

<b>DAY'S EVENT</b>	<b>Bangladesh Premier League T20</b> Comilla Victorians v Barisal Bulls Time: 1:00pm	Chittagong Vikings v Khulna Titans Time: 5:45pm Venue: Sher-e-Bangla National Stadium, Mirpur
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**ZAHA SWITCHES TO IVORY COAST**

Crystal Palace winger Wilfried Zaha has decided to switch his international allegiance to Ivory Coast from England. The 24-year-old was able to make the switch to Ivory Coast as his two England caps came in friendlies, against Sweden in 2012 and Scotland the following year. "The Ivorian-English attacking midfielder Wilfried Zaha has chosen to play for the Elephants, under the colours of the Ivory Coast, his country of origin," the Ivorian Football Federation (FIF) said in a statement. "In the presence of his father, of Augustin Sidy Diallo [president of the FIF] and Michel Dussuyer [Elephants coach], he signed at the bottom of the demand to change his sporting nationality addressed to FIFA."



**Mourinho in more trouble**

Jose Mourinho faces disciplinary action from the FA, and an almost definite touchline suspension, after being sent to the stands by referee Jon Moss during a 1-1 Premier League home draw with West Ham. It is the third time in less than two months that the fiery Manchester United manager will face disciplinary action from the sport's ruling body. In late October, he was suspended for one game, and fined 8,000 pounds (\$9,400 euros/\$10,000), for an altercation with referee Mark Clattenburg during a draw with Burnley. That incident followed a 50,000-pound punishment for comments made about the decision to allow referee Anthony Taylor to officiate the game with Liverpool. The latest flashpoint also involved a referee with whom Mourinho has recent history. Last season, while in charge of Chelsea, Mourinho had an altercation with the same official in a game at West Ham which resulted in a one-match stadium ban for the Portuguese.

**Abahani ride on red hot Sunday**

SPORTS REPORTER



Nigerian striker Sunday Chizoba struck twice to bring league leaders Abahani back to winning ways in the JB Bangladesh Premier League with a 2-0 win over Arambagh KS at MA Aziz Stadium in Chittagong yesterday.

The brace not only helped the league's top scorer to take his tally to 18, four clear of Brothers Union's Nkowncha Kingsley, but also put the four-time champions in pole position with 39 points from 17 outings, five ahead of second-placed Chittagong Abahani.

The defeat, meanwhile, left Arambagh at seventh position of the 12-team table with 21 points.

From the outset, Abahani looked as shaky as they were in their goalless draw against Brothers Union, but one thing they did right was to keep possession of the ball throughout the game, which ultimately helped them post their 11th win.

Coach George Kottan preferred to start with three foreign forwards - Sunday, Lee Tuck and Jonathan David - like the previous two matches, but the trio could hardly trouble Arambagh defence at the initial stages.

It was rather Arambagh who came close to taking the lead somewhat against the run of play when Abu Sufian Sufil saw his back-

header on a flick from Mohammad Abdullah drift wide of the far post on 16 minutes before Sunday broke the deadlock at the other end three minutes later.

Tapu Barman played on Hemanta Vincent Biswas on the left flank and the midfielder raced into the box to cut the ball back to Sunday, who drove a diagonal shot along the ground to beat Arambagh goalkeeper Mitul Hasan.

Having capitalised on a forward-pass from Emon Babu, Sunday then wasted a great opportunity by sending the ball wide of the target in the 37th minute, but he made amends by doubling the lead in the 71st minute. Lee Tuck

played on Sunday outside the box and the Nigerian hitman shrugged off his marker Issa Yusuf to strike his 18th goal of the campaign.

Sunday went close to slotting his second hattrick in the stoppage time of the match when substitute Jewel Rana put a low cross from the right flank which the Nigerian back-heeled, only to see it miss the far post by few inches.

Meanwhile, Mohammedan SC notched up their third victory of the campaign with a 2-0 win over Brothers Union as the Chittagong leg came to an end. Ismail Bangoura and Aminur Rahman Sajib struck one goal apiece to help the Black and Whites raise their tally to 17 points. Brothers

<b>ABAHANI</b>	<b>2 - 0</b>	<b>ARAMBAGH</b>
<b>MOHAMMEDAN</b>	<b>2 - 0</b>	<b>BROTHERS</b>



Argentina players celebrate with the Davis Cup trophy after winning the final against Croatia at the Arena Hall in Zagreb on Sunday.

PHOTO: AFP

**DAVIS CUP**

**Argentina's maiden glory**

AFP, Zagreb



Federico Delbonis swept aside Croatia's Ivo Karlovic 6-3, 6-4, 6-2 in Sunday's deciding rubber as Argentina clinched a first Davis Cup title with a stunning fightback in Zagreb.

