

Dhaka Day by Day

Dilemma and Obsession with Dieting

by Fayza Haq

The so-called middle age bulge might assail you, when you are in your early twenties, and even in case of some teenagers that I know in the city. As for the ladies in Dhaka, they resort to various devices to combat the unwanted pile of excess fat.

I know a friend of mine at Tikatully, called Yasmeen, who has the figure of sylph. Yet just because her stomach is not quite flat as a pancake, she skips lunch and breakfast. She has a "nine-to-six" job, and has two young children to think of as well. She hardly gets the time or inclination to undergo the necessary exercises that she knows of. She is particularly about what food she takes and avoids fatty food and sweets, as most educated women do. She, however, remains obsessed with having the invisible or imaginary bulge, which could have been well camouflaged by her "sari" or her loose-in-vogue "kurta".

Another lady at Kolabagan has been following a five-year plan of slimming. This person, Shahnaz, has grown-up children, and one or two are already married or engaged. Having been a young widow, she put aside the thought of marriage until her children were no longer her liability. Today she is on a diet of soup and vegetables for the last one year. She does yoga and bicycling as well. She goes for walks whenever she can near Kolabagan, even along the Mirpur Road.

Another young lady I know at Dhanmandi, has been similarly undergoing attempts at slimming. Farhana was a beautiful smiling young woman when I first saw her. Her figure is as trim as I met her three years ago. But her complexion is suffering. She tells me that she too nibbles at food, cuts out the cakes and "Cokes", and is busy all day, both at the office and home.

They have no servant in the house. As a consequence she has to help with the housework, and keep an eye on her younger brothers and sisters. She is only twenty-two, and I see her cheeks constantly bursting into pimples. This is despite the fact she knows everything about keeping the complexion clear, and is well aware

of the fact that young men and their family in Bangladesh go in for slim and young women for prospective brides.

Farhana does exercises, which are written about in "The Cosmopolitan", of which one gets second-hand copies in Dhaka, near the P.G. Hospital, and elsewhere. She reads a lot of Indian magazines too, which are constantly advising and guiding you about the business of remaining slim and attractive. I wonder why my friend fails to get slimmer. I presume I should be glad that she has not put on any weight, with all the pressures, one has in a cosmopolitan existence.

Secmi, who lives in Banani, can afford the electric toning at a particular beauty salon in Dhanmandi. She is only a college girl and I wonder at her constant preoccupation with avoiding fatty pieces of meat, sweet "firnis" or "halwas", or even the occasional "paratha" that she is sometimes offered, when she visits her friends

or family for a leisurely chat. She will refuse even a piece of "bakarkhani" or a lemon "sherbat".

As it is the tradition to entertain guests with sweet dishes or fried items in Dhaka, I really find it difficult to please this niece of mine — when she takes a break from her studies — and manages to visit my parental home, where I stay. Yet I would dearly like to entertain her and listen to her prattle, as I find it soothing after my normal routine at Motijheel.

The women's sections in the local papers and magazines, and those flown over from the neighbouring country are constantly guiding and advising young women and older ones. Women and teenagers read all there is to exercising, dieting and keeping fit in Dhaka. Yet I gather that they lag far behind the women and teenagers — in the cosmopolitan capitals overseas — in keeping a trim figure. While the Chinese and Japanese manage to remain young and delectable, reportedly because of the fish they consume and other herbal medicines they use, I wish our girls and women too could have the Scarlett O'Hara waistline, as is seen often in so many of the main cities in the West.



JS body on Public Accounts meet postponed

The meeting of the Jatiya Sangsad Standing Committee on Public Accounts scheduled to be held at 11 am today in Sangsad Bhaban has been postponed for unavoidable reasons, an official handout said here yesterday evening, reports BSS.

JU Archaeology Dept inaugurated

By JU Correspondent

The speakers at the inaugural ceremony of the Archaeology Department of Jahangirnagar University called for increased research works and conservation of archaeological specimens in quest of our historical and cultural heritage.

The inaugural ceremony of the Archaeology Department was held with Prof. Fazlur Rahman Khan, Chairman of the History Department, in the chair.

Mr. Serge Degallaix, Ambassador of France to Bangladesh, Mr. Andre Raymond, Director of Alliance Francaise, Prof. Kazi Saleh Ahmed, Vice Chancellor of Jahangirnagar University, spoke on the occasion.

Assuring all possible co-operation Mr. Serge Degallaix said that the Department of Archaeology would work as a bridge between France and Bangladesh in the academic arena.

