

CORONAVIRUS TESTING

DMCH gets sample collection booths from Pran-RFL

City Desk

Dhaka Medical College Hospital (DMCH) on Wednesday received three sample collection booths (WISK Cabin) from PRAN-RFL Group for Covid-19 testing, said a press release.

Kamruzzaman Kamal, marketing director at PRAN-RFL Group, handed over the booths to DMCH Director Brig Gen AKM Nasir Uddin. Associate Professor Monira Pervin of DMCH's virology department was also present on the occasion.

Since Covid-19 is contagious, sample collectors are at risk of getting infected, and that is why PRAN-RFL Group made the donation, said Kamruzzaman.

Earlier, the group also donated booths to Sir Salimullah Medical College and Mitford Hospital.

Getwell Ltd, a sister concern of PRAN-RFL Group, recently introduced the WISK Cabin to its product line to contain the spread of coronavirus.

There is no need to change personal protective equipment after taking every sample using the cabin.

The cabin ensures social distancing, reduces required workforce, and can be transported easily from one place to another.

One can collect the WISK Cabin by contacting PRAN-RFL Group's customer-care centre (0961373777) or placing an order through Othoba.com.

Country's youngest

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hospital has a 100-bed isolation ward and a 10-bed ICU.

EXCELLING IN SPITE OF LIMITED RESOURCES
Doctors at the hospital said although they have limited resources, they're doing their best to treat Covid-19 patients.

Patients and their attendees seem to agree. Md Rumon (25) of Satkania upazila was discharged from CGH on Tuesday. Thanking the healthcare providers at the hospital, he wrote on his Facebook page, "The doctors and nurses did their best... I'm grateful to them."

Rumon and five other members of his family were tested positive for Covid-19. Of them, three were discharged on Tuesday and two are undergoing treatment.

On April 14, Asiful Haque, a medical officer of Banskhalia Upazila Health Complex, was tested positive and undergoing treatment in CGH. He was discharged on Friday. He also thanked the doctors and health staffers.

Contacted, Chattogram Civil surgeon Sheikh Fazle Rabbi said, "Chattogram General Hospital has been playing a vital role in treating coronavirus patients in Chattogram. I hope this trend will continue."

However, the hospital lacks some logistical facilities. "We do not have a portable X-ray machine and so patients are taken to another building from the isolation ward for X-ray, which puts them and others at risk," said Dr HM Hamidullah Mehedi, a junior consultant at CGH.

Besides, the hospital does not have facilities such as C-reactive protein testing and arterial blood gas analysis, he said. "We also don't have a D-dimer machine."

Asked, Abdur Rab said many Covid-19 patients die due to internal blood clotting.

Through D-dimer tests doctors can have a clear idea whether a patient is at risk of internal blood clotting and can take early measures to thwart it, he said. "It is an expensive test and most patients cannot afford it; even most diagnostic centres do not have this facility."

Through arterial blood gas Analysis, the amount of oxygen and carbon dioxide in arteries can be known, he said. "Patients will be benefited if the government provides us with those equipment," he said.

Dr Asim Kumar Nath, superintendent of CGH, said they have already written to the Ministry of Health for an X-ray machine and other necessary equipment.

The power of

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The combined efforts of the young team is notable. By maintaining social distance and hygiene, they ensured that more than 5,000 families are served with food for 10 days. For Ramadan, they ensured that more than 200 families get necessary iftar and sehri items.

Hundreds of public places were disinfected and hand-washing basins were set up in several places. By constantly managing queries through social media, the team ensured that the support reaches to the ones in need. Furthermore, the passionate people who reached out silently to Mission Save Bangladesh and informed about the ones who are really suffering in these tough times deserve a shout-out. Lastly, the partners made this initiative even stronger. The accumulation of empathy, hard work and passion is what led the Mission Save Bangladesh initiative this far.

