram of the Daily Ittefaq**



## **Supervision at the Daily Ittefaq**

The duration of my internship was 10 weeks. At this time, I was under the supervision of Sharafat Hussain. Currently, he is in charge of the Daily Ittefaq online Bangla section. Sharafat Hussain is responsible for publishing every news or post on the online platform.

I received cordial support from him. He always helped me with any sort of problem. During my stay at the Daily Ittefaq, I learned plenty of things from him. His guidance kept me on the right track.

### **Duration of the Internship**

My internship started in the second week of September 2021. I joined the Daily Ittefaq on September 12. After ten weeks of a busy schedule in the office and gathering experience, my internship ended on 20 November, 2021.

# **Chapter two**

**Activities during Internship** 

# My Duties as a Sub-editor in the Daily Ittefaq

Starting my internship was an excellent experience for me. Even though I was handling the lifestyle section, I often visited the Daily Ittefaq Office. I had to visit the office to understand my task. I was assigned a specific time to attend the office, and I had to work there for a couple of hours.

Completing my daily task was not easy. At first, the supervisor taught me the basics. So, I was learning for the first couple of weeks.

My experience in the Daily Ittefaq taught me something valuable about journalism. It's not easy to manage a newspaper, let alone its online version.

Journalism is not about writing news stories or some lifestyle features. Instead, the newspaper crew is trying their heart and soul to research, edit and write honest, ethical news. I was starting to merge with the process too.

One thing for sure, even though I had a schedule for joining the office, my work schedule was unpredictable. I had to keep updated about the recent lifestyle news and latest trends. During my intern's last weeks, I had to pull an all-nighter to complete the bulk of work piling up for Puja.

I completed ten whole weeks as an intern in the Daily Ittefaq, and my sub-editor duties are followed here:

#### **Editing News**

Editing news was a regular duty in the Daily Ittefaq. The online version needs to update news all the time. Posting news within a few minutes is hard. But contributors are working for Ittefaq. Before posting their news, I was responsible for ensuring the news stayed authentic and free of errors. Sometimes, the task was boring, but I learned a lot about proofreading and researching information.

#### **Covering events**

A couple of times, I was assigned to cover events for Ittefaq. During the pandemic situation and during Puja, the supervisor assigned me video news. It was an excellent

opportunity for me. I had to write a special report where I interviewed journalists, psychiatrists, and women.

#### **Publishing news online**

The supervisor gave me access to the website of the Daily Ittefaq. There I had to publish news and features. Keeping an eye on the published news was also a part of my duty.

#### **Editing photos**

Before publishing news, I had to edit photos. According to the Digital Act, even photos have copyright. So, I had to create a unique image for every news item.

My supervisor gave me a basic idea of Adobe Photoshop and Adobe Illustrator. Also, one of our courses covered the issue. So, it gave me confidence.

#### Writing special features

While completing my internship in the Daily Ittefaq, I had to write a couple of special features. I had to interview the people closely attached to the feature itself to write these features. The experience was enjoyable for me.

#### **Multimedia stories**

Sometimes Ittefaq wanted to make the platform interesting for people in Social media. Also, Ittefaq had to create video documentaries for any special occasion.

Not to mention, Ittefaq had some special plans for Multi-media stories.

I worked with some of these multimedia stories. During the last weeks of my stay at Ittefaq, I directed a multimedia story.

#### Voice-over

Ittefaq created special documents, features, and videos for different occasions. Most of the time, I was picked for voice-over duty.

First, I gave a voice-over to a video for the anniversary of Ittefaq. It was a pleasing experience for me. The whole crew supported me till the end.

I wasn't nervous at all. In my academic life, I was always performing. So, it gave me the confidence to go on with the assigned task.

#### **News Bulletin**

I had to do a news bulletin during the last three weeks of my internship. Most of the time, I had to create the script. It was tiring work but I learned a lot from the task.

## List of weekly activities

#### First week (September 12 – 18 September)

- ✓ Started my internship
- ✓ My supervisor instructed me with the basics of the newspaper
- ✓ Met all the staff and members of the newspaper
- ✓ Published 18 news in the lifestyle section
- ✓ Edited photos

#### Second Week (19 September – 25 September)

- ✓ Published ten news in the lifestyle section
- ✓ Completed voice-over for a video report
- ✓ Edited photos
- ✓ The supervisor instructed me on different styles of news writing
- ✓ Wrote news on current events

#### Third Week (26 September – 2 October)

- ✓ Wrote multiple life-style news on the pandemic situation
- ✓ Posted 18 lifestyle news
- ✓ Joined Ittefaq Online Bulletin
- ✓ Completed another voice over for a video news
- ✓ Wrote a script for bulletin

#### Fourth Week (3 October – 9 October)

- ✓ The supervisor instructed me on how to create bulletin for daily events based on the importance
- ✓ Published nine lifestyle news
- ✓ Edited photos for the news
- ✓ Shared some news on the social media platform
- ✓ Gave voice-over for Ittefaq Online Bulletin
- ✓ Completed one special video report on Durga Puja

#### Fifth Week (10 October – 16 October)

- ✓ Published twenty three lifestyle news
- ✓ Edited photos for the news
- ✓ Shared some news on the social media platform
- ✓ Gave voice-over for Ittefaq Online Bulletin
- ✓ Completed two special video report on Durga Puja

#### Sixth Week (17 October – 23 October)

- ✓ Published eighteen lifestyle news
- ✓ Edited photos for the news
- ✓ Wrote a script for a video
- ✓ Shared some news on the social media platform
- ✓ Gave voice-over for Ittefaq Online Bulletin

#### Seventh Week (24 October – 30 October)

- ✓ Published twenty one news in the lifestyle section
- ✓ Completed voice-over for a video report
- ✓ Edited photos
- ✓ The supervisor instructed me on different styles of news writing
- ✓ Wrote news on current events

#### **Eighth Week (31 October – 6 November)**

- ✓ Published ten news in the lifestyle section
- ✓ Completed voice-over for a video report
- ✓ Edited photos
- ✓ Wrote news on winter lifestyle

#### Ninth Week (7 November – 13 November)

- ✓ Published ten news in the lifestyle section
- ✓ Completed voice-over for a video report
- ✓ Edited photos
- ✓ Posted on Social media page
- ✓ Wrote news on current events

#### **Tenth Week (14 November – 20 November)**

- ✓ Supervisor instructed me to write a special report on smartphone or mobile phone extricates
- ✓ Took some interviews from students, housewife, lawyer, psychiatrist, journalist for a special report
- ✓ Instructed a documentary on World Men's day
- ✓ Published Nineteen News

# **Chapter Three**

**Learning Opportunities and Experience** 

#### **Learning Possibilities**

My internship at the Daily Ittefaq was both bitter and sweet. I had a fair share of great learning experiences, and sometimes, the work pile was tiring for me. But all these pieces give me a bright idea of the journalism industry.

First of all, I was able to work with real professionals in the industry. There are many people experts in online journalism. They gave me advice and taught me some valuable things.

If I want to think about this opportunity, I have never had any idea about journalism. I had a passion for becoming a journalist. My family supported me, and it was exciting when I started my internship.

Working up and close, I found that online journalism is not easy. It is fast, short, and, most of the time, less insightful.

Not to mention, working with news is not an easy task. You have to put your heart into it to make the news free of errors.

I learned how to detect proper news and how to attract readers. It was a wonderful experience.

Finally, the workspace environment was new for me. It also helped me understand how workspace can control a whole industry.

#### **Technological Facility**

During my internship at Ittefaq, I gathered technical knowledge. In the office, I had a small desk very comfortable. There was a desktop computer where I always completed my work.

**The Base Station:** All the software on the computer was up to date. The office provided stable internet connectivity and a Wi-Fi facility. So, surfing online was not problematic for me.

**For Editing News:** I used MS Word for editing news, writing scripts. I collected all the news via Google docs. This way, I collected all the data and organized them.

**For Editing Photos:** I used Adobe Photoshop for editing my photos. I had the Google Chrome browser work just fine for surfing the web.

**For Voice over:** While doing voice-over, I learned a thing or two about audio editing and audio recording.

#### **Special Experience**

While working in the Daily Ittefaq, Bangladesh was still under the effects of a pandemic situation. I remember I was locked inside my house for three whole months. But I had to publish news online and gather news around the nation. Sometimes I was assigned with some special news cover for interviews.

Interviewing people was one of the best experiences for me. I attended the miss universe Bangladesh program in Hotel Radisson. So, it was a good experience for me.

## **Chapter Four**

**Learning Experience Evaluation** 

# Differences between Academic Learning & Practical Work

During my academic program, I was introduced to several sub-editing courses. At first, the whole concept was easy for me. But after joining a professional arena, I began to realize how hard the job of a sub-editor can get.

At Daffodil International University most of our courses focus on print journalism the most. We are also taught about other media sectors like television and radio. However, online journalism is completely different.

Currently, our university courses are trying to introduce media studies more. Anyway, my academic knowledge helped me to assess the situation.

Especially, how to write a title and create news was pretty helpful at the beginning. Slowly but maturely I started to get a grip on writing news perfectly.

### **Expectation and My Experience**

Before starting my academic career in Journalism, Media, and Communication Department, I had a vague idea about journalism. But I was determined to become a journalist. Well, when I applied for an internship, I was nervous. I was always reading multiple newspapers and online mags.

