

Dhaka Day by Day

Getting Cured — The Natural Way

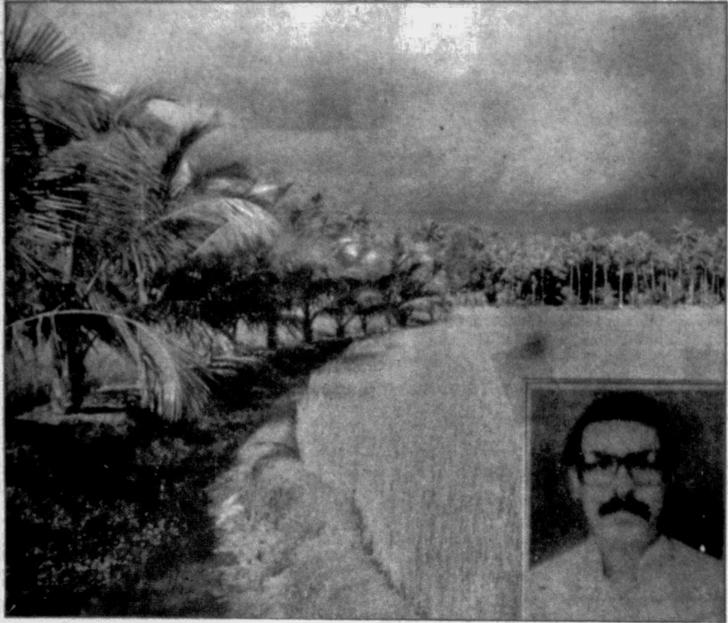
by Aasha Mehreen Amin

Overfed with processed food and overdozed with medication most of us have reached a point of desperation to cleanse our bodies of the harmful effects of additives and antibiotics. Foods containing saturated fat, high sugar and cholesterol content, and preservatives all have adverse side effects on the body causing heart disease, cancer etc. Excessive doses of antibiotics over long periods of time have been known to cause liver and kidney damage. These are but a few examples of how man has ingeniously invented ways that will lead to his ultimate destruction. Nuclear bombs and making holes in the ozone layer are the more obvious ones. But sticking to the narrower sphere of food and medicine, the solutions to our health problems seem to be hidden in the mysteries of nature. Natural herbs and spices, yogic exercises have been used for thousands of years to cure the most stubborn of diseases, to preserve the body and mind in their purest form. Nature cure is the science that seeks the best possible health under natural conditions. It is an application of all that is good in natural science, philosophy and religion according to Dr Henry Lindhlar MD. The clinic in

is especially given importance to. "In every human being" says Dr Ashrafi, "there is a latent and coiled power that needs to be developed. Our bodies contain electricity, light and heat. If we mentally concentrate on these elements and send them to the area affected by disease we can cure it."

Religious teaching is also emphasised in these programmes. Being a devout Muslim, Dr Ashrafi gives a lot of importance to Quran and Hadis based treatment. According to the Quran, Dr Ashrafi points out, when we eat we should never fill our stomach completely. We should keep one third of our stomach for food, one third for water and one third for air. This is because air and water remove a lot of the toxins in the body and helps in returning it to normal health. Among the healing herbs and spices recommended by Dr Ashrafi are garlic, "kali jeera", honey, ginger and leaves of certain plants. This also includes herbal ointments and face packs made by Dr Ashrafi's wife for beauty enhancement.

With his vast knowledge of this subject one would think Dr Ashrafi has been a nature cure doctor all his life. Surprisingly, however, that is



Mouchak — Dr Ashrafi's Nature Cure Clinic is a place where this fascinating phenomenon is being practiced and producing tangible results. Whether it is migraine or acne, heart disease or arthritis, obesity or stomach ulcer, whatever the physical or mental disorder, Dr Ashrafi has specific programmes that promise permanent cures.