Mission Save Bangladesh -- a joint initiative of The Daily Star, Samakal and Sheba.xyz -- is grateful to all donors, the Shakib Al Hasan Foundation, partners, volunteers, and everyone who helped us achieve this milestone. PFDA, Mirpur DOHS Parishad, IPDC Finance, Dano, Guardian Life Lithosphere, The Chartered Institute of Logistics and Transport, Club Notredamians, Fantamiam, Apon, Shahajjo Foundation, Salma Adil Foundation, Asif Fashion Industries, Epilogue, Wander Woman. 1% Foundation M/S Ashim Enterprise, Pathao, Dabur, Torun, DevoTech, Daktarbhai, Windmill Advertising Ltd., Roar Bangla, CNI, SHASHA denims, Olympic, MASTHEAD PR, JCI Dhaka South, United, High Voltage Ltd., sManager, Arrowlink Soft., Aqua Paints, Tulans Bio Academy, BCSEA Bangladesh, WebAble, Himalaya, PENSTON, TRY Foundation, Dhaka Translation, Unimart, JCI Dhaka North, Omicon Group, Juststors, Charity Right, VROOM, Robi 10 Minute School, Chologhuri, C Three Sixty, Sailor, Mentors, Summit Communications Ltd, EY, ShopUp, IUT Alumni Association, Daraz, HungryNaki, Gulshan Society, Safe Hands, Ecourier, Angel chef, Smartifier, Truck Kothay, Mumtaz, Nonda-dulal, Lightcastle Partners, Sbusiness.xyz, NRB connect, Step, Market Express, Spark It, Shwapno, SSL Commerz, Kormo, ADA Nijer Bolar Moto Ekta Golpo, Eduhive, Lecture Publications Limited, Spikestory, Paperfly, Bongo, Adon, Pop of color, Earthmoving Solution Limited, Horlicks, Techno Drugs limited, Grow n Excel, Renata Limited, Mastul Foundation, BYLC, Bangladesh MBA Association, Farmers market, Unifox, Grameenphone Employees Union, Guardian Life Insurance Ltd -- these are the brands who stepped forward to support the initiative.

The responsibilities are not over. Instead, now it's a bigger challenge to bring smiles to more faces

[The writer is Head of Marketing at The Daily Star and a US State Department Alumus.]

Amanullah

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for several multinational companies in the US before coming back to Bangladesh in the 1980s. He was the prime mover of Rangs Pharmaceuticals.

A proficient business professional, Amanullah played a key role in the company till his last breath.

The RANCON family conveys deepest condolences to his bereaved family members and prays for the salvation of his departed soul.

The body of Amanullah Chowdhury, younger brother of noted industrialist Abdur Rouf Chowdhury, will be taken to Bikrampur this morning for burial at his family graveyard.

3 cops

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The two staffers acted suspiciously during questioning, and the guard informed a police patrol team that was passing by. Police then took the duo to the outpost, the DC said.

DC Mehedi said that at the outpost, officers asked Girdhari to call his shop owner, but he suddenly fell sick. Police rushed him to Chattogram Medical College Hospital (CMCH), where on-duty doctors declared him dead.

Officer-in-Charge Md Mohsin of Kotwali Police Station said the deceased had suffered from three strokes.

He fell sick in an open place near the outpost, and police rushed him to the hospital by ambulance, the OC said.

The OC claimed witnesses at Teri Bazar told police that he was not beaten after police confronted him there.

Abdul Mannan, general secretary of Teri Bazar Traders' Association, told journalists that the whole market area has remained closed since March 25.

"No one can enter or exit the market, but Girdhari was present there, so our guard grilled him," he added.

His autopsy was performed at CMCH morgue yesterday, and a magistrate prepared an inquest report, said police.

ADC Abdur told The Daily Star that the committee was asked to submit its report within one day, and they are waiting for the autopsy report.

CAAB mulls limited flights

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on a limited scale. For example, the local airlines would be asked to operate one or two flights daily to and from Dhaka.

"We are also working on how to ensure health safety for all concerned, including passengers, employees and officials of airports and airlines," Mafidul said.

The CAAB chief said they have already asked all airlines operating from Hazrat Shahjalal International Airport to provide masks and gloves to passengers while entering airports, no matter whether they have their own safety gear or not.

He said the CAAB has asked the officials of all domestic airports to carry out disinfection activities on a regular basis.

"We have asked the airlines authorities to ensure social distancing of passengers inside aircrafts. In that case, the number of passengers will have to be limited in each flight," Mafidul said.

Sources at domestic airlines said passengers can now buy tickets for any date after May 8. In case of further extension of the suspension on flight operations by the CAAB,

the passengers will be refunded the tickets.

The CAAB on April 27 extended the ongoing ban on scheduled passenger flight operations with 16 countries until May 7 to slow the spread of Covid-19 in the country.

The countries are Bahrain, Bhutan, Hong Kong, India, Kuwait, Malaysia, the Maldives, Oman, Qatar, Saudi Arabia, Sri Lanka, Singapore, Thailand, Turkey, the UAE and the UK. China, however, remained out of the purview of the ban.

Flight operations on domestic routes will also remain suspended until May 7, according to a CAAB release.

However, cargo flights, air ambulance, emergency landing, special flights, and flights carrying relief materials will remain out of the purview of the restriction.

Biman Bangladesh Airlines on April 29 extended the suspension on flight operations on all its 17 international and seven domestic routes till May 15 amid the global Covid-19 pandemic.

The government earlier extended the countrywide shutdown till May 5. The shutdown was enforced on March 26.

Pay rise

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Bangabandhu urges the workers and peasants to devote themselves to building a socialist economy in Bangladesh.

