

Dhaka Day by Day

A Sporting Banker

by Raffat Binte Rashid

Triathlon is a race like any other walkathon, cycle race, marathon etc. In this competition all you have to do is mix a bit of walking, swimming, cycling in the race: to be precise all you have to do is swim in the open sea for 1.5 km and almost immediately cycle for 40 km which is instantly followed by another 10 km run. Woo! No problem, provided you have super genes and belong to the elite sportsmen club. Now John Chang who claims to belong to neither of the mentioned category has participated in three such competitions and is, at the moment preparing for the fourth one.

Super genes or not Chang certainly has super dedication and commitment. A Malaysian banker, who is on an international transfer here in Dhaka, Chang is most certainly the different one. At the age of 35 when most of his banks colleagues have given up on their Mr Universe shape and have grown soft corners all over their body, Chang is adamant that he will live young and be fit till time permits.

While in Kuala Lumpur I used to cycle to work. Moreover, I was always into sports since my school days. In work we had shower facilities and by the time I sat behind my desk I was fresh and clean," he explains adding that while in Dhaka he gave upon all sorts of exercises and work-outs. "Since I love to eat I was gaining weight and as a consequence I went downhill as far as my health chart was concerned," he says.

After almost a two-year break from cycling — his main exercise or sports activity — he started to cycle again only three months ago. "I lost 12 pounds during this time without cutting on food. Cycles are the most efficient machine man ever invented. Once you get into the rhythm of cycling it is the most easy task, provided you have the right type of cycle," he explains.

"Buying a cycle is like buying a new shirt, you look for something comfortable, something that suits your size and taste. No matter how efficient a cyclist you are, if you don't have the correct size you'll be uncomfortable," he remarks.

It is said that bankers never see the sun, they work under tremendous pressure. But for

Chang things are not so. "I make it a point that I work like mad for five and a half days and play like mad for one and a half day."

"The most difficult step is to step out of the door again once you step in after work. The first five minutes is killing but you must realize that the entire day you work under pressure. You are stressed and if you don't work that out, it will accumulate in your arteries and then old age would surely catch up." Chang talks about his reasons to stay fit.

For his next triathlon race in June to be held in the States he is training hard. Every morning at 6 am he cycles to Tongi and back, after work, ground 7.30 pm he walks 8 km around Gulshan and as for swimming he lifts weights during weekends.

Bicycling is easy on the joints, the weight is scattered throughout the body. Chang cycles to Comilla every other Friday and this takes him only 2 hours 15 minutes. Only 15-minute extra time compared to a car drive. He says that the terrain is flat here in Bangladesh and it is good for the sport. "Cycling is also sort of a mental relaxation for me. Whenever I am stuck with a bank problem or is in great need of new creative ideas, I cycle to relax my body and mind and almost magically I find solutions to my problems.

Besides sports, Chang is also in photography and music. "I have my own band called 'Blind Faith' and we perform charity concerts and whatever we get goes to charity."

A dedicated banker as well, he believes that a banker's philosophy should be simple and obvious. He should have knowledgeable power to make decision. "It is the service that is important, not any products that the bank offers. Bankers should always better prepared and always be should be able to satisfy clients' needs."

"Bangladeshi youths in the bank where I work are extremely cooperative, eager to learn, hard working, friendly and above all they all want to improve.

John Chang with all his commitments and responsibility is a man who, despite strenuous demands of his profession, has not given up life's other sweet things.



Chang on the move.



Jute Minister Hannan Shah inaugurating a week-long photo, stamp exhibition at the Russian Cultural Center auditorium in the city yesterday. Russian Ambassador Dr Eduard S Shevchenko is also seen.

'Improve law to save minors from sexual abuse'

Speakers at a discussion in the city yesterday emphasised on the need for creating public awareness and improving the legal system to save the children from sexual exploitation in the society, reports UNB.

Breaking the Silence, a forum working for creating awareness about sex abuse of children, organised the discussion on the occasion of its first founding anniversary at Women's Voluntary Association auditorium.

The speakers said children are sexually abused around the globe and Bangladesh is not an exception. This sort of sexual exploitation is being hushed up in our country due to socio-cultural condition.

Mental and physical development of abused children are being hampered and even in some cases cause death. This type of incidents are increasing day by day creating worldwide concern, they said.

All boys and girls under the age of 18 are considered children, according to the UN charter on child rights.

Rokonuzzaman Khan, Dr Nilima Ibrahim, Shafiq Rehman, Safia Azim, Dr Ahmadullah Miah and Mahbuba Akhtar Lina spoke at the function.

Rokonuzzaman Khan stressed the need for enacting adequate laws to prevent children and women oppression in the society. It is unfortunate that child traffickers go unpunished as there are some 'big fishes' involved in the illegal trade.