So, I was expecting to investigate and get an exciting experience. However, working for a daily newspaper is not that exciting. Most of the time, it's a little boring to edit news and inspect all the necessary details. The actual tasks of a journalist are hard.

In a way, the actual task is somehow exciting too. Writing news can be difficult. Yes, writing 200 to 250 words of news is difficult. LifeStyle section needs a lot of new concepts and ideas. Finding sufficient news and interesting topics were hard and writing them was sometimes boring for the workload.

But I learned a lot of new things in the process. And the working environment was great.

#### **The Skills I Developed During Internship**

I was a sub-editor for the LifeStyle section in the Daily Ittefaq. So, I was always writing LifeStyle news and features. Aside from that, I was assigned for a news bulletin and video script writing. While completing my internship, I developed a set of skills that are sure to help me in the future of my career as a journalist.

While completing my internship, I developed the following skills:

- Writing News
- Writing Proper Headlines
- News Editing
- Video Script Writing
- Voice Recording
- Voice-over skills
- News Presentation
- Field visit preparation
- Choosing the right words for writing something
- Time management
- Exploring Online Resources
- \* Researching and Gathering News Data
- Translation Skills
- Developing Social Relations
- Professional Attitude
- Gaining Confidence

### **Future Opportunities and My Career**

Internship can enhance a student's academic career, personal and future plans. No doubt, the experience can help one build future goals.

Considering the modern situation, almost every industry seeks an experienced employee. From the start, they want someone who can perform the job neatly. But what about a student just starting his career life? Where will he/she acquire experience? The internship period can help them acquire experience. My internship period helped me with my connections. It helped me build connections with others and gain insight into the journalism industry. I was able to work and gain time management skills. Not to mention, my internship period helped me gain some valuable skills required for online journalism. Also, I was able to contact a lot of professionals from the industry, some people became my mentor. So, the experience was worthwhile in a lot of ways. If I want to keep working in the journalism industry, I can easily do so without considering staying stuck with a set of problems.

All these experiences can help me design a strong resume and Hopefully, I can use the experience of working with a pioneer daily newspaper.

### **Chapter Five**

Conclusion

#### **SWOT Analysis of Ittefaq Online**

#### **Strengths**

- ✓ Authentic and trustworthy
- ✓ Covers various aspects of LifeStyle
- ✓ Has a good reader base
- ✓ User-friendly web platform
- ✓ Good content quality

#### Weakness

- The website design needs a little improvement
- Need a better office management
- Not enough updated tools or software to support editing
- Proof-reading needs a little work
- Not enough employee for covering news

#### **Opportunities**

- Can appoint a few more employees
- Facilities can be increased
- Office space can be increased
- Management can be slightly better

### **Threats**

- ➤ Misrepresentation of any news or information
- > Online platform is immune to hacking

#### **Recommendation**

I am glad to work for one of the pioneer newspapers of Bangladesh. My gratitude towards my seniors and advisors cannot be described using words. However, I don't think just three months or 10 weeks of internship period is not enough by any means. In order to make the experience much better, I would like to recommend some ideas:

- ✓ Daffodil International University can increase the duration of the internship period. This way, students can easily acquire sufficient experience during the internship program.
- ✓ I think extending the internship period from 3 months to 6 or 7 months should be a better idea.
- ✓ I think the university should not cover any course while the internship. This way, students can keep their attention towards the internship program.

### **Conclusion**

So far, my internship period in the Daily Ittefaq was positive. I had a fair share of good moments and bad moments. However, it was the experience that matters the most.

I was lucky to work with some talented journalists who helped me as my mentors. I am greatly indebted to them for their support and help. Of course, I sincerely thank my university for providing me with the opportunity to work with a great newspaper.

### **ANNEX**

### ঘুমানোর আগে যেসব পানীয় পানে কমবে ওজন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৪ অক্টোবর ২০২১, ১৯:৫৪

https://www.ittefaq.com.bd/300319/%E0%A6%98%E0%A7%81%E0%A6%AE%E0%A6%BE

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2.

## প্রিয় শাড়ির যত্ন নেবেন যেভাবে

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৮ অক্টোবর ২০২১, ১৬:০৪

https://www.ittefaq.com.bd/300379/%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%BF%E0%A7%9F-

%E0%A6%B6%E0%A6%BE%E0%A7%9C%E0%A6%BF%E0%A6%B0-

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3.

### অধিক গ্রিন টি পানেই কি কমবে ওজন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৮ অক্টোবর ২০২১, ১৬:০৮

https://www.ittefaq.com.bd/300380/%E0%A6%85%E0%A6%A7%E0%A6%BF%E0%A6%95-%E0%A6%97%E0%A7%8D%E0%A6%B0%E0%A6%BF%E0%A6%A8-%E0%A6%9F%E0%A6%BF-%E0%A6%AA%E0%A6%BE%E0%A6%A8%E0%A7%87%E0%A6%87-%E0%A6%95%E0%A6%BF-%E0%A6%95%E0%A6%AE%E0%A6%AC%E0%A7%87-%E0%A6%93%E0%A6%9C%E0%A6%A8

4.

# মুখের অবাঞ্ছিত লোম কমাবে ওটস স্ক্রাব

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৯ অক্টোবর ২০২১, ১৬:১৭

https://www.ittefaq.com.bd/300413/%E0%A6%AE%E0%A7%81%E0%A6%96%E0%A7%87%E0%A6%B0-%E0%A6%85%E0%A6%AC%E0%A6%BE%E0%A6%9E%E0%A7%8D%E0%A6%9B%E0%A6%BF%E0%A6%A4-

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%E0%A6%95%E0%A6%AE%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%93%E0%A6%9<u>F%E0%A6%B8-</u>

%E0%A6%B8%E0%A7%8D%E0%A6%95%E0%A7%8D%E0%A6%B0%E0%A6%BE%E0%A6%AC

## স্তন ক্যান্সারের ঝুঁকি এড়াতে তিন অভ্যাস

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৯ অক্টোবর ২০২১, ১৬:২৬

https://www.ittefaq.com.bd/300414/%E0%A6%B8%E0%A7%8D%E0%A6%A4%E0%A6%A8-

<u>%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%B8%E0%A6%BE</u>

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%E0%A6%9D%E0%A7%81%E0%A6%81%E0%A6%95%E0%A6%BF-

%E0%A6%8F%E0%A7%9C%E0%A6%BE%E0%A6%A4%E0%A7%87-

%E0%A6%A4%E0%A6%BF%E0%A6%A8-

%E0%A6%85%E0%A6%AD%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%B8

6.

### যে চার উপদানে নিমিষে কমবে দাঁতের ব্যথা

#### ইত্তেফাক অনলাইন ডেস্ক

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%E0%A6%89%E0%A6%AA%E0%A6%A6%E0%A6%BE%E0%A6%A8%E0%A7%87-

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%E0%A6%AC%E0%A7%8D%E0%A6%AF%E0%A6%A5%E0%A6%BE

## আপনার কি প্রি মেন্সট্রুয়াল সিনড্রোমে ভুগছেন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০১ নভেম্বর ২০২১, ১৫:৩৮

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%E0%A6%AE%E0%A7%87%E0%A6%A8%E0%A7%8D%E0%A6%B8%E0%A6%9F%E0%A7%8D%E0%A6%B0 %E0%A7%81%E0%A7%9F%E0%A6%BE%E0%A6%B2-

<u>%E0%A6%B8%E0%A6%BF%E0%A6%A8%E0%A6%A1%E0%A7%8D%E0%A6%B0%E0%A7%8B%E0%A6%AE</u> %E0%A7%87-%E0%A6%AD%E0%A7%81%E0%A6%97%E0%A6%9B%E0%A7%87%E0%A6%A8

8.

### ভ্রমণে বমিভাব কমাবে ঘরোয়া পাঁচ উপাদান

ইত্তেফাক অনলাইন ডেস্ক

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%E0%A7%87-%E0%A6%AC%E0%A6%AE%E0%A6%BF%E0%A6%AD%E0%A6%BE%E0%A6%AC-

%E0%A6%95%E0%A6%AE%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%98%E0%A6%B0%E0%A7%8B%E0%A7%9F%E0%A6%BE-

%E0%A6%AA%E0%A6%BE%E0%A6%81%E0%A6%9A-

%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A6%A6%E0%A6%BE%E0%A6%A8

# মাতৃত্বকালীন সময়ে করণীয়

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০১ নভেম্বর ২০২১. ১৭:০২

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10.

# হাতের ত্বক দ্রুত বুড়িয়ে যাচ্ছে?

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০২ নভেম্বর ২০২১, ১৫:৫৭

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%E0%A6%AC%E0%A7%81%E0%A7%9C%E0%A6%BF%E0%A7%9F%E0%A7%87-

%E0%A6%AF%E0%A6%BE%E0%A6%9A%E0%A7%8D%E0%A6%9B%E0%A7%87%C2%A0

11.

### পলিসিস্টিক ওভারিয়ান সিন্ড্রোম মানেই কি বন্ধ্যাত্ব?

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০২ নভেম্বর ২০২১, ১৭:২১

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<u>%E0%A6%AC%E0%A6%A8%E0%A7%8D%E0%A6%A7%E0%A7%8D%E0%A6%AF%E0%A6%A4%E0%A7%8</u> <u>D%E0%A6%AC</u>

12.