The key to good health says Dr Ashrafi, a charming man in his early fifties, "is developing auto immunity through curative and preventive treatment which nature cure primarily offers." According to nature cure, food plays a vital role in a person's health. Refined foods like potatoes, bread rice, fried food, confectionery etc. for example, are harmful to an arthritic patient because of their high concentrations of fat, sugar and starch. At the clinic, a patient goes through a programme of a balanced diet, various forms of exercises and other nature cure methods that will eventually cure him/her. These methods include sunbathes, water and mud treatments and breathing exercises. Since most diseases are believed to be psychosomatic developing one's mental faculties to reduce stress or depression

not the case. Before this Dr Ashrafi, was a full-time journalist working for different dailies from 1966 eventually becoming the editor of the weekly turned daily Banglar Muk from 1971 until 1983. A severe kidney disease caused by excessive doses of antibiotics was the reason behind this drastic change of profession. After suffering for months with no relief from allopathic treatment, Dr Ashrafi decided to practise nature cure therapies including meditation, yoga and the use of mud water and sunlight. By 1982 he was completely cured and has not touched any allopathic medication ever since. To get a wider experience of this subject, Dr Ashrafi went to India, travelling to many places, eventually obtaining his ND and DMT degree from Lucknow and Calcutta.

In spite of the mystical overtones of this science, which will, no doubt, raise many a sceptic's eyebrow, the professional atmosphere of the clinic certainly makes one want to take all this seriously. In any case, the very idea of curing and maintaining oneself physically and psychologically through means that are one hundred percent natural is not only attractive but makes a lot of sense to all of us naturalists!

Intellectuals must come forward to fight drug abuses: Biswas

President Abdur Rahman Biswas yesterday (Tuesday) called for a greater social movement to save the new generation from the abuse of drugs, reports BSS.

Talking to a delegation of Anti-Drug and Anti-smoking Society of Bangladesh (ADASS) at Bangabhaban yesterday morning President Biswas said a section of the new generation was being ruined due to rampant abuse of drugs. The delegation was led by its President Manzoor-Ul-Karim.

The President underscored the need for greater involvement of country's intelligentsia and the well informed sections as well, to create greater awareness against the menaces of drugs and smoking. He also called for a united effort in this regard.

President Biswas appreciated the role of the society and urged them to expand their activities in the greater interest on the nation. He also said further stern measures would be taken to stop the drugs smuggling inside the country.

The executives of the society including Dr. Prof. Firoza Begum, Major General (ret'd), AR Khan, Brig (ret'd) MA Malik, Dr. Delwar Rana, Prof. Hazera Mahlab were, among others, present.

Youth crescent
Another report says: President Biswas called upon the youths to build themselves up as a disciplined force to serve humanity. Addressing the concluding function of the ninth National Youth Red Crescent Camp in Dhaka the President said the youths could play a vital role in time of natural calamity. Praising the role of the members of Youth Red Crescent, he asked them to work shoulder

to shoulder with the senior volunteers in all welfare-oriented and Red Crescent programmes.

President Biswas recalled the courageous role of the members of the Youth Red Crescent during the last cyclone in coastal areas and flood relief programme in the northern districts. In this connection, he hoped that they would stand beside the distressed people with the same spirit also in future.

The theme of the ninth Red Crescent Camp was 'collective youth force in disaster preparedness', which he hoped would inspire all the participants to join any future relief and rehabilitation programme.

The President said the experience which they had ac-

quired in the training programme would help strengthen the organisation at district and divisional levels.

He congratulated those who were awarded prizes for their skill and stressed the need for cultivation of the same to inspire others.

Chairman of Bangladesh Red Crescent Society Syed Shahidul Huiq Jamal, MP, was, among others, present at the function. Earlier, President Biswas took the salute and inspected the guard of Youth Red Crescent volunteers. He also witnessed a colourful physical display.

The President also distributed awards to the volunteer groups in recognition to their performances.

Weather

Dry weather to prevail

By Staff Correspondent

Dry weather will prevail over the country during the next 36 hours commencing 6pm Tuesday. Met office forecast. The sky will be partly cloudy over Rajshahi division during the period.

Night temperature may fall by 1-2 degree Celsius over the country.

