This code is for the bot to reply or communicate with the user

<?php

$botToken="276741919:AAHBQrP7nT4Ggs7Shh8pFUErkk7bosPE7W";//my bot token

$website="https://api.telegram.org/bot".$botToken;

$getUpdates="/getupdates";

$update=file\_get\_contents($website.$getUpdates);

$updateArray=json\_decode($update, TRUE);

$chatId = $updateArray ["result"]["0"]["message"]["chat"]["id"];

print\_r($chatId);

file\_get\_contents($website."/sendmessage?chat\_id=".$chatId."&text=test");

?>