He speaks in detail about various initiatives that his government has taken so far to achieve socialism. He highlights the nationalisation of industries and termination of the repressive lease system. The government has also given loan waivers extensively to farmers, and they are also enjoying waivers of land tax up to 25 bighas, says Bangabandhu.

The prime minister says that his government is aware of the poor economic condition of the people. The government is trying its best to improve the situation within the earliest possible time, he assures.

Bangabandhu solemnly pledges to rebuild and reconstruct a free Bangladesh and assures that fruits of independence will be reaped and enjoyed by 75 million people of Bangladesh, and not merely by a handful of opportunists. He further says that anybody trying to sabotage his government's socialist programme will be firmly dealt with.

FULL RATIONING WILL BE INTRODUCED
Food Minister Phanibhushan Majumdar today declares that the government will implement full rationing system to address shortages of food and other basic necessities. He expresses his satisfaction over the current stock of food items in the country. The government has also increased surveillance at the border to stop smuggling of food items into India, the minister informs.

IMPROVED RELATIONSHIP WITH MIDDLE EAST
Foreign Minister Abdus Samad Azad today says that the attitude of the Middle Eastern countries towards Bangladesh has improved significantly. He refers to the recent decision taken by several Middle Eastern nations to allow around 20,000 Bangladeshis to leave for their home country or to continue to work in those countries. It is reported that a large number of Bangalees have been stranded and confined in various countries of the Middle East at the insistence of the Pakistan government. The Bangalees who had gone to the Middle East before the liberation of Bangladesh on Pakistani passports have been put under confinement.

SOURCES: May 2, 1972 issues of Ittefaq, The Bangladesh Observer, Azad, Morning News, Dainik Bangla and Purbodesh.

Mental health in the time

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Over the past few months, the number of patients with Covid-19 and the number of associated deaths have been increasing. As a result, the whole world has come to a standstill and there are enough reasons to feel sad and depressed. "Lockdown" and "quarantine" are now words familiar to everyone and have made each of us feel and experience countless different emotions and anxieties, like loneliness in isolation, falling behind at work, stressed about friends and family. Many of us, meanwhile, are feeling nothing but hopelessness. A mental health survey in Wuhan after the Covid-19 outbreak has already shown that isolation due to quarantine can affect our mental health.

How can isolation affect your mental health?

Isolation can develop the following emotions: Depression, heightened stress, decreased memory, anxiety, paranoia and risk of drug abuse.

There are a few other things that you may be experiencing -- feeling burned out, angry or frustrated at the people who are not taking this seriously, uncertainty about the future, mourning over cancelled events, struggling with working from home, and feeling inadequate about your productivity. A lot of parents are struggling to keep their children locked down at home all

day. The list will go on.

According to therapists, these feelings are reasonable, and you are not alone. It is normal to feel sad, stressed, confused and scared during a crisis. Whatever you are feeling right now, it is valid, and all these emotions are essential. Therefore, it is crucial to take care of our mental health as well as physical health.

To that end, there are some ways to boost your mental health in this trying period.

It is important to stick to existing routines or make new ones, but it is as important to remember to follow them consistently.

Staying connected with the people you value and trust helps. Talking to one of them can help reduce stress or anxiety.

Taking care of yourself physically can improve your mental health. Eat a nutritious meal, drink plenty of water, exercise, and get enough sleep.

It is also crucial to set boundaries while checking news. Do not check out every piece of new information on the pandemic. Do not refresh all websites every hour of the day. It is time to put the filter on the news because researchers at the University of California, Irvine, suggested that repeated media exposure to the crisis can cause psychological distress.

Value yourself, treat yourself with kindness and respect, and avoid self-

critics.

Make time for your hobbies and favourite projects or broaden your horizons. Do a daily crossword puzzle, plant a garden, learn to play an instrument or become fluent in another language.

Start your day with gratitude as it is the healthiest of all emotions. Write down or share with your friends a few things that you are grateful for.

Do meditation or practice activities that promote mindfulness.

While it is important to stay in touch with friends and family on social media, we should try not to sensationalise things. Are there particular accounts or people that are increasing your worry or anxiety? If so, consider muting and unfollowing those accounts that cause to feel anxious.

Show love and kindness to people with no stable income. A bit of thoughtfulness and generosity from you can go a long way for others.

Most importantly, if you do not come out of this quarantine with a new skill or more knowledge, you are doing just fine. We are all going through this collective trauma together; not everyone has the privilege of turning a pandemic into a productive experience. Stay healthy.

The author is an occupational therapist at CRP, Savar and MPhil Candidate, Monash University, Australia

Hopes rise in virus

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about 30 percent faster than those on a placebo.

"The data shows that remdesivir has a clear-cut, significant, positive effect in diminishing the time to recovery," said Anthony Fauci, the top US epidemiologist.

