

Diet's role in curbing disease, increasing efficiency

SHARMIN MEHRIBAN

Dieting though synonymous with figure-consciousness, few people are aware of the extent of its importance in disease prevention and work efficiency.

"Food habits, disease control and caring practices are interrelated," said Syeda Sharmin Akter, the principal nutritionist and the Chief Executive Officer (CEO) of the Diet Counselling Centre (DCC).

The self-financed DCC originated in June 2004, as a consequence of Akter's experience as a nutritionist and researcher of ICCDR, B in a village in Chandpur district in 1998. She along with her colleague based the root cause of malnutrition as ignorance, not poverty.

"People were not aware that the abundant growth of nutritious greens around them were edible," she said.

Most families who cooked rice once a day, to save on fuel were advised to increase the nutritional content by adding an egg, some vegetables and some lentils.

"Demonstration, not lip service, showed them that our advice actually worked," she added.

She cited the case of a woman

whose child was limp and lifeless due to diarrhoea and had no idea what had to be done. Akter asked a fellow health worker on the spot to find some *bhaater maar*, starchy water from boiled rice, and in the presence of the woman made saline adding a pinch of salt to it.

The woman was advised to give this solution to the child and in a short time the child was seen prancing about.

This motivated other villagers to use the same tactic in cases of diarrhoea leading to a gradual reduction in malnutrition in the village.

Akter said that it was possible to know much about dieting through the internet but what one must realise is food intake should match with the local climate, one's height and weight and also be aware about the nutritional content in the food around them.

"Not everyone knows that local fresh fruits are more nutritious than imported fruits," she added.

DCC services include measuring the height and weight of an individual and discussing the current lifestyle and eating habits, nutritional counselling for food-related illnesses like obesity, diabetes, hypertension, anaemia,

cardiovascular diseases, peptic ulcers, gastrointestinal diseases, liver diseases, renal and kidney diseases, child growth disorder,

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adolescent nutrition, child and maternal health, geriatric nutrition and arthritis.

It also provides ideas for food shopping and preparing quick,

easy, delicious and nutritious meals, motivational counselling related to lifestyle and behavioural changes and written information specific to individual needs.

Responding to a question, Akter said geriatric nutrition was related to old people.

"One does not understand the pain of being bedridden at old age, bearing the irritation and negligence of the family members," she said.

Pregnant and lactating mothers need a specific diet not only to increase the quantity of milk but also to improve its quality. Even the type of exercise required differs among individuals and there is a specific way of doing it to make it more effective, she added.

There are five counsellors apart from her. Sixty-minute counselling for a group of 20 costs Tk 3,000 while individual counselling for 45-minutes cost Tk 200. Follow-ups by phone is done free of charge. "What we do here is also a kind of research," she said.

A survey on garments factories done by the DCC showed that around 100 workers are absent on an average in a week, resulting in production losses.

"We approached some factory

owners to make them realise that the level of productivity depended on the workers' health and provide dietary advice to them but the owners showed no interest," she said. She also cited workers unions as an additional obstacle.

Similar approaches were made to hospitals and schools. Hospital authorities agreed on keeping a full time nutritionist to provide a dietary prescription apart from a medicinal prescription but failed to realise the importance of observation and follow-ups in accordance with DCC's agenda.

School authorities were indifferent when asked about adolescents filling up health cards and provision of dietary advice accordingly.

"It would be very beneficial if it was mandatory to provide nutrition facts on food packets," she said but added that approaching government officials on this matter would be easier if there had been more public support.

She also cited the lack of sponsors as a hindrance to their activities. "There is no dearth of literate people in our society but no one has interest in knowledge," she said.



Three-wheeler rickshaw vans, mostly used to transport different kind of goods from one part of the city to another, stay idle on the days of hartals.

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Bimal Pal, a pottery artist of Shankhari Bazar, carrying on with the family tradition of making clay idols of Hindu mythology.

SYED ZAKIR HOSSAIN

Let's keep the city liveable!

FROM PAGE 21 provide more floors in the high-rise offering more floor area in total calculation.

The bigger a plot is, the more benefit a building owner will enjoy as per Floor Area Ratio (FAR), in case of high-rise building, he said.

