

Dhaka Day by Day

Getting Rid of Flabbiness in an Enjoyable Way

By Lavina Ambreen Ahmed



No president or prime minister of this country is likely to get his/her fitness regimen hooked up in the prime-time TV news — as Bill Clinton does during his jogging session — for a long time yet. But a fitness fever is quietly taking hold of the city.

Nowadays, the city people will do almost anything to maintain a perfect shape.

There are various forms of exercise. Some like to stay home and preoccupy themselves with trendy new gadgets or do a session of work-out following a stereo or a video tape. While others prefer any kind of outdoor activity, such as jogging, sprinting, cycling, swimming or playing tennis, basketball, football, golf and many more.

There was a time, not too long ago, when keeping fit was the prerogative of only 'the sportsmen', 'the overweight' and a handful of 'fitness freaks'. Now, that concept is changing slowly.

Old, young, underweight, overweight, well-built — a great many people are concerned about their health at present. To some, fitness is like an obsession. With the lose-weight-or-die expression writ large on their faces, they can be identified easily. While, to others, it's an ordeal, which they have to perform systematically and diligently in order to follow the doctor's advice or to attain the 'desired physique'. There is also a third kind, to whom exercising is a part of their daily routine.

In the morning and evening — morning mostly — one can see a large number of people briskly pacing or jogging down the street, bearing either a smile of content or a scowl of annoyance on their faces.

Actually, exercising can be quite exhilarating. The best way of making it enjoyable is to work out with a friend, group or family. Start the day by exercising and you'll feel all the drowsiness and the previous day's tension washed away by newly acquired energy and vitality. Those who can't make it in the morning prefer working out in the afternoon or evening.

There are some places in the city, which gen-

erously offer the facility of unofficial exercising grounds. Among them, the picturesque surrounding of the parliament building by the Crescent Lake tops the list. There are others throughout the city. Ramna Park, Suhrawardy Uddyan, the abandoned runway of the old airport etc — are places where every morning and evening a crowd of people gather around in groups, singles or in families. They all have the same objective in mind — staying in shape.

Yet the regular crowd, seeing each other day after day, exchange pleasantries and sometimes become good friends.

However, opportunities in outdoor activities for women are certainly not too many in the city. With this point in mind, several fitness centres have started to announce their proud existence. These entrepreneurs are doing exceptionally well as they're getting positive feedback from the female population. One of the centres, 'Sonya's Fitness, Exercise & Beauty Centre' offers a variety of options from aerobics to exercising with modern electrical equipment. Though the course fee is quite high, the women who go there think the price is worth paying. Dhanmondi Women's Complex also runs a successful fitness programme. While other centres i.e., Broadway, Shape and quite a few others are doing quite well too. These centres are an answer to the prayers of those who don't have the time or don't want to go out in the open. Here, while burning up calories, they can openly discuss, how they secretly crave for a 'Kate Moss' or 'Naomi Campbell' figure.

The main purpose of exercising is to keep the body fit and in motion, reviving strength and purifying the soul.

By now we ought to know that the proper way of maintaining good health is eating a balanced diet followed by regular exercise.

When the developed world is giving health a first priority, isn't it about time that we too put on our sneakers and hit the roads and thus joined the fitness revolution?

IMPACT Foundation to float river-boat hospital

By Staff Correspondent

The IMPACT Foundation, Bangladesh — a recently formed Non-Government Organisation (NGO) — will float a river-boat hospital to provide medical service to the country's blind and disabled people at the beginning of 1995.

The IMPACT backed by the UN organisations announced its programme at a press conference at the National Press Club yesterday prior to the departure of Sir John Wilson, Chairman of the IMPACT Foundation, UK. He came to Bangladesh on September 30 to talk to the Bangladesh government and representatives of UN agencies in Bangladesh on the proposed

programmes of the IMPACT Foundation.

A member of the trustee board of IMPACT Foundation, Bangladesh, Dr Rezaul Haque, said that the floating hospital would cover almost two-thirds of the country and hoped that the hospital would be completed by 1994.

Sir John Wilson and Chairman of the IMPACT Foundation Bangladesh, Shafat Ahmed Chaudhuri were present at the press conference. Dr Haque said that the UN agencies would take the leading role and Bangladesh government and the World Bank had agreed to help the IMPACT.



Wednesday

Table listing TV programmes for Wednesday, including Opening announcement, News in Bangla, and various news segments.



Indonesian children living in Bangladesh giving a performance of their traditional dance at IPGMR auditorium yesterday marking the 37th founding anniversary of the Kanchi Kanchar Mela.

Tk 30 cr projects to promote culture

The Ministry of Cultural Affairs has decided to implement eight more projects costing Tk 30 crore with a view to promoting the cultural arena of the country, reports UNB.

The decision came at a review meeting of the ministry with State Minister for Cultural Affairs Prof Jahan-Ara Begum in the chair yesterday.