HOPE IN ASIA

South Korea's virus death toll is around 250 -- vastly lower than that of Italy, Britain, Spain and France, which have each recorded more than 24,000 fatalities, and the United States, topping the table with a third of global deaths.

Other parts of the region have seen similar success in their fight against the virus.

Infections have dwindled in China after it imposed extremely strict lockdown measures on millions of people earlier this year. Its official toll is around 4,600, although doubt has been cast on the figures' accuracy.

Rishi Kapoor

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today after a two-year battle with leukemia," his family said in a statement.

Fellow actor Amitabh Bachchan was among the first to mourn his death, tweeting: "I am destroyed."

Indian Prime Minister Narendra Modi also paid tribute, calling him "a powerhouse of talent".

Born September 4, 1952, into the prolific Kapoor dynasty -- which has produced four generations of actors including his son, Ranbir -- he made his debut in the 1970's epic "Mera Naam Joker" ("My Name is Joker").

He received India's National Award for best child actor for his performance in the film, which his father Raj produced, directed and starred in.

But it was his later persona as a romantic lead that won him legions of fans.

They flocked to cinemas to see him sing, dance and charm his way into their hearts in films such as the 1973 superhit "Bobby" and the 1975 thriller "Khel Khel Mein" ("While Playing").

Government of the People's Republic of Bangladesh
Bangladesh Railway
Office of the Assistant Executive Engineer/I.C
Saidpur, Nilphamari

No. Notice/AEN/IC/05/2019-20 Date: 29/04/2020

Invitation for Tender

e-Tender is invited in e-GP System Portal (<http://www.eprocurement.gov.bd>) by Assistant Executive Engineer/Incharge, Bangladesh Railway, Saidpur for the procurement of:

Sl No.	Tender ID	Name of work	Tender/proposal document last selling/downloading date and time	Last date and time for tender/proposal security submission
1.	454810	Thorough repairs to Quarter No. T/42 & E/61 total four units including other ancillary works at Hawaldarpara in Saidpur.	14-May-2020 13:00	17-May-2020 10:30
2.	454807	Repairs to Schedule office Medical dispensary and Yard office including other ancillary works at Saidpur Workshop.	14-May-2020 13:00	17-May-2020 10:30
3.	454799	Thorough repairs to Quarter No.116Y L/45 & E/476 total five units including other ancillary works at Sahelpara in Saidpur.	14-May-2020 13:00	17-May-2020 10:30
4.	454496	Repairs to Loco Machine shop Wheel fitting section work order section & godown including other ancillary work at Saidpur workshop.	14-May-2020 13:00	17-May-2020 10:30
5.	405304	In SSAE/Works/SDP Section Repairs to Millwright shop and staff office with other ancillary works at Workshop.	14-May-2020 13:00	17-May-2020 10:30

This is an online tender, where only e-Tender will be accepted in e-GP Portal and no offline/hard copies will be accepted. To submit e-Tender please register on e-GP System Portal (<http://www.eprocurement.gov.bd>). Further information and guidelines are available in the National e-GP System Portal and from e-GP help desk (helpdesk@eprocurement.gov.bd).

Md. Ahasan Uddin
Assistant Executive Engineer/I.C
Bangladesh Railway, Saidpur, Nilphamari

GD-784

Government of the People's Republic of Bangladesh
Local Government Engineering Department
Office of the Upazila Engineer
Pabna Sadar Upazila
District Pabna
www.lged.gov.bd

Memo No. 46.02.7655.0000.07.001.20/228 Date: 28/04/2020

e-Tender Notice: 02/2019-20

e-Tender invited in the National e-GP (<http://www.eprocure.gov.bd>) for the procurement of undermentioned works:

Sl. No.	Tender ID	Name of work	Procurement method	Last selling date & time	Opening date & time
1.	456062	Const. of Classroom of 75 No. Monidah RPS Primary School under (PEDP4) (3H+IV+F4+WB)	OTM	20/05/2020 12.00pm	20/05/2020 13.00pm
2.	455988	Const. of Additional at classroom on Char Bangabaria RPS under PEDP4	OTM	20/05/2020 12.00pm	20/05/2020 13.00pm
3.	455776	Const. of Additional at classroom on Bhowdanga Kalurpara RPS under PEDP4	OTM	20/05/2020 12.00pm	20/05/2020 13.00pm

This is an online tender where only e-Tender will be accepted in the National e-GP Portal and online hard copies will be accepted. To submit e-GP tender, registration in the National e-GP System Portal (<http://www.eprocure.gov.bd>) is required. The fees for downloading the e-Tender documents from the National e-GP System Portal have to be deposited online through any registered banks branches up to 12.00 Noon date 20/05/2020. Future information and guidelines are available in the National e-GP System Portal and from e-GP helpdesk (helpdesk@eprocure.gov.bd).

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GD-780