In his inaugural speech Prof. Kazi Saleh Ahmed sought technical and financial support from the donor countries like France.

He particularly thanked the ambassador for his country's assistance in introducing Archaeology Department.

The Department of Archaeology, first of its kind in Bangladesh got underway with French assistance.

UNB, USIS set up computerized linkup

United News of Bangladesh and United States Information Agency have established a computerized information linkup, reports UNB.

The system will allow UNB direct access to USIS press materials from its Washington file for distribution among the local media.

Bangla Academy art competition on Feb 1

Bangla Academy has arranged a juvenile art competition on the occasion of February 21 Language Martyrs Day, reports UNB.

The competition will be held at 9 am on February 1 at the Academy premises in three groups.

The first group will comprise the juvenile upto 8 years old, the second group 12 years and the third group 15 years old.

Three artists of each group will be awarded.

The intended children and youths or their guardians have been requested to enlist names of the artists to the Director of the Text Book Division of the Academy and may also contact by Tel. 504189 by January 28 excepting the holidays.

Case against Ajker Kagaj

M. Jainal Abedeen, suspended principal of Shahedabad Degree College of Comilla, has filed a case with Bangladesh Press Council (BPC) against the 'Ajker Kagaj', reports BSS.

It was stated that efforts have been made to belittle the complainant through publishing objectionable, untrue, concocted and fabricated news item in the daily on October 10, 1991.



Visitors at the Export Fair at Bexco Sarani in the city yesterday.

— Star photo

Union Parishad elections

Directive to take stern action against terrorists

Home Minister Abdul Matin Chowdhury Saturday said the present government was determined to ensure impartial and free holding of the coming Union Parishad elections at any cost, reports BSS.

He directed the concerned officials to take stern action against those who would be found responsible for creating any disturbance and violence in the coming UP election.

The Minister was speaking at a high level meeting to review law and order and security measures taken in connection with the coming local body polls at the conference hall of the Home Ministry.

The meeting was attended by Home Secretary, Secretary of the Election Commission, Inspector General of Police, Director General of BDR, Director General of Ansar and VDP, all divisional commissioners, deputy inspector general of police and high officials of the Home Ministry and law enforcing agencies.

The Home Minister said the government would not tolerate any disturbance and violence like vote rigging, ballot box hijacking, occupying polling

booths and forcing voters out of exercising their franchise during the coming Union Parishad election.

He directed the officials of the law enforcing agencies to take an all-out preventive measure against the identified terrorists of the autocratic regime and those who might create disturbance during the election.

"Any negligence by any official or employee in this regard will not be tolerated," he cautioned.

Referring to the smooth and free holding of the last Parliamentary polls, Abdul Matin Chowdhury said the government would also ensure this time the same spirit in the coming Union Parishad polls.

He said the government had decided to engage adequate number of police, Ansar and BDR for maintaining law and order during the polls. "In case of any necessity, army will also be deployed during the election," he said.

He said it was also decided for strengthening the mobile activities of the security forces during the election.

The minister said optimum number of security forces could be deployed in the election centres because it would be held all-over the country in 14 days instead of one day.

The meeting hoped that people of all strata would show due respect to democracy and be tolerant with each other for peaceful holding of the first ever such election under the present democratic government.

The meeting also called for full cooperation and support of the people to the government measures taken for ensuring smooth election.

JCD to observe Zia's birth anniversary

By DU Correspondent

Jatiyatadbadi Chhatra Dal (JCD) at a rally at the Dhaka University Saturday called upon its all activists to observe the 50th birth anniversary of President Ziaur Rahman today.

The JCD rally held in front of the Madni's Canteen also announced its programme including laying wreaths at the mazar of Zia at 9 am and after that, a colourful procession towards the National Press Club in observance of its leader's birth anniversary today.

The rally was addressed by JCD General Secretary of the DU unit Ali Akkas Nadin. JCD leaders Fazlul Haque Milon, Khairul Kabir Khokon and Mosharraf Ahmed Thakur were present.

SCF founding anniversary Jan 21

By DU Correspondent

The Samajtantrik Chhatra Front (SCF) have arranged a discussion and cultural function on January 21 to observe its 8th founding anniversary.

The discussion and cultural function will be staged at 'battala' of the Dhaka University at 11 am.

The discussion will be participated by Khalekuzzaman, Badruddin Umar, Hasanul Haq Inu, Pankaj Bhattacharya, Mostafa Faruk and Nazmul Haq Prodhan.

