# 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 grounds. Among them, the picturesque in the prime-time TV news - as Bill Clinton surrounding of the parliament building by 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 its changing

Old, young, underweight, overweight, wellbuilt — 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 annovance 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 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 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 al have the same objective in mind - staying in

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 by exercising and you'll feel all the drowsiness 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?

float river-boat hospital By Staff Correspondent

**IMPACT** Foundation to

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

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 Opening announcement Al-Quran

Programme summary News in Bangla Recitation from the Geeta Khelar Jagot Hizol Tamal: Folk Open University Tagore songs

News in Bangla Nritter Taale Taale Film: The A-Team News in English

Magazine: Ujjiban Khabar/The News Tomorrow's programme Closing

# **BCIC International Tender Notice**

বিসিআইসি'র পণ্য শিল্পায়নে জাতীয় অগ্রগতির প্রতীক Managing Director, Zia Fertilizer Company Limited, Ashuganj, B'Baria, Bangladesh

hereby invites sealed quotations as under: Source of SI. Tender Price of tender Description Money No. Enquiry of opening financing of goods documents

	No				(non-refundable)		**************************************
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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, Ashugani, B'Baria.

BCIC 939-27/9 DFP (BA) 8766-28/9



IPGMR auditorium yesterday marking the 37th founding anniversary of the Kachi Kanchar - Star photo

# Tk 30 cr projects to promote culture

The Ministry of Cultural Affairs has decided to implement eight more projects cost ing 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 shilpakala academies, construction of a national art gallery. archives building and archaeological building, setting up a cultural centre at the Shahjadpur Rabindra "Kachari Bari," establishing of a cultural

#### 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.

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

#### Nirmul's call to root out anti-liberation forces

From Our Correspondent RAJSHAHI, Oct 5: Convenor of Ghatak Dalal Nirmul Jatiya Samannaya Committee Jahanara Imam today called upon all to root out the antiliberation forces to safeguard the independence of the coun-

She said the Jamaat-e-Islam 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.



M Mosharraf 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 Kapasia, Gazipur recently to mark the World Lions Service Week. Ln Zuber Ahmed Khan, vicepresident 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: Humidity in Cities/Towns Temperature in degrees Celsius percentage 6 pm 77 9 am 25.0 25.0 33.0 Chittagong 90 32.5 Raishahi 93 70 88 64 86 75 84

26.0

25.2

25.4

24.0

34.4

32.6

33.0

33.0

33.5

Khulna

Barisal

G-1304

Dinapur

Cox's Bazar

## anniversary observed By Staff Correspondent

The speakers at a function

Kanchi Kanchar

Mela founding

yesterday underscored the need for coordinated efforts on national and international basis to protect the rights of children and for ensuring a better future

Describing children as valuable national resources National Professor Muhammed Shamsul Huq alleged that 50 per cent children in the country were deprived of their basic rights.

The function held at the IPGMR auditorium in the city yesterday afternoon was organised by the Kendrio Kanchi Kanchar Mela on the occasion of its 37th founding anniver-

The function followed by cultural show was addressed by Dr Abdullah Al-Muti Sharfuddin, Rokonuzzaman Khan with Dr Anisuzzaman in the chair. National Professor Muhammed Shamsul Huq attended the function as the chief guest.

Professor Huq in his speech also added that no effective measures had yet been taken nationally or internationally to materialise the declaration on children's right.

More than 600 children were present in the function. Later, in the cultural show a group of Indonesian children also performed.

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 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.

#### Hannan Shah leaves for Hong Kong today

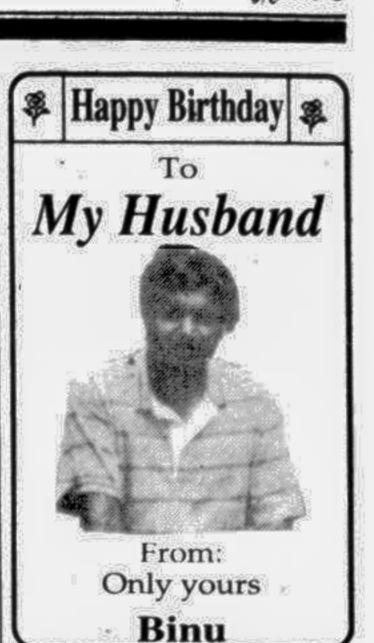
Jute Minister ASM Hannan Shah will leave for Hong Kong this morning, reports UNB.

He is expected to visit China, Indonesia, Australia and Thailand to explore and evaluate the world jute and jute goods

# # Happy Birthday #

Alim-Al-Rabby

From Colleagues of The Baily Star



### Sonali Bank

Barguna Court Building Branch

#### Notice for Auction Sale of Pledged Gold/ Gold Ornaments of Bank

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Sealed quotations must be dropped into the tender box kept in the Branch latest by 3 pm on 27-10-93 and the box will be opened at 4 pm on 27-10-93 in presence of the quotationers, if any.

Value (per tola) of gold/gold ornaments to be quoted on gross weight and net weight of gold/gold ornaments separately as per Bank's record and 5% of the total quoted value must be deposited as earnest money (refundable) by way of Bank Draft/Payment Order favouring "The Manager, Sonali Bank, Barguna Court Building Br, Barguna issued by any Branch of Sonali Bank. No quotation will be accepted without earnest money.

The intended quotationers will be allowed to check/examine gold/gold ornaments within 9:00 am to 4:30 pm on any day at Sonali Bank, Barguna Court Building Branch except Thursday/Friday & other closing days.

The accepted quotationers will be bound to take delivery of gold/gold ornaments by depositing entire value thereof within 15 days of issuance of acceptance letter to him/ them. Otherwise earnest money will be for feited.

Gold/gold ornaments if withdrawn by the borrowers from the Bank by repaying Bank dues before delivery to the accepted quotationer are to be excluded from the auction list.

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130.00	35.00	110.00	30.00
120.00	25.00	100.00	20.00
	Per hr 100.00 80.00 145.00 110.00 160.00 130.00	Per hr Per KM/  Miles  100.00 12.00  80.00 09.00  145.00 25.00  110.00 15.00  160.00 45.00  130.00 35.00	Per hr         Per KM/ Miles         Per hr           100.00         12.00         85.00           80.00         09.00         65.00           145.00         25.00         120.00           110.00         15.00         90.00           160.00         45.00         130.00           130.00         35.00         110.00

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