### কেন খাবেন কলাপাতায়?

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০২ নভেম্বর ২০২১, ১৭:৫৪

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13.

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## হাতের মেদ কিছুতেই ঝরছে না?

ইত্তেফাক অনলাইন ডেস্ক

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%E0%A6%9D%E0%A6%B0%E0%A6%9B%E0%A7%87-%E0%A6%A8%E0%A6%BE

15.

## শীতের আমেজে কি ঠোঁটের বেহাল দশা

ইত্তেফাক অনলাইন ডেস্ক

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%E0%A6%A0%E0%A7%8B%E0%A6%81%E0%A6%9F%E0%A7%87%E0%A6%B0-

%E0%A6%AC%E0%A7%87%E0%A6%B9%E0%A6%BE%E0%A6%B2-%E0%A6%A6%E0%A6%B6%E0%A6%BE

16.

### নতুন মা হয়েছেন, বাচ্চার পাশাপাশি নিজেরও যত্ন নিন

ইত্তেফাক অনলাইন ডেস্ক

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17.

### গোসলে যেসব উপাদান আপনাকে দেবে দিনভর সতেজতা

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ: ০৩ নভেম্বর ২০২১, ১৭:৫৬

https://www.ittefaq.com.bd/301062/%E0%A6%97%E0%A7%8B%E0%A6%B8%E0%A6%B2%E0%A7%87-

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%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A6%A6%E0%A6%BE%E0%A6%A8-

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%E0%A6%B8%E0%A6%A4%E0%A7%87%E0%A6%9C%E0%A6%A4%E0%A6%BE

18.

### তাজা ফুলের সুবাসে মাতুক ঘর

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৩ নভেম্বর ২০২১, ১৮:৩০

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%E0%A6%AB%E0%A7%81%E0%A6%B2%E0%A7%87%E0%A6%B0-

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%E0%A6%AE%E0%A6%BE%E0%A6%A4%E0%A7%81%E0%A6%95-%E0%A6%98%E0%A6%B0

### যে ৬ কারণে রোজ কমলা খাবেন

#### ইত্তেফাক অনলাইন ডেস্ক

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20.

## ঋতুস্রাবে যেসব লক্ষণ ক্ষতিকর

ইত্তেফাক অনলাইন ডেস্ক

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## দূষণের শহরে সুস্থতায় চার খাবার

ইত্তেফাক অনলাইন ডেস্ক

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<u>%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5%E0%A6%A4%E0%A6%BE%E0%A7%9F-</u> %E0%A6%9A%E0%A6%BE%E0%A6%B0-%E0%A6%96%E0%A6%BE%E0%A6%BE%E0%A6%BD

22.

# জ্বর-সর্দির চটজলদি সমাধান

ইত্তেফাক অনলাইন ডেস্ক

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## শিশুদের সঠিক খাদ্যাভাসে অভ্যস্ত করুন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৬ নভেম্বর ২০২১, ১৭:২১

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<u>%E0%A6%96%E0%A6%BE%E0%A6%A6%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%AD%E0%A6%BE</u> %E0%A6%B8%E0%A7%87-

%E0%A6%85%E0%A6%AD%E0%A7%8D%E0%A6%AF%E0%A6%B8%E0%A7%8D%E0%A6%A4-

%E0%A6%95%E0%A6%B0%E0%A7%81%E0%A6%A8

24.

# পান করুন 'ব্রেইন বুস্টিং' পানীয়

ইত্তেফাক অনলাইন ডেস্ক

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%E0%A6%95%E0%A6%B0%E0%A7%81%E0%A6%A8-

%E0%A6%AC%E0%A7%8D%E0%A6%B0%E0%A7%87%E0%A6%87%E0%A6%A8-

%E0%A6%AC%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%9F%E0%A6%BF%E0%A6%82-

%E0%A6%AA%E0%A6%BE%E0%A6%A8%E0%A7%80%E0%A7%9F

### জানেন তো কেন বাড়ছে ওজন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৬ নভেম্বর ২০২১, ১৯:২৩

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26.

## যেসব সবজি বেশি খেলে হতে পারে বিপদ

ইত্তেফাক অনলাইন ডেস্ক

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https://www.ittefaq.com.bd/301557/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%B8%E0%A6%AC%E0%A6%9C%E0%A6%BF-

%E0%A6%AC%E0%A7%87%E0%A6%B6%E0%A6%BF-

<u>%E0%A6%96%E0%A7%87%E0%A6%B2%E0%A7%87-%E0%A6%B9%E0%A6%A4%E0%A7%87-</u>

%E0%A6%AA%E0%A6%BE%E0%A6%B0%E0%A7%87-

%E0%A6%AC%E0%A6%BF%E0%A6%AA%E0%A6%A6

## গর্ভাবস্থায় যেসব ভ্রান্ত ধারণা এড়িয়ে চলবেন

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৭ নভেম্বর ২০২১, ১৮:২৪

https://www.ittefaq.com.bd/301565/%E0%A6%97%E0%A6%B0%E0%A7%8D%E0%A6%AD%E0%A6%BE

%E0%A6%AC%E0%A6%B8%E0%A7%8D%E0%A6%A5%E0%A6%BE%E0%A7%9F-

%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%AD%E0%A7%8D%E0%A6%B0%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%A4-

%E0%A6%A7%E0%A6%BE%E0%A6%B0%E0%A6%A3%E0%A6%BE-

%E0%A6%8F%E0%A7%9C%E0%A6%BF%E0%A7%9F%E0%A7%87-

%E0%A6%9A%E0%A6%B2%E0%A6%AC%E0%A7%87%E0%A6%A8

28.

### যে সময়ে পানি পান করবেন না

#### ইত্তেফাক অনলাইন বুলেটিন

প্রকাশ : ০৭ নভেম্বর ২০২১, ১৮:৫০

https://www.ittefaq.com.bd/301571/%E0%A6%AF%E0%A7%87-

%E0%A6%B8%E0%A6%AE%E0%A7%9F%E0%A7%87-

%E0%A6%AA%E0%A6%BE%E0%A6%A8%E0%A6%BF-%E0%A6%AA%E0%A6%BE%E0%A6%A8-

%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8-%E0%A6%A8%E0%A6%BE

## অতিরিক্ত ঘুম কি স্ট্রোকের কারণ?

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৭ নভেম্বর ২০২১, ১৯:১৪

https://www.ittefaq.com.bd/301577/%E0%A6%85%E0%A6%A4%E0%A6%BF%E0%A6%B0%E0%A6%BF%E0%A6%BF%E0%A6%95%E0%A7%8D%E0%A6%A4-%E0%A6%98%E0%A7%81%E0%A6%AE-%E0%A6%95%E0%A6%BF-%E0%A6%B8%E0%A7%8D%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%95%E0%A7%87%E0%A6%B0-%E0%A6%B0-%E0%A6%B0-%E0%A6%B0%E0%A6%B0%E0%A6%B3

30.

### রামায় যেসব ভুল খাবারের স্বাদ কমায়

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৮ নভেম্বর ২০২১, ১৭:৫০

 $\frac{\text{https://www.ittefaq.com.bd/301693/\%E0\%A6\%B0\%E0\%A6\%BE\%E0\%A6\%A8\%E0\%A7\%8D\%E0\%A6\%A8}{\%E0\%A6\%BE\%E0\%A7\%9F-\%E0\%A6\%AF\%E0\%A7\%87\%E0\%A6\%B8\%E0\%A6\%AC-}{}$ 

%E0%A6%AD%E0%A7%81%E0%A6%B2-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0%E0%A7%87%E0%A6%B0-

%E0%A6%B8%E0%A7%8D%E0%A6%AC%E0%A6%BE%E0%A6%A6-

%E0%A6%95%E0%A6%AE%E0%A6%BE%E0%A7%9F

## ডেঙ্গু এড়াতে যা করণীয়

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৮ নভেম্বর ২০২১, ১৮:১২

https://www.ittefaq.com.bd/301698/%E0%A6%A1%E0%A7%87%E0%A6%99%E0%A7%8D%E0%A6%97%E0%A7%81-%E0%A6%8F%E0%A7%9C%E0%A6%BE%E0%A6%A4%E0%A7%87-%E0%A6%AF%E0%A6%BE-%E0%A6%95%E0%A6%B0%E0%A6%A3%E0%A7%80%E0%A7%9F

32.

### যেসব লক্ষণে টের পাবেন ভিটামিনের অভাব

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৮ নভেম্বর ২০২১, ১৯:০১

https://www.ittefaq.com.bd/301704/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

<u>%E0%A6%B2%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A3%E0%A7%87-</u>

%E0%A6%9F%E0%A7%87%E0%A6%B0-

%E0%A6%AA%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8-

%E0%A6%AD%E0%A6%BF%E0%A6%9F%E0%A6%BE%E0%A6%AE%E0%A6%BF%E0%A6%A8%E0%A7%87

%E0%A6%B0-%E0%A6%85%E0%A6%AD%E0%A6%BE%E0%A6%AC

## যেভাবে খুব সহজেই কমাবেন ওজন

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৮ নভেম্বর ২০২১, ১৯:৪৩

https://www.ittefaq.com.bd/301714/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-%E0%A6%96%E0%A7%81%E0%A6%AC-

%E0%A6%B8%E0%A6%B9%E0%A6%9C%E0%A7%87%E0%A6%87-

%E0%A6%95%E0%A6%AE%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8-

%E0%A6%93%E0%A6%9C%E0%A6%A8

34.