Peasant leader injured in road accident

By Staff Correspondent

Bangladesh Krishak Federation General Secretary Kabir Kashem was injured in a road accident on his way from Barisal to Jessore on Friday.

He is now under treatment at the Barisal Shere-Bangla Medical College Hospital. Three persons were killed and at least 30 persons were hurt in the accident.

The federation in a statement Saturday expressed deep sympathy for the injured persons and prayed for early recovery of all the injured persons.

Happy Birthday
"Ammu" LOVE
Sons, daughters & grandson (Ejaz)

Resist terrorism in coming polls: CEC

The Chief Election Commissioner, Justice Abdur Rouf, yesterday called upon all concerned to resist terrorism and illegal activities in the coming union parishad elections to ensure correct reflection of the people's verdict, reports BSS.

The Chief Election Commissioner was addressing three separate meetings of cross section of people at Shariatpur, Gopalganj and Madaripur district headquarters.

Senior official of the Election Commission Secretariat, Deputy Commissioners, officials engaged in the election duty, representatives of the law en-

forcing agencies, political leaders, elite and contesting candidates in the election attended the meetings.

The Chief Election Commissioner advised the officials and public leaders to give top most priority in holding the polls freely and fairly upholding the spirit of the new sense of democratic and social values in the light of February 27 Jatiya Sangsad elections.

Justice Rouf pointed out that all our efforts and huge expenditure would go in vain if we failed to reflect the opinion of the voters in the coming elections.

The Chief Election Commissioner laid stress on the promotion of a mentality to

accept the verdict of people showing respect to the democratic norms.

He urged all concerned to ensure free and fair participation of all voters in the polls. All candidates and their supporters must play a pioneering role in restoring a healthy democratic atmosphere during the polls. Such an attitude could help us in overcoming the sad chapter of union parishad polls in the past.

Listing various measures taken by the Election Commission, Justice Rouf said Election Commission was determined to hold the polls smoothly. He advised the officials responsible for conducting the polls to discharge their duties with a sense of honesty, sincerity and devotion.

The representatives of the law enforcing agencies reaffirmed their commitment to ensure peace and discipline during the polls.

Weather

Dry weather likely

By Staff Correspondent

Weather is likely to remain dry across the country till 6 pm today (Sunday).

Met office says partly cloudy weather is also likely over Rajshahi division and the regions of Mymensingh, Tangail and Sylhet.

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

Maximum temperature in Dhaka was 23.8 degree Celsius and the minimum 12.7 degrees. Country's lowest temperature 7.6 degrees was recorded at Rajshahi.

Percentage of humidity, was 77 in the morning and 52 in the evening.

Sun sets today (Sunday) at 5:36 pm and rises tomorrow (Monday) at 6:44 am.

The temperature and humidity of some cities on Saturday were:

City	Temperature		Humidity	
	Max	Min	9 am	6 pm
Dhaka	23.8	12.7	77	52
Chittagong	24.6	15.8	86	65
Rajshahi	24	7.6	80	65
Khulna	24.7	10	79	62
Sylhet	24	11.6	79	67
Rangpur	21.6	10.3	97	85
Mymensingh	24	12.1	82	65



Ln Shah Didarul Alam, President of the Club speaking on Lionism in the installation ceremony of Lions Club of Dhaka Bright Star held recently. Ln Jalal Ahmed, Dist Governor 315b Bangladesh and Ln Ataul Karim, Advisor to the Dist Governor were present as chief guest and special guest respectively.

TV Sunday

- 5.00 Opening announcement
- Al Quran, programme summary
- 5.10 News in Bangla
- 5.20 Recitation from the Bible
- 5.30 Maake Nic.
- 6.00 TV series
- 6.30 Sports Programme: Cricket
- 7.05 Tagore's song
- 8.00 News in Bangla
- 8.30 Prabah
- 9.00 Drama series: Oshin
- 10.00 News in English
- 10.25 Parliament round-up
- 10.35 Raag Rang
- 11.30 Khabar/The News and
- 11.45 Closing.

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NOTICE TO CONSIGNEES

This is to advise that M.V. 'ESTE FRESCO' VOY-4A is expected to arrive at Chittagong on or about 19-01-92 carrying cargoes with Vehicles from Japanese Ports.

Consignees are requested to arrange clearance of their consignments as soon as possible after discharge. It is advised that Consignments not cleared within 45 days from the date of arrival of the vessel are liable to be sold in auction by Customs Authority without any reference to the Consignees.

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