Temperature and humidity recorded at important cities and towns on Tuesday were:

Cities/Towns	Temperature in degree Celsius		Humidity in percentage	
	Max	Min	9am	6pm
Dhaka	23.2	11.5	79	62
Chittagong	23.1	12.2	84	63
Rajshahi	22.6	7.4	78	84
Khulna	23.5	8.7	93	83
Barisal	-	10.4	81	-
Cox's Bazar	23.4	13.0	78	72
Srimangal	23.2	8.8	86	75
Mymensingh	23.0	12.2	74	65
Dinajpur	23.4	8.3	82	72

The lowest temperature was recorded in Rajshahi. Sunset in Dhaka today (Wednesday) at 5:28 pm and sunrise tomorrow (Thursday) at 6:43 am.

SC Bar shocked

Bangladesh Supreme Court Bar Association Tuesday expressed its profound grief at the deaths of former Chief Justice Amin Ahmad, Justice B A Siddique, its former President Anwar Rahman Khan and some members of the association, reports BSS.

At a meeting held with the association President Dr. Rafiqur Rahman in the chair at its office in Dhaka, the Association members discussed various aspects of the life and profession of the deceased and paid rich tribute to their memories.

Messrs Mohammad Ali, Jamiruddin Ahmed, Humayun Hossain Khan, B K Das, M A Wahab Mia and A F M Mesbahuddin spoke on the occasion. Earlier, a one-minute silence was observed as a mark of respect to the departed souls.

The Association members who died were: Mohammad Hasan, Mohammad Ayub, A K M Shamsul Huda, Chowdhury Ramzan Ali, Abu Bakr, Md. Habibur Rahman, Nurul Islam, Monsur Ahmed Patwari, Mahmuda Chowdhury, Md. Abdus Salam, Sheikh Golam Ali and Shamsur Rahman.

TV Wednesday

- 5.00 Opening announcement
- Al Quran Programme
- Summary
- 5.10 News in Bangla
- 5.20 Recitation from the Qeeta
- 5.30 Campus
- 6.00 Sports Programme
- 6.30 Samachar
- 7.05 Hijal Tamal (Folk Songs)
- 8.00 News in Bangla
- 8.30 Bishwa Parikrama
- 9.00 Film: MacGyver
- 10.00 News in English
- 10.30 Parliament round up
- 10.4.0 Mukladhara
- 11.30 Khabar/The News
- 11.40 Thursday's programme
- 11.45 Closing

6 'Shishu Paribar Bhabans' to be constructed for orphans

The government will construct six 'Shishu Paribar Bhabans' at a cost of Taka 23.20 crore for the orphans of the country by June, 1993, reports BSS.

The existing 17 'Sarkari Shishu Sadans' will be transformed into Shishu Paribar Bhabans at the same time.

More personalised care and homelier atmospheres are to be provided in the new establishments.

This was disclosed at a review meeting on the ongoing development projects of the

Social Welfare Ministry held here yesterday with Social Welfare and Women's Affairs Minister Tariqul Islam in the chair.

State Minister Mrs Sarwari Rahman and Secretary of the Ministry Mohammad Faizullah were present in the meeting.

The new six Shishu Paribar Bhabans will be constructed in Kurigram, Joypurhat, Shariatpur, Gaibandha, Nilphamari and Thakurgaon districts.

The meeting reviewed the progress of four on-going projects of the Social Services

Department and one project of Bangladesh Shishu Academy. The Social Services Department projects are transformation of Sarkari Shishu Sadan into Shishu Paribar Bhaban, extended rural social services phase-3, national centre for special education and construction of a new reformatory institution for the tender-aged criminals.

The Shishu Academy project is aimed at establishing 22 new Academies in 22 districts besides the 21 existing ones.

Primary teachers' problems to be solved in phases

State Minister for Education Muhammad Yunus Khan said yesterday that the government was aware of the problems of the primary teachers of the country and measures had been taken to solve them in phases, reports BSS.

He was talking to the delegation of the Bangladesh Primary Teachers Association (BPTA) led by its President Muhammad Fazlur Rahman, at his secretariat office yesterday afternoon.

The State Minister also asked the concerned officials to take necessary steps to realise some major problems of the primary teachers on emergency basis.

The members of the delegation included BPTA leaders Sufia Khatun, Mozammel Haq, Halima Choudhury, Shamsunihar and Nasiruddin.

Death anniversary

The first death anniversary of Syeda Fatima Begum, wife of late Md. Hussain, will be observed today (Wednesday), says a press release.