## ঘরোয়া উপাদানেই হবে দাঁতের ক্ষয় রোধ

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৯ নভেম্বর ২০২১, ১৬:১৯

https://www.ittefaq.com.bd/301794/%E0%A6%98%E0%A6%B0%E0%A7%8B%E0%A7%9F%E0%A6%BE-%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A6%A6%E0%A6%BE%E0%A6%A8%E0%A7%87%E0%A6%87-%E0%A6%B9%E0%A6%AC%E0%A7%87-

%E0%A6%A6%E0%A6%BE%E0%A6%81%E0%A6%A4%E0%A7%87%E0%A6%B0-

%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A7%9F-%E0%A6%B0%E0%A7%8B%E0%A6%A7

### ক্যানসার প্রতিরোধে যা খাবেন

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৯ নভেম্বর ২০২১, ১৬:৫৬

https://www.ittefaq.com.bd/301802/%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%BE%E0%A6%B0-

<u>%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%A4%E0%A6%BF%E0%A6%B0%E0%A7%8B%E0%A6%A7</u>%E0%A7%87-%E0%A6%AF%E0%A6%BE-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8%C2%A0

36.

## ইম্পোস্টার সিনদ্রোমে ভুগছেন না তো

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৯ নভেম্বর ২০২১. ১৭:৪৩

https://www.ittefaq.com.bd/301811/%E0%A6%87%E0%A6%AE%E0%A7%8D%E0%A6%AA%E0%A7%8B %E0%A6%B8%E0%A7%8D%E0%A6%9F%E0%A6%BE%E0%A6%B0-

<u>%E0%A6%B8%E0%A6%BF%E0%A6%A8%E0%A6%A1%E0%A7%8D%E0%A6%B0%E0%A7%8B%E0%A6%AE</u> <u>%E0%A7%87-%E0%A6%AD%E0%A7%81%E0%A6%97%E0%A6%9B%E0%A7%87%E0%A6%A8-</u>

%E0%A6%A8%E0%A6%BE-%E0%A6%A4%E0%A7%8B

## ঘরের কাজেই ঝরবে মেদ

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ০৯ নভেম্বর ২০২১, ১৮:৪৮

https://www.ittefaq.com.bd/301819/%E0%A6%98%E0%A6%B0%E0%A7%87%E0%A6%B0-%E0%A6%95%E0%A6%BE%E0%A6%9C%E0%A7%87%E0%A6%87-%E0%A6%9D%E0%A6%B0%E0%A6%AC%E0%A7%87-%E0%A6%AE%E0%A7%87%E0%A6%A6

38.

## সুস্থ থাকতে ডায়েটে রাখুন সজনে পাতা

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১০ নভেম্বর ২০২১, ১৪:২২

https://www.ittefaq.com.bd/301907/%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5-

%E0%A6%A5%E0%A6%BE%E0%A6%95%E0%A6%A4%E0%A7%87-

%E0%A6%A1%E0%A6%BE%E0%A7%9F%E0%A7%87%E0%A6%9F%E0%A7%87-

%E0%A6%B0%E0%A6%BE%E0%A6%96%E0%A7%81%E0%A6%A8-

%E0%A6%B8%E0%A6%9C%E0%A6%A8%E0%A7%87-

%E0%A6%AA%E0%A6%BE%E0%A6%A4%E0%A6%BE

## যেসব খাবারে কমবে ক্লান্তি

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১০ নভেম্বর ২০২১, ১৬:০৮

https://www.ittefaq.com.bd/301921/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0%E0%A7%87-

%E0%A6%95%E0%A6%AE%E0%A6%AC%E0%A7%87-

<u>%E0%A6%95%E0%A7%8D%E0%A6%B2%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A6%BF</u>%C2%A0

40.

# টুথবাশ আপনার ক্ষতি করছে না তো

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১০ নভেম্বর ২০২১, ১৬:২২

https://www.ittefaq.com.bd/301925/%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-

%E0%A6%9F%E0%A7%81%E0%A6%A5%E0%A6%AC%E0%A7%8D%E0%A6%B0%E0%A6%BE%E0%A6%B6-

%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-

%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A4%E0%A6%BF-

%E0%A6%95%E0%A6%B0%E0%A6%9B%E0%A7%87-%E0%A6%A8%E0%A6%BE-

%E0%A6%A4%E0%A7%8B

### ওয়ার্ক আউটে অনীহা? যেভাবে করে তুলবেন আনন্দময়

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১১ নভেম্বর ২০২১, ১৭:২৪

https://www.ittefaq.com.bd/302047/%E0%A6%93%E0%A7%9F%E0%A6%BE%E0%A6%B0%E0%A7%8D%

E0%A6%95-%E0%A6%86%E0%A6%89%E0%A6%9F%E0%A7%87-%E0%A6%85%E0%A6%A8%E0%A7%80%E0%A6%B9%E0%A6%BE-

%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%95%E0%A6%B0%E0%A7%87-

%E0%A6%A4%E0%A7%81%E0%A6%B2%E0%A6%AC%E0%A7%87%E0%A6%A8-

%E0%A6%86%E0%A6%A8%E0%A6%A8%E0%A7%8D%E0%A6%A6%E0%A6%AE%E0%A7%9F%C2%A0

42.

### ঋতুচক্রের তারতম্যেই বুঝে নিন গর্ভধারণের লক্ষণ

#### ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১১ নভেম্বর ২০২১, ১৮:১৭

https://www.ittefaq.com.bd/302056/%E0%A6%8B%E0%A6%A4%E0%A7%81%E0%A6%9A%E0%A6%95%E0%A7%8D%E0%A6%B0%E0%A7%87%E0%A6%B0-

<u>%E0%A6%A4%E0%A6%BE%E0%A6%B0%E0%A6%A4%E0%A6%AE%E0%A7%8D%E0%A6%AF%E0%A7%87</u> %E0%A6%87-%E0%A6%AC%E0%A7%81%E0%A6%9D%E0%A7%87-

%E0%A6%A8%E0%A6%BF%E0%A6%A8-

<u>%E0%A6%97%E0%A6%B0%E0%A7%8D%E0%A6%AD%E0%A6%A7%E0%A6%BE%E0%A6%B0%E0%A6%A3</u> %E0%A7%87%E0%A6%B0-%E0%A6%B2%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A3

## চুলে টাক পড়তে শুরু করেছে?

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১১ নভেম্বর ২০২১, ১৮:৩০

https://www.ittefaq.com.bd/302063/%E0%A6%9A%E0%A7%81%E0%A6%B2%E0%A7%87-%E0%A6%9F%E0%A6%BE%E0%A6%95-%E0%A6%AA%E0%A7%9C%E0%A6%A4%E0%A7%87-%E0%A6%B6%E0%A7%81%E0%A6%B0%E0%A7%81-%E0%A6%95%E0%A6%B0%E0%A7%87%E0%A6%9B%E0%A7%87%C2%A0

44.

## ত্রণ হলে কী করবেন, কী করবেন না

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১১ নভেম্বর ২০২১, ১৮:৪৫

https://www.ittefaq.com.bd/302072/%E0%A6%8F%E0%A6%95%E0%A6%A8%E0%A7%87-%E0%A6%B9%E0%A6%B2%E0%A7%87-%E0%A6%95%E0%A6%BF-%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8-%E0%A6%95%E0%A6%BF-%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8-%E0%A6%A8%E0%A6%BE

## ব্যায়ামের যে উপকরণগুলো সহজলভ্য

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৪ নভেম্বর ২০২১, ০১:৫২

https://www.ittefaq.com.bd/302357/%E0%A6%AC%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A7%9F%E0%A6%BE%E0%A6%AE%E0%A7%87%E0%A6%BO-%E0%A6%AF%E0%A7%87-

<u>%E0%A6%89%E0%A6%AA%E0%A6%95%E0%A6%B0%E0%A6%A3%E0%A6%97%E0%A7%81%E0%A6%B2</u> %E0%A7%8B-

%E0%A6%B8%E0%A6%B9%E0%A6%9C%E0%A6%B2%E0%A6%AD%E0%A7%8D%E0%A6%AF

46.

# যেসব খাবার স্মৃতিশক্তি বাড়ায়

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৪ নভেম্বর ২০২১, ০২:২৩

https://www.ittefaq.com.bd/302360/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-%E0%A6%96%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BO-

<u>%E0%A6%B8%E0%A7%8D%E0%A6%AE%E0%A7%83%E0%A6%A4%E0%A6%BF%E0%A6%B6%E0%A6%95</u> %E0%A7%8D%E0%A6%A4%E0%A6%BF-%E0%A6%AC%E0%A6%BE%E0%A7%9C%E0%A6%BE%E0%A7%9F

## নাক মুখ চেপে হাঁচি নয়

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৪ নভেম্বর ২০২১, ০৩:০৪

https://www.ittefaq.com.bd/302362/%E0%A6%A8%E0%A6%BE%E0%A6%95-%E0%A6%AE%E0%A7%81%E0%A6%96-%E0%A6%9A%E0%A7%87%E0%A6%AA%E0%A7%87-%E0%A6%B9%E0%A6%BE%E0%A6%81%E0%A6%9A%E0%A6%BF-%E0%A6%A8%E0%A7%9F

48.

