

Dhaka Day by Day

Brisk Walking Needs No Age

by Rahat Fahmida

Fear of heart attacks, blood pressures and diabetes are common mental pressures. It not only centres around the food habits, but physical exercises are of significant importance too. But rarely do we hear anyone say, "Let's go for a walk." It is more, "What about going to a Chinese restaurant for dinner tonight!" Exercise, taken under a doctor's guidance by patients with serious hypertension, angina or heart disease, has been shown to reduce blood pressure and combat tension. Brisk walking is suitable for more than 90 per cent of these people. While talking about walking or more precisely morning-walk, we usually tend to relate it to the older generation — those who are retired or are on their way.

The human race was designed, as I read in an international journal, not just to jog for its exercise and partly recreation, but to walk.

Most people look silly jogging, but one can walk with swank, one can walk with style, one can feel like General de Gaulle parading down the Champs-Élysées. One can observe with dignity the passing scene, one can converse without panting and smile without strain.

Here, around the Parliament House and Crescent Lake, in Sher-e-Bangla Nagar, and even around the Dhanmondi Lake, we mostly notice elderly men going for their morning walks, while very few women are to be noticed. Men in their late 30s or early 40s are a rare sight. Whereas, as one of my senior colleagues pointed out, Suhrawardy Udyan every dawn warmly welcomes a pool of people of all ages.


The older men who are regular morning walkers, might be old acquaintances or have met during their walks. Their conversations, if anyone gets to eavesdrop without being rude or nosy, are indeed interesting. Obviously it is a wide range of subjects from national and international politics, drawbacks of civil service, the problems of collecting the pension every month and much more! Some say, "My wife and I feel very lonely. Because we have two sons who have settled in the States, and we get to see them only once in two years. It is just two of us in that huge house." Another one says quite joyfully, "Oh, thank God that I have a daughter and a son. My daughter is in Dhaka and her children's company is our most fortunate recreation. Though it is the same story with our son. He is in Germany for the last eight years, and comes only once a year. But at our age we do need and want the company of the family. So, we are lucky to have a daughter." In this manner they sympathise with one another's loneliness.

The transition from youth to old age is so slow that he who changes is scarcely aware of doing so. When autumn follows summer and winter follows autumn, the transformations are so gradual that they escape daily observation. This too, is evident in their conversation during their daily walks, while they are referring to their various promotions and ups and downs in service.

Sickness is the storm that rages in the human forest. A man or a woman may appear young despite the age. "She is marvellous," we say or, "He is extraordinary." We admire their activity, their mental alertness, and the sparkle of their conversation. In a few days a face can wither, a back bend over, eyes lose their brightness. A moment can turn us into old men, which means that we have been ageing for a long time.

When does this autumn equinox occur in our lives? Conrad said that when a man reaches forty he sees before him a shadow-line, crosses it with a shiver and believes that the enchanted realms of youth are closed to him thereafter. To-day we put this shadow line at about fifty, but it exists nevertheless, and those who cross it, though they be active and alert, experience the slight shiver and the brief moment of despair that Conrad spoke of.

For those who regularly go for morning walks everything is fresh and dewy. The early sun seems to be catching up with their pace as the traffic hurries to work or school or somewhere out of town. The stylised grace of their exertions haunts with the power of their age and experience. They come regularly for happy reconciliation of mind and soul, rest and labour, the walk before breakfast. In a way the younger generation should be influenced to a greater extent to get the feel of this freshness. This, in the long run, would not only be refreshing but would certainly have an impact on health and mind, too.



HERE and THERE

Society for professionals

Peshajibi Parisad (Society for Professionals on Sunday) expressed its solidarity with the passage of 12th Amendment Bill hoping that it will bring political stability and economic development in the country.

The decision was taken in a meeting of the presidium with Osman Gani as president.

It also demanded representations in policy making bodies and said otherwise establishment of true democracy is not possible.

The representatives should be elected by direct votes of the professionals, it added.

National Awami Party

A rally of National Awami Party was held at Topkhana road on Sunday in protest against terrorism in educational institutions.

Presided over by City Unit President Advocate Ismail Khan the rally was addressed among others by General Secretary Pankaj Bhattacharya.

The party will observe 'demand day' on August 26.

The rally also demanded immediate arrest of terrorists and withdrawal of Value Added Tax (VAT).

Muslim League

Member-secretary of the central committee of Muslim League Atiqul Islam said on Sunday that the endeavour for establishing democracy must be followed keeping the Special Powers Act 74 in force.

He was addressing a workers' rally at Kazipara, Mirpur. Presided over by Md. Saifullah the rally was addressed among others by Khalequzzaman Khan, Shah Alam and Sheikh Mehadi Hassan.