The projects include development of district-level shilpaka academies, construction of a national art gallery, archives building and archaeological building, setting up a cultural centre at the Shahjhadpur Rabindra 'Kachari Bari,' establishing of a cultural

centre at Cox's Bazar. The meeting also discussed the progress of the ongoing projects and asked the concerned authorities for timely completion of the projects.

Cultural Secretary Islam Uddin Malik and heads of the concerned organisations of the ministry were present at the meeting.

Nirmul's call to root out anti-liberation forces

From Our Correspondent

RAJSHAHI, Oct 5: Convenor of Ghatok Dal Nirmul Jatiya Samannaya Committee Jahanara Imam today called upon all to root out the anti-liberation forces to safeguard the independence of the country.

She said the Jamaat-e-Islami and its student wing Islami Chhatra Shibir had unleashed a reign of terror across the country being empowered by funds provided from abroad. But the people inspired by the spirit of the Liberation War would resist the unholy force.

74 held in city

Police rounded up 74 people, including five wanted criminals, from different parts of the city in last 24 hours, reports UNB.

All the arrested people, who also include one charged with murder, two under the Anti-Terrorism Act, one accused of dacoity, two of robbery and another 12 of stealing, were produced before court.



M Mosharrif Hossain, Managing Director, Rapport Bangladesh Limited, giving away certificate to a participant at the 13th batch of BRAC-Rapport computer training course recently at BRAC computer centre.



The Lions Club of Dhaka Oriental donated 90 yards of cloth to an orphanage at Kapsasia, Gazipur recently to mark the World Lions Service Week. Ln Zuber Ahmed Khan, vice-president of the club is distributing the materials. Ln Anjan Maroof also seen.

Weather

Temperature may rise

By Staff Correspondent

The sky will remain partly cloudy over the country. Light rain or thundershowers is likely to occur at one or two places over Chittagong division and the weather is likely to remain mainly dry elsewhere over the country.

Met. office forecasts day temperature may rise by one to two degrees Celsius over the country.

The country's highest temperature of 35.4 degrees Celsius was recorded in Kutubdia and the lowest of 23.4 degrees Celsius was recorded in Hatiya yesterday.

The sun sets today (Wednesday) at 5:41pm and rises tomorrow (Thursday) at 5:52 am.

The maximum and the minimum temperatures and maximum and minimum relative humidity recorded in some major cities and towns of the country yesterday are:

Table showing weather data for various cities including Dhaka, Chittagong, Rajshahi, and Cox's Bazar, listing temperature and humidity.

Hannan Shah leaves for Hong Kong today. Jute Minister ASM Hannan Shah will leave for Hong Kong this morning, reports UNB. He is expected to visit China, Indonesia, Australia and Thailand to explore and evaluate the world jute and jute goods market.

Happy Birthday to My Husband. From: Only yours Binu.

Happy Birthday to Alim-Al-Rabby. From Colleagues of The Daily Star.

Sonali Bank Barguna Court Building Branch. Notice for Auction Sale of Pledged Gold/ Gold Ornaments of Bank. For recovery of Bank dues against Gold Loans of Sonali Bank, Barguna Court Building Branch by way of auction sale of gold/gold ornaments of gross weight 195 tolas and net weight 167 tolas approximately, sealed quotations are hereby invited from the real Goldsmiths/traders having licence on the following terms and conditions.

Hashem Khan to be sent to Singapore

By Staff Correspondent

Noted artist Hashem Khan will be sent to Singapore for treatment on Thursday, family sources said yesterday.

Khan has been suffering from complications which had clogged his oesophagus, they said.

The Ministry of Cultural Affairs yesterday handed a cheque for Tk 50,000 for Khan's medical expenses.

Meanwhile, a week-long painting show organised at La Galerie by his fellow artists to raise funds for the ailing Khan, ends today.

BCIC International Tender Notice

Managing Director, Zia Fertilizer Company Limited, Ashuganj, B'Baria, Bangladesh hereby invites sealed quotations as under:

Table with 8 columns: Sl. No., Tender Enquiry No., Description of goods, Terms of delivery, Due date of opening, Price of tender documents, Earnest Money, Source of financing.

Tenders will be received by the Chief Commercial Manager, Zia Fertilizer Co Ltd., Ashuganj, B'Baria, up to 2:30 pm on the date mentioned above and be opened the same day immediately thereafter in presence of the tenderers or their representatives, if any.

Tender documents with detailed specifications, terms and conditions will be available on all working days from 9:00 am to 12:30 pm on payment of the prescribed price in cash from the office of:

- (i) The Controller of Accounts, BCIC, 30-31, Dilkusha C/A, Dhaka. (ii) The General Manager, BCIC, 6, Agrabad C/A, Chittagong. (iii) The General Manager (Accounts & Finance), ZFCL, Ashuganj, B'Baria.

REDUCTION OF PARJATAN'S RENT-A-CAR SERVICE RATES. Parjatan's Rent-A-Car service has a wide range of vehicles. You can choose any one of those at reduced fare. Table showing Old fare and Reduced fare for various car types.