## নতুন ট্যাটু করাবেন ভাবছেন?

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৫ নভেম্বর ২০২১, ১৬:১০

https://www.ittefaq.com.bd/302547/%E0%A6%A8%E0%A6%A4%E0%A7%81%E0%A6%A8-

%E0%A6%9F%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%9F%E0%A7%81-

%E0%A6%95%E0%A6%B0%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8-

%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A6%9B%E0%A7%87%E0%A6%A8%C2%A0

49.

## কোন বয়সে হার্ট রেট কেমন হওয়া উচিত

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৫ নভেম্বর ২০২১, ১৮:৪৯

https://www.ittefag.com.bd/302575/%E0%A6%95%E0%A7%8B%E0%A6%A8-

%E0%A6%AC%E0%A7%9F%E0%A6%B8%E0%A7%87-

%E0%A6%B9%E0%A6%BE%E0%A6%B0%E0%A7%8D%E0%A6%9F-

%E0%A6%B0%E0%A7%87%E0%A6%9F-%E0%A6%95%E0%A7%87%E0%A6%AE%E0%A6%A8-

%E0%A6%B9%E0%A6%93%E0%A7%9F%E0%A6%BE-%E0%A6%89%E0%A6%9A%E0%A6%BF%E0%A6%A4

50.

# মেদ ঝরাতে সঠিকভাবে ঘুমান

ইত্তেফাক অনলাইন ডেস্ক

প্রকাশ : ১৫ নভেম্বর ২০২১, ১৯:৪৩

https://www.ittefaq.com.bd/302594/%E0%A6%AE%E0%A7%87%E0%A6%A6-

%E0%A6%9D%E0%A6%B0%E0%A6%BE%E0%A6%A4%E0%A7%87-

<u>%E0%A6%B8%E0%A6%A0%E0%A6%BF%E0%A6%95%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87</u>

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51.

https://www.ittefag.com.bd/302599/%E0%A6%8B%E0%A6%A4%E0%A7%81%E0%A6%AC%E0%A6%A6

%E0%A6%B2%E0%A7%87-%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

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52.

https://www.ittefaq.com.bd/302694/%E0%A6%9F%E0%A6%BF%E0%A6%A8%E0%A6%8F%E0%A6%87%

E0%A6%9C%E0%A7%87-%E0%A6%A4%E0%A7%8D%E0%A6%AC%E0%A6%95-

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%E0%A6%AD%E0%A7%81%E0%A6%B2-%E0%A6%A8%E0%A7%9F%C2%A0

53.

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%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0-

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https://www.ittefaq.com.bd/302705/%E0%A6%95%E0%A6%BF%E0%A6%9B%E0%A7%81%E0%A6%A4%E0%A7%87%E0%A6%87-%E0%A6%A7%E0%A7%82%E0%A6%AE%E0%A6%AA%E0%A6%BE%E0%A6%A8-%E0%A6%9B%E0%A6%BE%E0%A6%BC%E0%A6%A4%E0%A7%87-%E0%A6%AA%E0%A6%BE%E0%A6%B0%E0%A6%9B%E0%A7%87%E0%A6%A8-

%E0%A6%A8%E0%A6%BE

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https://www.ittefaq.com.bd/302712/%E0%A6%A6%E0%A7%80%E0%A6%B0%E0%A7%8D%E0%A6%98%E0%A6%A6%E0%A6%BF%E0%A6%A8%E0%A7%87%E0%A6%B0-%E0%A6%B0%E0%A6%BE%E0%A6%A4-%E0%A6%9C%E0%A6%BE%E0%A6%97%E0%A6%BE%E0%A6%B0-

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%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87

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https://www.ittefaq.com.bd/302723/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC %E0%A7%87-%E0%A6%98%E0%A6%B0%E0%A7%8B%E0%A7%9F%E0%A6%BE-

%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A7%9F%E0%A7%87-

<u>%E0%A6%A1%E0%A6%BE%E0%A7%9F%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%9F%E0%A6%BF</u>%E0%A6%B8-

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%E0%A6%B0%E0%A6%BE%E0%A6%96%E0%A6%AC%E0%A7%87%E0%A6%A8%C2%A0

57.

https://www.ittefaq.com.bd/302820/%E0%A6%85%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%9C%E0%A6%AE%E0%A6%BE%E0%A6%B0-

%E0%A6%B8%E0%A6%AE%E0%A6%B8%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A7%9F-

%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0-

%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A4%E0%A6%BF-

%E0%A6%AC%E0%A6%BE%E0%A7%9C%E0%A6%BE%E0%A7%9F

58.

https://www.ittefaq.com.bd/302829/%E0%A6%A8%E0%A6%96%E0%A7%87%E0%A6%B0-

%E0%A6%B0%E0%A6%99-%E0%A6%87-%E0%A6%AC%E0%A6%B2%E0%A7%87-

%E0%A6%A6%E0%A7%87%E0%A6%AC%E0%A7%87-

%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-

%E0%A6%B8%E0%A7%8D%E0%A6%AC%E0%A6%BE%E0%A6%B8%E0%A7%8D%E0%A6%A5%E0%A7%8D

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59.

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%E0%A6%B8%E0%A7%81%E0%A6%AA%E0%A6%BE%E0%A6%B0-

%E0%A6%AB%E0%A7%81%E0%A6%A1-%E0%A6%B0%E0%A6%B8%E0%A7%81%E0%A6%A8%C2%A0

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https://www.ittefag.com.bd/302837/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%AA%E0%A6%A3%E0%A7%8D%E0%A6%AF%E0%A7%87%E0%A6%B0-

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%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%B8%E0%A6%BE

%E0%A6%B0%E0%A7%87%E0%A6%B0-%E0%A6%9D%E0%A7%81%E0%A6%81%E0%A6%95%E0%A6%BF

https://www.ittefaq.com.bd/302925/%E0%A6%96%E0%A6%BE%E0%A6%B2%E0%A6%BF-%E0%A6%AA%E0%A7%87%E0%A6%9F%E0%A7%87-%E0%A6%9A%E0%A6%BE-%E0%A6%95%E0%A6%AB%E0%A6%BF-

%E0%A6%96%E0%A6%BE%E0%A6%9A%E0%A7%8D%E0%A6%9B%E0%A7%87%E0%A6%A8%C2%A0

62.

https://www.ittefaq.com.bd/302930/%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-%E0%A6%AA%E0%A7%8B%E0%A6%B7%E0%A6%BE-

<u>%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%BE%E0%A6%A3%E0%A7%80%E0%A6%9F%E0%A6%BF-</u>%E0%A6%95%E0%A6%BF-

<u>%E0%A6%8F%E0%A6%B2%E0%A6%BE%E0%A6%B0%E0%A7%8D%E0%A6%9C%E0%A6%BF%E0%A6%B0-</u>%E0%A6%95%E0%A6%BE%E0%A6%B0%E0%A6%A3

63.

https://www.ittefaq.com.bd/302936/%E0%A6%A7%E0%A7%80%E0%A6%B0%E0%A7%87-%E0%A6%96%E0%A7%87%E0%A6%B2%E0%A7%87-%E0%A6%95%E0%A6%BF-%E0%A6%93%E0%A6%9C%E0%A6%A8-%E0%A6%95%E0%A6%AE%E0%A7%87

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https://www.ittefaq.com.bd/302940/%E0%A6%B8%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A6%BF%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%B0-%E0%A6%B8%E0%A6%AE%E0%A7%8D%E0%A6%AA%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%B2%E0%A6%BF%E0%A6%A4-%E0%A6%AD%E0%A7%81%E0%A6%B2-%E0%A6%A7%E0%A6%BE%E0%A6%B0%E0%A6%BE%E0%A6%BE%E0%A6%BE

65.

https://www.ittefaq.com.bd/303127/%E0%A6%AE%E0%A6%BE%E0%A6%A8%E0%A6%B8%E0%A6%BF%E0%A6%95-

%E0%A6%95%E0%A7%8D%E0%A6%B2%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A6%BF--%E0%A6%95%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%A4%E0%A7%87--

%E0%A6%AF%E0%A6%BE-%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8

https://www.ittefaq.com.bd/303168/%E0%A6%95%E0%A6%BE%E0%A6%95%E0%A7%87-

%E0%A6%95%E0%A6%96%E0%A6%A8-%E0%A6%95%E0%A6%B2-

%E0%A6%A6%E0%A6%BF%E0%A6%9A%E0%A7%8D%E0%A6%9B%E0%A7%87%E0%A6%A8-

%E0%A6%AD%E0%A7%87%E0%A6%AC%E0%A7%87-

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67.

https://www.ittefaq.com.bd/303225/%E0%A6%B8%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A6%BE%E0%A6%A8-

<u>%E0%A6%9C%E0%A6%A8%E0%A7%8D%E0%A6%AE%E0%A6%A6%E0%A6%BE%E0%A6%A8%E0%A7%87</u> %E0%A6%B0-%E0%A6%AA%E0%A6%B0-

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%E0%A6%93%E0%A6%9C%E0%A6%A8-%E0%A6%A8%E0%A6%BF%E0%A7%9F%E0%A7%87-

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68.