Juan Martin del Potro, cheered on by Argentine football legend Diego Maradona, staged an incredible comeback from two sets down to beat Marin Cilic in the opening reverse singles to level the tie at 2-2.

Left-hander Delbonis then tamed the big-serving Karlovic as Argentina, runners-up on four previous occasions, became just the 15th country to lift the trophy in 116 years.

"This is one of those dreams that has come true," said Delbonis.

"I tried to keep focused to do what I had to do, that's all I could think because if I thought about anything else it would be a disaster."

Argentina coach Daniel Orsanic added: "The guys were amazing today. Juan Martin won an incredible match and Federico played the match of his life."

Delbonis was beaten by Cilic in five



Maradona cheering in the crowd

sets in Friday's first singles match but blew away the 37-year-old Karlovic, an opponent ranked 21 places above him, in just over two hours.

The world number 41 broke Karlovic -- the oldest player to feature in a Davis Cup singles match since 43-year-old Australian Norman Brookes in 1920 -- four times to help Argentina banish the memories of losing finals appearances in 1981, 2006, 2008 and 2011.

But much of the credit will go to Del Potro after the Olympic silver medallist, who missed the majority of 2014 and 2015 through injury, outlasted Cilic in an epic five-hour battle of former US Open champions.

"I was positive all the time and did not let my head drop after going two sets down," said Del Potro.

"This was an emotionally exhausting match and one of the biggest wins of my career."

Del Potro had defeated Cilic in eight of 10 previous meetings, but Sunday's clash was the first since 2013 and the Croat was invigorated by an animated Zagreb Arena crowd.

Sixth-ranked Cilic dominated a first set tie-break, winning the first five points to seize control, and then broke Del Potro's serve twice in succession in the second set to move Croatia within sight of a second title.

But Del Potro, who rallied from behind to overcome Andy Murray in a five-set epic in the semi-final, displayed more remarkable resilience and produced an outrageous 'twener' to begin the third set.

Cilic fought off two early break points but then succumbed to nerves as the finish line approached, falling 0-40 behind on serve at 5-6, and Del Potro pounced at the third opportunity to reignite his country's hopes.

Del Potro's blistering forehand piled the pressure on Cilic, and the Argentine sent the match to a fifth set by converting his third set point after his opponent again faltered on serve at 5-4.

**Barca draw a 'miracle'**

AFP, Madrid



Barcelona boss Luis Enrique lamented what he described as the worst display of his time in charge as the Catalan giants escaped with a 1-1 draw at Real Sociedad on Sunday.

Barca have now failed to win in their last eight visits to San Sebastian, but for once the slip-up felt like a victory as Sociedad dominated from start to finish.

"The draw is positive because we take a point from a match in which it was practically impossible to take a point," Enrique told BeIN Sports Spain.

"Real Sociedad were infinitely better than us with and without the ball. They won all the battles."

"It is almost a miracle that we took a point."

Barca avoided defeat at Anoeta for the first time in five seasons, but fall six points

adrift of La Liga leaders Real Madrid ahead of their meeting in El Clasico next weekend.

"As almost always happens here Real got the better of us and if someone was watching the game without seeing the colour of the shirts they would think the other team was Barca," added Enrique.

Barca failed to muster a shot on target in the first-half and didn't even make it into the Sociedad area until the 41st minute.

However, it took 53 minutes for Sociedad to go ahead when a hobbling Gerard Pique, playing with a heavily strapped ankle, failed to clear Willian Jose's weak header off the line.

Yet, just six minutes later, in Barca's only move of real quality in the 90 minutes, Neymar sprinted clear on the left and his cross was buried into the bottom corner by Lionel Messi.

"Playing like this it will be very difficult to win the league," said Pique.

**Arsenal sweat on Giroud, Debuchy**

AFP, London

Arsene Wenger is sweating on the fitness of Olivier Giroud and Mathieu Debuchy after the France stars suffered injuries in Arsenal's 3-1 Premier League win against Bournemouth on Sunday.

Debuchy limped off after just 16 minutes of his first appearance for Arsenal since November 2015 and Giroud sustained a hamstring problem.

Gunners boss Wenger revealed the injury-plagued Debuchy fears he has a serious injury.