Citing an example of his own housing company, The Structural Engineers Ltd, Awal said that a building plan on an 11-katha plot in Mirpur under the rules of 1996 provides 25 flats of 1150 square feet each in a six-storey building with construction on 75 percent of the plot area.

If the construction is planned under the new rules, it will allow the building to go up to ten storeys providing 27 units of flat of 1175 square feet each with 50 percent ground coverage keeping 50 percent as open space.

The special arrangement prompted thousands of commercial and private builders in connivance with a section of Rajuk officials to indulge in a rat race of 'plan-pass'

exploiting the interim opportunity.

The further extension of effectiveness of the 1996 rules for six months will only encourage such frenzy and facilitate gross malpractice in building construction in the capital, according to sources.

Extension of special arrangement by three months would have been good enough to clear the backlog of building plans initiated under 1996 rules, said Awal.

Responding to further extension of the construction rules of 1996, Rajuk Chief Engineer Emdadul Islam said, "I am frustrated that such a good work, necessary for making the city liveable, has been nipped in the bud."

The parliamentary standing committee on the housing and public works ministry on July 5 at a meeting instructed the ministry to practise both new and old rules simultaneously, said a meeting source.

The committee members appreciated of the new rules having been very convinced of the rules' beneficial aspects.

JU takes a step

FROM PAGE 21 required academic background.

The university consists of 36 departments and requires a large number of teachers. Authorities say that there will be no reduction in the number of teachers, and qualified teachers would be recruited soon, said the VC.

"According to the JU Act 2005, teachers who would not be absorbed as university faculty members could continue with their work for five years from the commencement of the university," added the VC.

The UGC chairman assured that all students of the defunct Jagannath College registered under the National University (NU) would fall under JU.

"Students need not worry about it. They will now complete their degrees and will get certificates from JU," said Dr Asaduzzaman.

However, he said the procedure for migration is a complicated and it would take some time as JU now have 37,000 students who are registered under NU.

The JU Act 2005 clearly states that all existing students of the university will fall under the jurisdiction of the new university once it is active.

Jagannath College was declared a fully-fledged university in 1995 and it started functioning officially with the appointment of first VC, Dr Sirajul Islam Khan on February 8, this year.

healthouting, taxicab & train timing

HEALTH

Hospitals

Anjuman-e-Mofidul Islam 9336611, 7411660
BARDEM 8616641-50
Cholera Hospital (ICDDR) 8811751-60
CMH (Dhaka) 9870011
Dhaka Medical Collage Hospital 8628612-6
Holy Family Red Crescent 8311721-5
Islamia Eye Hospital 9119315, 8112156
Lion Eye Hospital 9129127
Medinova Medical Services 8620353-4
Mirpur General Hospital (Pvt) Ltd 9007873, 8015444
Mitford Hospital 7319002-6
National Heart Foundation Hospital 8014914, 8010491, 8021399
Orthopedic Hospital 9112150

Salimullah Medical College Hospital

7319002-6
Samorita Hospital 9131901
Shahid Suhrawardi Hospital 9122560-78, 9112086, 8114856, 9130800
Shishu Hospital 8116061-2, 9119119

Clinics

Akad Clinic 8015855, 8022581
Aroggaya Niketan 9333730
BAVS Maternity 8016413-4
Dhaka Monorog Clinic 9005050
Gulshan Mother & Child Clinic 8822738, 8812992
Ibn Sina Clinic 8119513
Jahanara Clinic (Pvt) Ltd 8912929
Judi Maternity 9113322
Paltan Poly Clinic 9557385
Retina Eye Center (Clinic) 9884588, 9884566
Shishu Bekash Clinic 9351625

The Eye Clinic 9333238

Blood Bank

Red Crescent Centre- 9116563
Sandhani (DMCH)- 8624040
Sandhani (SMCH)- 7310061, 7310061, 7319022
Dhaka Medical Collage Hospital- 8626812-9

Eye Bank

Sandhani International Eye Bank- 8614040

Ambulances For

Dead Body
Anzuman Mafidul Islam (Kakrail) 9336611, Gandaria 7319808, 7318166,
Al-Markajul Islam 9127867,