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%E0%A6%AB%E0%A7%8D%E0%A6%B2%E0%A7%81%E0%A6%A4%E0%A7%87-

%E0%A6%AF%E0%A6%BE-%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8

69.

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%E0%A6%A1%E0%A6%BE%E0%A6%95%E0%A6%BE-%E0%A6%95%E0%A6%BF-

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70.

https://www.ittefaq.com.bd/303417/%E0%A6%A6%E0%A7%81%E0%A6%A7%E0%A7%87%E0%A6%B0-%E0%A6%AC%E0%A6%BF%E0%A6%95%E0%A6%B2%E0%A7%8D%E0%A6%AA%E0%A7%87-%E0%A7%A9-%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0

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%E0%A6%AA%E0%A6%B0%E0%A6%AC%E0%A6%B0%E0%A7%8D%E0%A6%A4%E0%A7%80-

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<u>%E0%A6%A1%E0%A6%BE%E0%A7%9F%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%9F%E0%A6%BF</u>%E0%A6%B8-

%E0%A6%B0%E0%A7%8B%E0%A6%97%E0%A7%80%E0%A6%A6%E0%A7%87%E0%A6%B0-

%E0%A6%AF%E0%A6%BE-%E0%A6%95%E0%A6%B0%E0%A6%A8%E0%A7%80%E0%A7%9F%C2%A0

#### 72.

https://www.ittefaq.com.bd/303465/%E0%A7%A7%E0%A7%A9-%E0%A6%9F%E0%A6%BF-

%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A7%9F%E0%A7%87-

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%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5%E0%A6%A4%E0%A6%BE

#### 73.

https://www.ittefaq.com.bd/303471/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC %E0%A7%87-

%E0%A6%B0%E0%A6%BE%E0%A6%A8%E0%A7%8D%E0%A6%A8%E0%A6%BE%E0%A7%9F-

%E0%A6%97%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%B8-

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%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8

#### 74.

https://www.ittefaq.com.bd/303584/%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8% E0%A6%B8%E0%A6%BE%E0%A6%B0-

<u>%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%A4%E0%A6%BF%E0%A6%B0%E0%A7%8B%E0%A6%A7</u>%E0%A7%87-

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https://www.ittefaq.com.bd/303590/%E0%A6%B6%E0%A6%B0%E0%A7%80%E0%A6%B0%E0%A6%9A%E0%A6%B0%E0%A0%A0%B0%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%B0%E0%A6%B0%A

76.

https://www.ittefag.com.bd/303595/%E0%A6%B9%E0%A6%AC%E0%A7%81-

%E0%A6%AE%E0%A6%BE%E0%A7%9F%E0%A7%87%E0%A6%B0%E0%A6%BE-

%E0%A6%95%E0%A7%87%E0%A6%A8-%E0%A6%9F%E0%A6%95-

%E0%A6%96%E0%A7%87%E0%A6%A4%E0%A7%87-

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77.

https://www.ittefaq.com.bd/303599/%E0%A6%AC%E0%A6%B2%E0%A6%BF%E0%A6%B0%E0%A7%87%E0%A6%96%E0%A6%BE-%E0%A6%A0%E0%A7%87%E0%A6%95%E0%A6%BE%E0%A6%A4%E0%A7%87-%E0%A6%B2%E0%A6%BE%E0%A6%B7%E0%A6%AB%E0%A6%B8%E0%A7%8D%E0%A6%9F%E0%A6%BE%E0

78.

https://www.ittefaq.com.bd/303685/%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5-

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79.

https://www.ittefaq.com.bd/303702/%E0%A6%B6%E0%A7%80%E0%A6%A4%E0%A7%87-

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%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5-

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https://www.ittefaq.com.bd/303707/%E0%A6%A8%E0%A6%BE%E0%A6%B0%E0%A7%80%E0%A6%A6%E0%A6%B7%E0%A6%B9%E0%A7%87-%E0%A6%AF%E0%A7%87-

<u>%E0%A6%AA%E0%A6%B0%E0%A6%BF%E0%A6%AC%E0%A6%B0%E0%A7%8D%E0%A6%A4%E0%A6%A8</u> %E0%A6%97%E0%A7%81%E0%A6%B2%E0%A7%8B-

<u>%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A6%B8%E0%A6%BE%E0%A6%B0</u> %E0%A7%87%E0%A6%B0-%E0%A6%B2%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A3

81.

https://www.ittefaq.com.bd/303709/%E0%A6%B6%E0%A7%80%E0%A6%A4%E0%A6%95%E0%A6%BE%E0%A6%B2%E0%A7%87-%E0%A6%95%E0%A7%87%E0%A6%A8-%E0%A6%AC%E0%A7%87%E0%A6%B6%E0%A6%BF-%E0%A6%98%E0%A7%81%E0%A6%AE-%E0%A6%AA%E0%A6%BE%E0%A7%9F%C2%A0

82.

https://www.ittefaq.com.bd/303943/%E0%A6%85%E0%A6%97%E0%A7%8B%E0%A6%9A%E0%A6%B0%E0%A7%87%E0%A6%87-%E0%A6%95%E0%A6%BF-

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83.

https://www.ittefaq.com.bd/303966/%E0%A6%A8%E0%A6%A4%E0%A7%81%E0%A6%A8-

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%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87

84.

https://www.ittefaq.com.bd/303969/%E0%A6%AE%E0%A6%BE%E0%A6%B6%E0%A6%B0%E0%A7%81% E0%A6%AE-%E0%A6%95%E0%A7%87%E0%A6%A8-%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8

https://www.ittefaq.com.bd/303972/%E0%A6%B2%E0%A6%AC%E0%A6%A3%E0%A7%87%E0%A6%B0-%E0%A6%AC%E0%A6%BF%E0%A6%95%E0%A6%B2%E0%A7%8D%E0%A6%AA-%E0%A6%BF-%E0%A6%B9%E0%A6%A4%E0%A7%87-%E0%A6%BE%E0%A6%B0%E0%A7%87

## 86.

https://www.ittefaq.com.bd/304054/%E0%A6%8F%E0%A6%A8%E0%A7%8D%E0%A6%A1%E0%A7%8B%E0%A6%AE%E0%A7%87%E0%A6%9F%E0%A7%8D%E0%A6%B0%E0%A6%BF%E0%A6%93%E0%A6%B8%E0%A6%BF%E0%A6%B8-%E0%A6%A8%E0%A6%BE%E0%A6%B0%E0%A7%80%E0%A6%B0-%E0%A6%AF%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A7%8D%E0%A6%B0%E0%A6%B0%E0%A6%BE%E0%A6%BE%E0%A6%B5-%E0%A6%A6%E0%A6%AF%E0%A6%AF%E0%A6%BE%E0%A6%BF

#### 87.

https://www.ittefaq.com.bd/304072/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-%E0%A6%A8%E0%A6%BE%E0%A6%95-%E0%A6%A1%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%B0-%E0%A6%B8%E0%A6%B8%E0%A6%B8%E0%A6%B8%E0%A6%B8%E0%A6%BE-

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## 88.

https://www.ittefaq.com.bd/304083/%E0%A6%B6%E0%A6%BE%E0%A6%B6%E0%A7%81%E0%A7%9C%E0%A6%BF-

<u>%E0%A6%AA%E0%A7%81%E0%A6%A4%E0%A7%8D%E0%A6%B0%E0%A6%AC%E0%A6%A7%E0%A7%82</u> %E0%A6%B0-

%E0%A6%B8%E0%A6%AE%E0%A7%8D%E0%A6%AA%E0%A6%B0%E0%A7%8D%E0%A6%95-

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## 89.

https://www.ittefaq.com.bd/304086/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-%E0%A6%96%E0%A7%81%E0%A6%AC-

%E0%A6%B8%E0%A6%B9%E0%A6%9C%E0%A7%87%E0%A6%87-

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%E0%A6%B6%E0%A7%8B%E0%A6%AC%E0%A6%BE%E0%A6%B0-%E0%A6%98%E0%A6%B0

https://www.ittefaq.com.bd/304167/%E0%A6%B0%E0%A6%95%E0%A7%8D%E0%A6%A4%E0%A7%87-%E0%A6%B9%E0%A6%BF%E0%A6%AE%E0%A7%8B%E0%A6%97%E0%A7%8D%E0%A6%B2%E0%A7%8B %E0%A6%AC%E0%A6%BF%E0%A6%A8-

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%E0%A6%AF%E0%A6%BE-%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8%C2%A0

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https://www.ittefaq.com.bd/304170/%E0%A6%AE%E0%A6%BE%E0%A6%A8%E0%A6%B8%E0%A6%BF%E0%A6%95-%E0%A6%9A%E0%A6%BE%E0%A6%AA%E0%A7%87%E0%A6%87-%E0%A6%95%E0%A6%BF%E0%A6%AC%E0%A6%BE%E0%A7%9C%E0%A6%9B%E0%A7%87-%E0%A6%93%E0%A6%9C%E0%A6%A8

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https://www.ittefaq.com.bd/304187/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC %E0%A7%87-%E0%A6%A4%E0%A6%BE%E0%A6%9C%E0%A6%BE- %E0%A6%AE%E0%A6%BE%E0%A6%9B- %E0%A6%9A%E0%A6%BF%E0%A6%A8%E0%A6%AC%E0%A7%87%E0%A6%A8-%C2%A0

94.

https://www.ittefaq.com.bd/304283/%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-%E0%A6%93%E0%A6%9C%E0%A6%A8-%E0%A6%A8%E0%A6%BE-

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https://www.ittefaq.com.bd/304288/%E0%A6%9C%E0%A6%A8%E0%A7%8D%E0%A6%AE%E0%A6%A8%E0%A6%BF%E0%A6%B0%E0%A7%8B%E0%A6%A7%E0%A6%95-

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https://www.ittefaq.com.bd/304296/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-%E0%A6%89%E0%A6%9A%E0%A7%8D%E0%A6%9A-

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## <u>%E0%A6%89%E0%A6%AA%E0%A6%AF%E0%A7%8B%E0%A6%97%E0%A7%80-</u> %E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8%C2%A0

## 100.

https://www.ittefaq.com.bd/304556/%E0%A6%A6%E0%A7%81%E0%A6%87-

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#### 101.