A milad mahfil will be held on this occasion after Magreb prayer at her residence at 42/43, Purana Palta in the city.

Relatives and admirers of the deceased have been requested to attend the milad.

5-party demands repeal of all black laws

By Staff Correspondent

The Five-Party Alliance at a meeting Tuesday called upon the people to make the joint programme of the Patriotic Democratic Front (PDF), Ganotrik Biplabi Jote and the Alliance itself to be held on January 12 a success.

The programme of protest rally and procession in the city was called by the Alliance to press home their demands which include repeal of all black laws, independence of judiciary, autonomy of the radio and television and implementation of the joint declaration of the Three Alliances.

The meeting presided over by the Convenor of the Five-Party Alliance Nurul Haasan was addressed, among others, by Abu Taher Bakul, Fayez Ahmed, Mesbahuddin, Tarcoq Ahmed and Nurul Huiq.

Trial of Golam Azam demanded

By Staff Correspondent

Different political parties and organisations on Tuesday condemned the election of Golam Azam as the chief of Jamaat-e-Islami Bangladesh terming it as unlawful and a violation of the Constitution.

Janata Mukti Party, Bangladesh Krishak Samik Mukti Andolan and Bangladesh Lekhok Shibir in separate statements said that the anti-independence role of Golam Azam was not yet forgotten by the people.

Instead of trial of the killers

of freedom fighters, the anti-liberation forces were being rehabilitated politically, they alleged.

They demanded trial of Prof Golam Azam.

They also demanded of the government to take immediate steps against the violation of the Constitution.

Mukti Party convenor Mirza Sultan Raza, Mukti Andolan President Mohammad Snick and Lekhok Shibir President Hasan Azizul Huiq issued the statements on behalf of their organisations.

What's on today

DBC night of ICMAB

The DBC night of the Dhaka Branch Council of the Institute of Cost and Management Accountants of Bangladesh (ICMAB) will be held today (Wednesday) at 4 pm at the Hotel Parbat International.

Education Minister Jamiruddin Sircar will attend the function as chief guest while State Minister for Civil Aviation and Tourism will be present as the special guest.

ALRD and Nijera Kori

Association for Land Reform and Development (ALRD) and voluntary organisation 'Nijera Kori' will hold a press conference today (Wednesday) at 4 pm at the National Press Club to discuss the condition of the landless farmers and poor people of the country.

Drama Festival '91

Today's Drama of the month-long National Drama Festival '91 will be staged by Barisal Natak, a drama group of Barisal. The title of the drama is 'Juddha Eboong Juddha'.

IEB

A discussion on 'what preparation will we take for the next twenty years' will be held today (Wednesday) at 10:15 am at the auditorium of the Institution of Engineers, Bangladesh (IEB) on the occasion of its 36th conference.

Managing Director of Gramint Bank Dr Muhammad Yunus will speak on the subject while former President of the Institute Dr. Rafiquddin will preside over the function.

Bangladesh Scouts

An evaluation seminar will be held today (Wednesday) at 4 pm on the implementation of the Bangladesh-Australia Child Health (BACH) project in Azizuddin Village of Rangpur Sadar Upazila in the Shams Hall of the national headquarters of Bangladesh Scouts.

Lions Club of Dhaka Oriental

The regular meeting of the Lions Club of Dhaka Oriental will be held today (Wednesday) at 5:30 pm at Gulshan Club.

Rotary Club of Dhaka Mid-town

The regular weekly meeting of the Rotary Club of Dhaka Mid-town will be held today (Wednesday) at 5:30 pm at the Dhaka Sheraton Hotel. A board meeting will also be held after the meeting at the same venue.

Rotary Club of Dhaka Buriganga

The regular weekly meeting of the Rotary Club of Dhaka Buriganga will be held today (Wednesday) at 5:30 pm at the Hotel Sonargaon.

The guest speaker of this week is Karl Olof Cederblad who will speak on political changes in Sweden.

Jatiya Chhatra League

Jatiya Chhatra League has organised a discussion today (Wednesday) at 4 pm at the Col. Taher Auditorium at Bangabandhu Avenue on the occasion of the 44th founding anniversary of Chhatra League.