অনুগ্রহ করে শুধুমাত্র কেটে সংরক্ষণ করুন এবং মায়ের সাথে আলোচনা করুন

**আমরা সবসময় জিজ্ঞেস করতে পারি, 'বাচ্চা কী খাচ্ছে?'**

মায়ের দুধের উপাদান	গুঁড়াদুধের উপাদান
এ্যাক্টিভিডি	মিনারেল
হরমোন	ভিটামিন
এ্যাক্টিভাইরাস	ফ্যাট
এ্যাক্টি-এলার্জিক	ডিএইচএ/এআরএ
এ্যাক্টি প্যারাসাইটিক	কারবোহাইড্রেট
প্রোথ ফ্যাক্টর	প্রোটিন
এনজাইম	পানি
মিনারেল	
ভিটামিন	
ফ্যাট	
ডিএইচএ/এআরএ	
কারবোহাইড্রেট	
প্রোটিন	
পানি	

শিশুর সুস্থভাবে বেড়ে উঠার জন্য মায়ের দুধের কোনো বিকল্প নেই

- শিশুকে ঘনঘন বুকের দুধ দিলে মা'র বেশি বেশি দুধ তৈরি হবে
- সঠিকভাবে বুকের দুধ দেয়ার জন্য আমরা মাকে সাহায্য করতে পারি
- মায়ের দুধ খাওয়ালে শিশুর রোগ-সংক্রমণ এবং এলার্জিক কম হয়
- মায়ের দুধ শিশুর বুদ্ধির বিকাশে সাহায্য করে
- মায়ের দুধ খাওয়ালে শিশুদের পরবর্তীতে ডায়াবেটিস ও উচ্চ রক্তচাপের মত দীর্ঘকালীন অসুখ এবং স্থূলতার মত ঝুঁকিগুলো কমে যায়
- মা শিশুকে বুকের দুধ খাওয়ালে তাঁর বিভিন্ন রকমের ক্যাপারের ঝুঁকি কমে যায়, যেমন: স্তন, ডিম্বাশয় ও জরায়ুর ক্যান্সার

ব্রেস্ট মিল্ক সাবস্টিটিউট (বিএমএস) অ্যাট শিশুকে মায়ের দুধ দেয়ার ব্যাপারে উৎসাহী করতে বাংলাদেশ সরকার মায়ের দুধের বিকল্প খাদ্যের প্রচার প্রচারণা নিষিদ্ধ এবং এর ব্যবহার নিয়ন্ত্রণকল্পে আইন প্রণয়ন করেছেন- আমরাও এ বিষয়ে অঙ্গীকারাবদ্ধ।

বাংলাদেশ সরকার শিশুকে মায়ের দুধ দেয়ার জন্য উৎসাহিত করতে ২০১৩ সালে সংশোধিত বিএমএস অ্যাট-এর আইনের কোন বিধান লঙ্ঘনকারীদের জন্য শাস্তির ব্যবস্থা জোরদার করেছেন। একজন ডাক্তার হিসেবে, মাকে বিকল্প শিশু খাদ্যের জন্য পরামর্শ না দিয়ে বরঞ্চ শিশুদের সঠিকভাবে বুকের দুধ দেয়ার ব্যাপারে আমরা তাদের সাহায্য করতে পারি।

মাতৃকালীন ছুটি শিশুকে ৬ মাস পর্যন্ত শুধুমাত্র বুকের দুধ দেয়ার জন্য মায়ের সচেতন ও উৎসাহিত করতে বাংলাদেশ সরকার ২০১১ সালে একটি আইন পাশ করেছে, এই আইনের আওতায় চাকুরিজীবি মায়েরা তাদের শিশুকে শুধুমাত্র বুকের দুধ দেয়ার জন্য ৬ মাস পর্যন্ত ছুটি পাবেন। একজন ডাক্তার হিসেবে আমরা মায়েরদেরকে এই সুযোগ দেয়ার জন্য সকল চাকুরীদাতাকে ৬ মাসের ছুটি দেয়ার জন্য উৎসাহিত করতে পারি।

পরিবার পরিকল্পনা অধিদপ্তর  
 স্বাস্থ্য ও পরিবার কল্যাণ দপ্তর

**'Sissoko must prove worth'**

AFP, London

Tottenham Hotspur manager Mauricio Pochettino has warned French midfielder Moussa Sissoko he must raise his game if he wants to win a place in the first team.

Sissoko joined Spurs from Newcastle United in a club record-equalling 30 million pounds (\$37.3 million, 35.1 million euros) deal during the close season.

But he has made only four Premier League starts this season and was left out of the squad for Spurs' last two league games, the latest of which was Saturday's 2-1 defeat at Chelsea.

"Football is not about money," Pochettino said in comments published by British newspapers on Monday.

"You show on the training ground you are better than another teammate and you deserve to be involved."

"I need to take a decision and I believe the players that start on the bench deserve to be involved in the game (against Chelsea). It is not another thing to focus on."

Sissoko publicly contradicted Pochettino after Spurs' Champions League elimination by Monaco, saying the club should play their Europa League games at White Hart Lane rather than their temporary European home of Wembley.

But Pochettino said the France international's omission at Chelsea had been "tactical".

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