MARKET CLOSED

Gulshan 1, 2 markets-Friday
 Elephant Road-Friday
 Bishal Center-Friday
 Baitul Mukarram Market-Friday
 Polwell Market-Friday
 BCS Computer City-Friday
 Isha Khan Shopping Complex-Friday.
 Rajlaxmi Complex-Friday
 Stadium Market-Friday
 Bangabazar Market-Friday
 National Museum-Thursday
 Ahsan Manzil-Thursday.
 New Market-Tuesday
 Gausia Market-Tuesday
 Mouchak Market-Sunday
 Dhanmondi Hawkers Market-Tuesday
 Dhanmondi Hawkers Market-Tuesday
 Eastern Plaza-Sunday
 Farmview Super Market-Sunday
 Muktiyudha Jadughar-Sunday
 Dhaka Zoo-Sunday
 Shishu Jadughar-Sunday

TAXI CAB

Passenger's Complain

01711-000990, 01711-000991, 01711-000992, DMP-999, 2627.
Cab Salida Ltd. 9344477, 01711-620888, 01711-610405
Cosmo Cab Ltd. 9112959, 8127191,
Nitol Cab Co. Ltd. 8125285, 01711-621953
JBS Cab Ltd. 0191-364575
Coal Cab Ltd 8130485, 01711-826731
Limujin Cab Ltd. 9318351, 9337204
Multi-Cab Ltd. 9666502, 9570740
Nihon Taxi Cab Ltd. 8624742,
 8624741
Orion Taxi Cab Ltd. 934727, 9347277, 01711-155144
Reliance Cab Ltd. 9339563-4
RMS Cab Ltd. 8118536
Shatarupa Taxi Cab Ltd. 731083, 01711-458740
Tinni Cab Ltd. 9662009, 01711-645257
Telex Cab Ltd. 7202201
Aliif Cab Co. Ltd. 0191-357838, 83116948
Cab One Ltd. 9563054 Ext.-3077, 3178
United Cab Ltd. 7510166, 01711-

TRAIN TIMING

Subarna Express
Mahanagar Prabhathi
Mahanagar Godhuli
Turna
Parabat Express
Joyantika Express
Upaban Express
Tista Express
Ekata Express
Upakul Express
Agnibeena Express

Leaves Dhaka at 4:30 pm
 Leaves Dhaka at 7:30 am
 Leaves Dhaka at 3:15 pm
 Leaves Dhaka at 11:00 pm
 Leaves Dhaka at 6:40 am
 Leaves Dhaka at 12:45 pm
 Leaves Dhaka at 9:45 am
 Leaves Dhaka at 7:00 am
 Leaves Dhaka at 5:00 pm
 Leaves Dhaka at 8:00 pm
 Leaves Dhaka at 9:20 pm

Reaches Chittagong at 10:35 pm
 Reaches Chittagong at 1:55 pm
 Reaches Chittagong at 10:55 pm
 Reaches Sylhet at 6:40 am
 Reaches Sylhet at 2:30 pm
 Reaches Sylhet at 9:20 pm
 Reaches Sylhet at 6:40 am
 Reaches Bahadurabad at 1:05 pm
 Reaches Bahadurabad at 11:15
 Reaches Noakhali at 5:00 am
 Reaches Jagannath at 2:30 pm

LIBRARY & INFO

Libraries, Cultural and Information Centers

Central Public Library- 8626001-4,
Shishu Academy- 9564128
Shilpakala Academy- 8614673
Bangla Academy- 8619550
Islamic Foundation- 9550280, 9556407
Nazrul Institute- 9114602
Ford Foundation- 8116133
Alliance Francaise- 8611557
Information Resource Center, The American Center- 8813440-4, 9886395-9
British Council- 8618867-8, 8618905-7
Community Development Library- 8113769, 8113604
Goethe Institute Int'l- Dhaka- 9126525-6
Indian Information Centre & Cultural Library- 8850141-2
The Russian Cultural Centre- 9116314, 9118531, 9118314
Drik Photo Gallery- 9120125, 8112954, 8123412
Press Institute of Bangladesh (PIB) 9330081-4