Grand Conference of Bastuhara Samity

A grand conference of the Bangladesh Bastuhara Samity will be held today (Wednesday) at 3 pm at the Bangabandhu Avenue in the city.

Deputy Leader of the Opposition in the parliament and president member of Awami League will attend the conference as chief guest while other Awami League leaders Zillur Rahman, Begum Sajeda Chowdhury MP, Amir Hossain Anu, Abdur Razzak MP, Mohammad Nasim MP, Matia Chowdhury MP, Mozaffar Hossain Paltu and Mozaffar Hossain Chowdhury Moya will be present as the special guests.

. . . . and tomorrow

Institution of Engineers

The Institution of Engineers, Bangladesh will organise the Dr FR Khan Memorial Lecture tomorrow (Thursday) at 9 am at its auditorium on the occasion of its 36th conference. Former Chairman of the Public Service Commission (PSC) SM Al-Hossain will speak on "From the pages of engineering history" at the function.

Bishwa Sahitya Kendra

Bishwa Sahitya Kendra will organise a musical evening titled 'Rabirager Asar' tomorrow (Thursday) at 6 pm at its premises.

Shama Ali, Chitra Sarkar and Salma Akbar will present selected songs of Rabindranath Tagore at the function.

Greater Faridpur Welfare Assoc

The winter function and installation of the newly elected executive body of the Greater Faridpur Serviceholder Welfare Association (GFSHWA) will be held tomorrow (Thursday) at the auditorium of the PG Hospital at Shabgab.

যুক্তরাজ্যের মাসিকারজন এম, এক, ২৪০ মডেলের ৪৭ অবশিষ্টসম্পন্ন ট্রাক্টর অধিক ফসল এবং দীর্ঘস্থায়িত্বের প্রতিশ্রুতি

মডেল সীমিত

বিস্তারিত বিবরণ জানার জন্য যোগাযোগ করুন

প্রগতি ইন্ডাস্ট্রিজ লিমিটেড
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চট্টগ্রাম: ৯৬, আমাবাদ বাণিজ্যিক এলাকা, ফোন: ৫০০১৬১-৫, ৫০২৬৬৬

ঢাকা: ১৫১/১৫২ তেজগাঁও পিএ এলাকা, ফোন: ৬০৭৪৪৬, ৬০৬৪৬০, ৬০২০৯৩

যশোর: ৪১, শহীদ মসিউর রহমান রোড, ফোন: ৫৯৪৩

Bangladesh University of Engineering & Technology, Dhaka

Opportunities for Higher Degree in Canada

Bangladesh University of Engineering & Technology, Dhaka wishes to select one Geologist for higher studies in Canada for subsequent appointment in the proposed department of Petroleum and Mineral Resources Engineering being established under the University of Alberta/BUET Linkage Project with CIDA sponsorship. The selections will be made with certain pre-conditions. The selected Geologist would be required to do a Ph.D. degree in Petroleum Geology.

Applications are invited from Bangladeshi Nationals having pre-requisite qualifications mentioned below.

Qualifications required for Ph.D. Programme in Petroleum Geology
M.Sc. in Geology with B.Sc. Honours degree or a 1st class degree in Petroleum Engineering/Mineral Engineering with Geology as a major in B.Sc./M.Sc. course. At least one first class is a requirement in Bachelor or Master degree. Applications with a third class/ Division in any public examination is unacceptable.

Those who applied earlier for this opportunity, need not apply again. In the meantime among the previous candidates, who have earned the score above 600 in TOEFL may inform this to the office of the Registrar.

Preference may be given to the woman candidate and those who have secured the score above 600 in TOEFL.

The selected candidate would have to sign an agreement to the effect that he/she would join BUET after completion of higher studies and stay in the service of BUET for a minimum period of time as determined by BUET. He/She would be employed in the proposed new department on their return to Bangladesh.

Eight complete sets of applications containing full Bio-data and attested copies of certificates/testimonials and marksheets along with a Postal Order/Bank Draft/Pay Order of Tk. 10/- in favour of the Comptroller, BUET are to reach to the Registrar of this University by 18th January, 1992.

Candidates already in service must apply through proper channel.

Additional information in this regard may be obtained from the office of the Registrar, BUET, Dhaka.

Registrar