The leaders urged the workers to launch movement against campus violence and terrorism.

They also alleged that prices of essentials went up after introduction of Value Added Tax (VAT) in the country and demanded its withdrawal.

Radio-TV Artistes' Assoc

Bangladesh Betar Television Shilpi Sangsad Radio-TV Artistes' Association has called upon the government to ensure the autonomy and neutrality of radio and television.

In a press release on Sunday the sangsad congratulated Prime Minister Khaleda Zia and Leader of the Opposition Sheikh Hasina for switching over to parliamentary form of government.

It hoped that a major pledge of the mass movement, the autonomy and neutrality of radio and television would be fulfilled soon.

UP Members Assoc

Joint Secretary General of Bangladesh Union Parishad Members Association A K M Shahabuddin in a statement on Sunday urged the government to disburse loans among the cyclone victims on easy terms.

He also alleged anomalies in distributing loans in the areas and demanded construction of damaged embankment in the coastal areas.

Lawyers' Concern


Lawyers' Concern, an organisation of young lawyers, on Sunday extended its support to the move to abolish upazila courts and passage of Indemnity (Repeal) Bill.

In a statement signed by its convenor A F M Rezaul Rahman and Joint Convenors Sakawatuddin Ahmed and Mahbubul Haider said that the move is timely and urged all the lawyers organisations to reach a consensus on the issue.

Urs

The week-long annual Urs of Hazrat Syed Ahmed Gesudaraz (R A) popularly known as Hazrat Shah Peer Kebila Shahid (R A) of Karanapur, Akhaura in the district of Brahmanbaria began on Saturday. The akheri munajat will be offered on Thursday. All the followers have been asked to join the urs, says a press release.

Compiled by ASZ



Christopher Rich, political officer, US Embassy, Dhaka speaking at a seminar on "Drug Abuse Prevention and Awareness" held under the joint sponsorship of United States Information Service (USIS) and Smoking, and Intoxicant Preventive Human Service Association (SIPHS) Sunday.

— USIS photo

Former French PM helps raise Tk 20 lakh for cyclone victims

Bangladesh artists raised nearly Taka 20 lakh for recent cyclone and flood victims of the country by staging cultural shows in the French cities, reports UNB.

The shows held in Bordeaux, Nantes and Paris on June 7, 11 and 13 respectively were organised by different French voluntary organisations including Secours Catholique, Lions Club, Docks de France and Salon Symbiose.

Former French Prime Minister and present Mayor of Bordeaux city Jacques Chaban Delmas played a key role in arranging the shows to raise the funds amounting to nearly 7 lakh franc.

Internationally renowned mime artist Partha Pratim Majumdar was the main attraction of the shows. Eminent painter Kalidas Karmakar painted a piece on the canvas before the audience during Partha's show at Bordeaux.

The painting will be put on auction and the sale proceeds will also be added to the fund for the cyclone and flood victims.

Photo exhibitions of eminent photographer Anwar Hossain were also held on the occasions while a number of dance artists presented a number of sequences enthralling the audience.

The raised money will be provided through different French voluntary organisations engaged in rehabilitation programmes in Bangladesh.

Mawa-Charjanajat ferry service resumes

The ferry service on Mawa-Charjanajat route resumed August 7 after being suspended from July 25 to August 6 due to dislocation of ghat.

A Bangladesh Inland Water Transport Corporation press release on Sunday said the ferries on this route will ply from Monday (August 12) according to new schedule.

'Publish Osmani's book on '71 war'

Jatiya Janata Party Sunday urged the government to celebrate the 73rd birth anniversary of late General MAO Osmani on a national level, reports UNB.

In a press release the party Chief Sheikh Assad called upon the government to publish Osmani's book on the War of Liberation before his coming birthday on September 1.

He also suggested a number of steps in honour of the memory of late Supreme Commander of the armed forces of Liberation War. They include articles on Osmani's ideals and contribution in the text books of school and colleges, a national stadium after his name, a public podium and an auditorium for opposition parties in the Osmani Uddayan, a resident hall at the Dhaka University and turning the Janata Bhaban into Bangabir Osmani National Library.

He called for observing Osmani's death anniversary with state honour.

Meanwhile, Jatiya Party has chalked out programmes to observe Osmani's birthday in a befitting manner beginning with hoisting of party flag on the day, garlanding the portrait of its late leader and distribution of alms among the poor.

JSS call to make Aug 18 meet a success

Jattiyabadi Sechchhasebok Sangathan, at a meeting in the city Sunday, asked the leaders of its thana and ward units to make the 'public meeting of BNP on August 18 at Manik Mia Avenue a success, reports BSS.