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## 102.

https://www.ittefaq.com.bd/304579/%E0%A6%A1%E0%A6%BE%E0%A7%9F%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%BF%E0%A6%B8-

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## 103.

https://www.ittefaq.com.bd/304583/%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-

%E0%A6%96%E0%A6%BE%E0%A6%A6%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%AD%E0%A7%8D

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https://www.ittefaq.com.bd/304722/%E0%A6%A8%E0%A6%BE%E0%A6%B0%E0%A7%80%E0%A6%A6%E0%A7%87%E0%A6%B0-

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%E0%A6%8F%E0%A7%9C%E0%A6%BF%E0%A7%9F%E0%A7%87

#### 105.

https://www.ittefaq.com.bd/304751/%E0%A6%B9%E0%A6%BE%E0%A6%81%E0%A6%9F%E0%A6%A4%E0%A7%87-%E0%A6%97%E0%A6%BF%E0%A7%9F%E0%A7%87-

%E0%A6%B8%E0%A6%9A%E0%A6%B0%E0%A6%BE%E0%A6%9A%E0%A6%B0-

%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-%E0%A6%AD%E0%A7%81%E0%A6%B2-

%E0%A6%B9%E0%A7%9F

## 106.

https://www.ittefaq.com.bd/304759/%E0%A6%A4%E0%A7%8D%E0%A6%AC%E0%A6%95%E0%A7%87%E0%A6%B0-

%E0%A6%B8%E0%A6%AE%E0%A6%B8%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A7%9F-

%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%AA%E0%A7%8B%E0%A6%B6%E0%A6%BE%E0%A6%95-

 $\underline{\%E0\%A6\%A8\%E0\%A6\%BF\%E0\%A6\%B0\%E0\%A7\%8D\%E0\%A6\%AC\%E0\%A6\%BE\%E0\%A6\%9A\%E0\%A6\%A8}$ 

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## 107.

https://www.ittefaq.com.bd/304766/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%B8%E0%A7%8D%E0%A6%AC%E0%A6%BE%E0%A6%B8%E0%A7%8D%E0%A6%A5%E0%A7%8D

%E0%A6%AF%E0%A6%95%E0%A6%B0-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0-

%E0%A6%AC%E0%A6%BE%E0%A7%9C%E0%A6%BE%E0%A7%9F-

%E0%A6%93%E0%A6%9C%E0%A6%A8%C2%A0

https://www.ittefaq.com.bd/304859/%E0%A6%AD%E0%A7%87%E0%A6%9C%E0%A6%BE%E0%A6%B2%E0%A6%AE%E0%A7%81%E0%A6%95%E0%A7%8D%E0%A6%A4-%E0%A6%9A%E0%A6%BE-%E0%A6%9A%E0%A7%87%E0%A6%A8%E0%A6%BE%E0%A6%B0-%E0%A6%89%E0%A6%AA%E0%A6%BE%E0%A7%9F

## 109.

https://www.ittefaq.com.bd/304865/%E0%A6%AA%E0%A6%9E%E0%A7%8D%E0%A6%9A%E0%A6%BE%E0%A6%B6%E0%A7%87%E0%A6%B0-%E0%A6%AA%E0%A6%B0-%E0%A6%A4%E0%A7%8D%E0%A6%AC%E0%A6%95%E0%A7%87%E0%A6%B0-%E0%A6%AF%E0%A6%A4%E0%A7%8D%E0%A6%A8

#### 110.

https://www.ittefaq.com.bd/304876/%E0%A6%B9%E0%A6%BE%E0%A6%87-%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A7%87%E0%A6%B6%E0%A6%BE%E0%A6%B0-%E0%A6%A8%E0%A6%BF%E0%A7%9F%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A7%8D%E0%A6%B0 %E0%A6%A3%E0%A7%87-%E0%A7%AB-%E0%A6%9F%E0%A6%BF%E0%A6%AA%E0%A6%B8

## 111.

https://www.ittefaq.com.bd/304883/%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BE%E0%A6%B0-%E0%A6%96%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%BE%E0%A6%A8%E0%A6%A4%E0%A7%8D%E0%A6%B0%E0%A6%A3%E0%A7%87-%E0%A6%B0%E0%A6%BE%E0%A6%96%E0%A6%AC%E0%A7%87-%E0%A6%93%E0%A6%92%E0%A6%A8

## 112.

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https://www.ittefaq.com.bd/304982/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC %E0%A7%87-%E0%A6%8F%E0%A6%B2%E0%A7%8B- %E0%A6%AC%E0%A7%83%E0%A6%B7%E0%A7%8D%E0%A6%9F%E0%A6%BF%E0%A6%B0- %E0%A6%A6%E0%A6%BF%E0%A6%A8%E0%A7%87- %E0%A6%96%E0%A6%BF%E0%A6%9A%E0%A7%81%E0%A7%9C%E0%A6%BF- %E0%A6%96%E0%A6%BE%E0%A6%93%E0%A7%9F%E0%A6%BE%E0%A6%B0-

https://www.ittefaq.com.bd/304982/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC %E0%A7%87-%E0%A6%8F%E0%A6%B2%E0%A7%88-

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%E0%A6%A6%E0%A6%BF%E0%A6%A8%E0%A7%87-

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%E0%A6%9A%E0%A6%B2-%C2%A0

#### 114.

https://www.ittefaq.com.bd/305122/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-%E0%A6%AC%E0%A7%81%E0%A6%9D%E0%A6%AC%E0%A7%87%E0%A6%A8-

%E0%A6%86%E0%A6%AA%E0%A6%A8%E0%A6%BF-

<u>%E0%A6%AE%E0%A7%87%E0%A6%A8%E0%A7%8B%E0%A6%B0%E0%A7%87%E0%A6%9C%E0%A6%BF</u> %E0%A7%9F%E0%A6%BE%E0%A7%9F-

%E0%A6%AD%E0%A7%81%E0%A6%97%E0%A6%9B%E0%A7%87%E0%A6%A8

#### 115.

https://www.ittefaq.com.bd/305130/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%B6%E0%A6%BE%E0%A6%95%E0%A6%B8%E0%A6%AC%E0%A6%9C%E0%A6%BF-

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%E0%A6%95%E0%A6%B0%E0%A6%AC%E0%A7%87%E0%A6%A8

116. https://www.ittefaq.com.bd/305189/%E0%A6%B6%E0%A7%80%E0%A6%A4%E0%A7%87-%E0%A6%B0%E0%A7%8B%E0%A6%9C-%E0%A6%97%E0%A7%8B%E0%A6%B8%E0%A6%B2-%E0%A6%A8%E0%A7%9F

#### 117.

https://www.ittefaq.com.bd/305198/%E0%A6%85%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A6%B0%E0%A7%8D%E0%A6%AC%E0%A6%BE%E0%A6%B8-%E0%A6%95%E0%A6%BF-

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<u>%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A6%B8%E0%A6%BE%E0%A6%B0</u>
%E0%A7%87%E0%A6%B0-%E0%A6%95%E0%A6%BE%E0%A6%B0%E0%A6%A3

https://www.ittefaq.com.bd/305324/%E0%A6%B8%E0%A7%81%E0%A6%B8%E0%A7%8D%E0%A6%A5-%E0%A6%A5%E0%A6%BE%E0%A6%95%E0%A6%A4%E0%A7%87-

%E0%A6%96%E0%A6%BE%E0%A6%A8-%E0%A6%97%E0%A6%AE%E0%A7%87%E0%A6%B0-

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#### 119.

https://www.ittefaq.com.bd/305367/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC%E0%A7%87-

%E0%A6%85%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%9C%E0%A6%AE%E0%A6%BE-

<u>%E0%A6%A8%E0%A6%BF%E0%A7%9F%E0%A6%A8%E0%A7%8D%E0%A6%A4%E0%A7%8D%E0%A6%B0</u> %E0%A6%A3%E0%A7%87-%E0%A6%B0%E0%A6%BE%E0%A6%96%E0%A6%AC%E0%A7%87%E0%A6%A8