The Sechchhasebok Sangathan, at a meeting of its Central Committee and Convenors of Thana Branches of City Unit with the Central Convener of the organisation, Kazi Asaduzzaman in the chair, also discussed programme in observance of its 11th founding anniversary on August 21.

RCC Mayor greets Khaleda, Hasina

Mayor of Rajshahi City Corporation Mizanur Rahman Minu Sunday congratulated Prime Minister Begum Khaleda Zia, Leader of the Opposition Sheikh Hasina and members of Parliament for the passage of the 11th and 12th constitutional amendment bills.

In a statement the Mayor said, the democratic minded people of the country had never got the real test of democracy.

He said this could usher in a new era of parliamentary form of government which would be written in the history of the country in golden letters. He paid tributes to the martyrs who sacrificed their lives to establish democracy.

Lawyers' call to declare Aug 15 as mourning day

By Staff Correspondent

About 105 lawyers of Dhaka Bar and Metropolitan Advocate Bar have demanded of the government to declare August 15 as national mourning day.

In a statement on Sunday they urged the Treasury Bench in the Jatiya Sangsad (Parliament) to cooperate with the opposition for repealing the Indemnity Ordinance. They thanked the members of parliament for passage of the 11th and the 12th Amendment Bills.



HUNGER STRIKE WITH A DIFFERENCE: Mohammad Rafiqullah, General Secretary of Bikaipa Political Party and Zakir Hussain General Secretary of its youth front were on a token hunger strike in city on Sunday for establishment of Dhaka-Tel Aviv relations. This is for the first time that a demand was made in Bangladesh to set up ties with a country that has harmed the cause of Islamic Ummah so long

— Star photo



Mrs Otje Djundjuran Indonesian MP due in city tomorrow

By Staff Correspondent

A lady MP Mrs Otje Djundjuran arrives in Dhaka tomorrow (Tuesday) to attend a seminar to be organised on the occasion of the 46th anniversary of Indonesian Independence Day, says a Press release.

A seminar on 'the Role of Indonesia in South-South Co-operation: Rural Development in Indonesia' will be held at Sonargaon Hotel at 9.30 am on August 15. The seminar is to be organized by the Indonesian Embassy in co-operation with the Centre for Development Research, Bangladesh.

The Minister for Local Government, Rural Development and Co-operatives, Barrister Abdus Salam Talukder will be the Chief Guest. Other speakers include one lady member of Parliament from Indonesia, Mrs Otje Djundjuran, Additional Secretary of the Bangladesh Ministry of Agriculture Mr Md Irshadul Haq, Director-General of Family Planning Mr Najmul Haq, Senior Adviser to the Bangladesh Ministry of Land, Mr Hans Rolloos and Mr SM Ali, celebrated journalist and Editor, The Daily Star.

There will be a colourful Indonesian Night at 7.30 pm at Sonargaon Hotel on the same day. The Indonesian Night comprises Cultural performances by Indonesian Artists of international repute from Jakarta and Food Festival. World famous Indonesian singers Iffe Trisnawati and Dian Pisesa will take part in musical performances.

A week-long Exhibition of Indonesian products will begin at Sonargaon Hotel at 10 am on August 16, 1991, to be inaugurated by Minister of Commerce Mr MK Anwar.

Weather

Day temperature likely to fall

By Staff Correspondent

Rain or thundershower accompanied by temporary gusty wind with a few moderately heavy fall is likely to occur at most places over Chittagong and Khulna divisions and at many places over Dhaka and Rajshahi divisions during the next 24 hours ending 6 pm Monday.

Day temperature is likely to fall during the period by 1 to 3 degree Celsius over the country, according to Met office.


The maximum temperature on Sunday was recorded at 36.4 degrees at Chittagong and the minimum temperature of 23.7 degrees at Feni.

The Sun sets on Monday at 6.35 pm and it rises on Tuesday at 5.33 am.

Outlook for subsequent two days : Rainfall activities likely to increase.

Extended outlook for another 5 days : Little change. The temperature and humidity of some cities and towns on Sunday were :

Towns/cities	Temperature in Celsius	Humidity in percentage		
	max	min	9 am	6 pm
Dhaka	31.4	27.0	82	75
Chittagong	36.4	25.8	82	X
Khulna	32.2	27.5	77	90
Rajshahi	34.1	26.4	86	81
Cox's Bazar	29.0	25.4	87	92
Sylhet	34.0	26.0	85	72
Barisal	32.0	26.4	90	86
Rangpur	32.7	X	X	71
Srimangal	33.5	25.6	75	72




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