#### 120.

https://www.ittefaq.com.bd/305545/%E0%A6%AA%E0%A7%81%E0%A6%B0%E0%A7%81%E0%A6%B7%E0%A6%B6%E0%A7%87%E0%A6%B0-

%E0%A6%B6%E0%A6%BE%E0%A6%B0%E0%A7%80%E0%A6%B0%E0%A6%BF%E0%A6%95-

%E0%A6%AF%E0%A7%87-

<u>%E0%A6%AA%E0%A6%B0%E0%A6%BF%E0%A6%AC%E0%A6%B0%E0%A7%8D%E0%A6%A4%E0%A6%A8</u> %E0%A6%97%E0%A7%81%E0%A6%B2%E0%A7%8B-

<u>%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%A8%E0%A6%B8%E0%A6%BE%E0%A6%B0</u> %E0%A7%87%E0%A6%B0-%E0%A6%B2%E0%A6%95%E0%A7%8D%E0%A6%B7%E0%A6%A3

## 121. https://www.ittefag.com.bd/305549/%E0%A6%AF%E0%A7%87-

%E0%A6%95%E0%A6%BE%E0%A6%B0%E0%A6%A3%E0%A7%87-

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%E0%A6%AA%E0%A7%87%E0%A6%A4%E0%A7%87-

<u>%E0%A6%95%E0%A6%BF%E0%A6%B6%E0%A6%AE%E0%A6%BF%E0%A6%B6-</u>

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A7%87%E0%A6%A8

## 122.

https://www.ittefaq.com.bd/305568/%E0%A6%B0%E0%A7%82%E0%A6%AA%E0%A6%9A%E0%A6%B0%E0%A7%8D%E0%A6%9A%E0%A6%BE%E0%A7%9F-%E0%A6%97%E0%A6%B0%E0%A6%AE-

%E0%A6%AA%E0%A6%BE%E0%A6%A8%E0%A6%BF%E0%A6%B0-

<u>%E0%A6%9A%E0%A6%BE%E0%A6%B0-%E0%A6%97%E0%A7%81%E0%A6%A3-%C2%A0</u>

123. https://www.ittefaq.com.bd/305637/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%85%E0%A6%AD%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%B8-

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%E0%A6%B0%E0%A6%BE%E0%A6%96%E0%A7%87-

%E0%A6%B8%E0%A6%B0%E0%A7%8D%E0%A6%A6%E0%A6%BF-

%E0%A6%95%E0%A6%BE%E0%A6%B6%E0%A6%BF

124. https://www.ittefaq.com.bd/305642/%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%AB%E0%A6%B2-%E0%A6%AC%E0%A6%BE-

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#### 125.

https://www.ittefaq.com.bd/305656/%E0%A6%95%E0%A7%8D%E0%A6%AF%E0%A6%BE%E0%A6%AB%E0%A7%87%E0%A6%BF%E0%A6%BE%E0%A6%B8%E0%A7%87%E0%A6%B0-

%E0%A6%AD%E0%A6%BE%E0%A6%B2%E0%A7%8B-

%E0%A6%AE%E0%A6%A8%E0%A7%8D%E0%A6%A6%C2%A0

#### 126.

https://www.ittefaq.com.bd/305657/%E0%A6%AA%E0%A7%87%E0%A6%81%E0%A7%9F%E0%A6%BE%E0%A6%9C%E0%A7%87%E0%A6%B0-%E0%A6%AF%E0%A6%A4-%E0%A6%97%E0%A7%81%E0%A6%A3

#### 127.

https://www.ittefaq.com.bd/305659/%E0%A6%B2%E0%A6%BF%E0%A6%AD%E0%A6%BE%E0%A6%B0% E0%A7%87%E0%A6%B0-%E0%A6%B8%E0%A6%AE%E0%A6%B8%E0%A7%8D%E0%A6%AF%E0%A6%BE-%E0%A6%B9%E0%A6%B2%E0%A7%87-

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## 128.

https://www.ittefaq.com.bd/305754/%E0%A6%85%E0%A6%B2%E0%A6%B8%E0%A6%A4%E0%A6%BE-

%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%AC%E0%A6%BF%E0%A6%AA%E0%A6%A6-

%E0%A6%A1%E0%A7%87%E0%A6%95%E0%A7%87-%E0%A6%86%E0%A6%A8%E0%A7%87

#### 129.

https://www.ittefaq.com.bd/305790/%E0%A6%AA%E0%A6%BF%E0%A6%B0%E0%A6%BF%E0%A7%9F%E0%A6%A1%E0%A7%87-

%E0%A6%B8%E0%A7%8D%E0%A6%AC%E0%A6%B8%E0%A7%8D%E0%A6%A4%E0%A6%BF-

%E0%A6%A6%E0%A7%87%E0%A6%AC%E0%A7%87-

%E0%A6%AF%E0%A7%87%E0%A6%B8%E0%A6%AC-

%E0%A6%96%E0%A6%BE%E0%A6%AC%E0%A6%BE%E0%A6%B0%C2%A0

130. https://www.ittefag.com.bd/305845/%E0%A6%B6%E0%A7%80%E0%A6%A4%E0%A7%87-

%E0%A6%9A%E0%A7%81%E0%A6%B2%E0%A7%87%E0%A6%B0-

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#### 131.

https://www.ittefaq.com.bd/305863/%E0%A6%AF%E0%A7%87%E0%A6%AD%E0%A6%BE%E0%A6%AC

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#### 132.

https://www.ittefaq.com.bd/305869/%E0%A6%A8%E0%A6%BF%E0%A7%9F%E0%A6%AE%E0%A6%BF%E0%A6%BF%E0%A6%A4-%E0%A6%B9%E0%A7%87%E0%A6%A1%E0%A6%AB%E0%A7%8B%E0%A6%A8-%E0%A6%AC%E0%A7%8D%E0%A6%AF%E0%A6%AC%E0%A6%B9%E0%A6%BE%E0%A6%B0-%E0%A6%95%E0%A6%B0%E0%A6%9B%E0%A7%87%E0%A6%A8

133. https://www.ittefag.com.bd/305873/%E0%A6%B0%E0%A7%8B%E0%A6%97-

<u>%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%A4%E0%A6%BF%E0%A6%B0%E0%A7%8B%E0%A6%A7</u>

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%E0%A6%AF%E0%A6%A4-%E0%A6%97%E0%A7%81%E0%A6%A3%C2%A0

134. https://www.ittefag.com.bd/305994/%E0%A6%AC%E0%A7%9F%E0%A6%B8-

<u>%E0%A6%AA%E0%A6%9E%E0%A7%8D%E0%A6%9A%E0%A6%BE%E0%A6%B6%E0%A7%87%E0%A6%B0</u>-%E0%A6%AA%E0%A6%B0-

<u>%E0%A6%B6%E0%A6%B0%E0%A7%80%E0%A6%B0%E0%A6%9A%E0%A6%B0%E0%A7%8D%E0%A6%9A</u> %E0%A6%BE%E0%A6%B0-

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#### 135.

https://www.ittefaq.com.bd/306018/%E0%A6%8F%E0%A6%95%E0%A6%9C%E0%A6%BF%E0%A6%AE%E0%A6%BE%E0%A6%BB-%E0%A6%B8%E0%

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%E0%A6%AA%E0%A7%87%E0%A6%A4%E0%A7%87-

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#### 136.

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## 137.

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140. https://www.ittefag.com.bd/304741/%E0%A6%8F%E0%A6%95-

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## 141.

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142. https://www.ittefaq.com.bd/305760/%E0%A6%AC%E0%A7%8D%E0%A6%B2%E0%A7%81-

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143. https://www.ittefaq.com.bd/305558/%E0%A6%B9%E0%A6%B2%E0%A7%81%E0%A6%A6-

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## 144.

https://www.ittefag.com.bd/305211/%E0%A6%AE%E0%A6%A7%E0%A7%81%E0%A6%9A%E0%A6%A8

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## 145.

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#### 146.

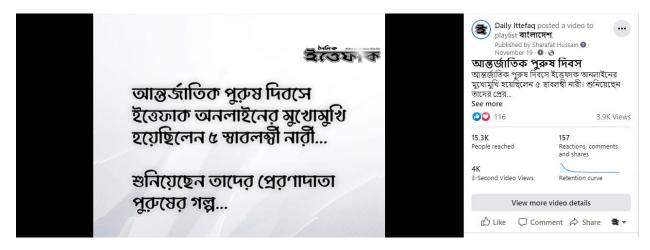
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## Video Report



https://www.facebook.com/dainikIttefag/videos/899530870930346

148.



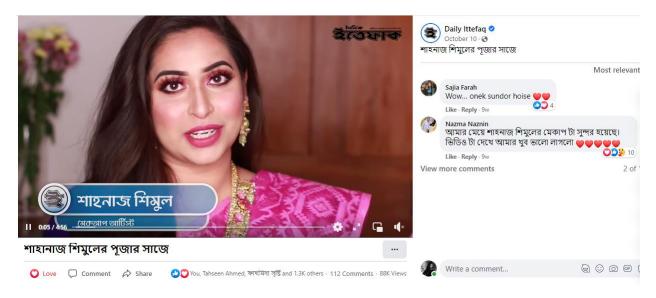
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