They should be resisted to reduce the intensity of child abuse. Publicity and consciousness must be increased to curb both the physical and sexual torture on children," he said.

Dr Nilima Ibrahim termed the child abusers as insane persons and said they should be identified and treated properly. Legal system regarding sex abuse should work without fear or favour so that offenders can't escape punishment, she said.

Underaged marriage, particularly at the age of 8/9, is also one sort of sex abuse which is happening under the very nose of law enforcers, she said.

Shafiq Rehman emphasised building up proper economic and social environment for children to grow up.

He stressed the need for social mobilisation, economic emancipation and political commitment to prevent sexual exploitation of children.

A drama on the theme was also staged in the function.

Lawyers call on President

The newly elected members of the Jhalakathi District Bar Association Wednesday called on President Abdur Rahman Biswas at Bangabhaban, reports BSS.

Talking to them, President Biswas said the role of law can not be strengthened without the active support and participation of the lawyers.

Sale !!

Ladies Wear for Summer at La Galerie 54, Kemal Ataturk Avenue April 30, Sunday 11 AM-8 PM D-427



LDF to submit memo to CEC

Left Democratic Front (LDF) will submit memorandum to the Chief Election Commissioner on April 30 to press for its demands including elections under a caretaker government.

In Dhaka, the front workers and leaders will assemble near the National Museum from where they will march in a body to the Election Commission, Secretariat at 11 am.

Freshers' reception

Housing and Works Minister Rafiqul Islam Mia said the government attaches priority to education, particularly women education, reports UNB.

The budget allocation for education sector was the highest since independence, the Minister told a freshers' reception of Begum Badrunnesa Government Mahila College yesterday morning.

Presided over by Principal Fawzia Ali, the function was also addressed by State Minister for Social Welfare Fazlur Rahman.

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What's on today

Sculpture, art show: The solo sculpture and art exhibition by Hamiduzzaman Khan will open. Venue: Jolon Art Gallery. Time: 6:30 pm. DU VC Prof Emajuddin will inaugurate. The show runs from 3 to 8 pm everyday through May 8.

Seminar on health: The central executive council of the Doctors for Health and Environment has organised a seminar on the health system in Bangladesh. Venue: BMA Bhavan Tophkana Road. Time: 10 am. Chief guest: Prof Zillur Rahman Siddiqui. Dr Ahmed Rafiq will present the key-note paper.

Discussion on mental disorders: A discussion on counselling on psychosomatic disorders will be held. Venue: Psyche Mental Health Centre, 135, Azimpur Road. Time: 9 am.

Lions Club of Dhaka Pallabi: The charter presentation, award and certificate giving ceremony of the club will be held. Venue: Kajinshi Chinese Restaurant, Mirpur. Time: 6:30 pm.

Art show concludes: The week-long art exhibition by Kamal Ahmed will conclude. Venue: Zainul Gallery, Institute of Fine Arts, DU. Time: 7 pm.

Zahir Raihan Film Society: The film 'In the Line Fire' will be screened as part of the society's three-day Wolfgang Peterson retrospective. Venue: German Cultural Centre. Time: 4 pm.

Seminar on environment: A seminar styled 'Right to a Clean Environment' will be held. Venue: Purbani Hotel. Time: 4:30 pm. Society for Emancipation of the Least Fortunate (SELF) Bangladesh has organised the seminar.

Reception: Nalta High School Ex-student's Sangsad will accord reception to Prof Dr Ruhul Hoq, noted joint specialist and project director of the Pangu Hospital. Venue: TSC seminar room, DU. Time: 7pm. Prof Dr Golam Rahman, Dean, Faculty of Architect and Planning, BUET, will attend the function as chief guest.

Russian film show: The film 'The Blockade' by Mikhail Yershov will be screened on the occasion of the week-long photo, stamp and film exhibition. Venue: Russian Cultural Centre. Time: 6pm.

Talk on aid policy: Asiatic Society of Bangladesh has organised a discussion on 'Japan's aid policy in Bangladesh'. Venue: Seminar room of the society. Time: 4:30 pm.

Memorial meeting: A discussion on Nurul Islam Shams, former chief commissioner of the Bangladesh Scouts, will be held on his 15th death anniversary. Venue: Sham Hall, Scout Bhaban. Time: 5 pm.

Reunion: The first reunion of the old students of H M Mohsin of Dhaka University will be held. Venue: TSC, DU. Time: 10 am. Chief guest: Dr Innas Ali, National Professor and the first provost of the hall.

Weather

Dry spell to continue

Rain or thundershower accompanied by temporary kalbaishakhi gusty or squally wind is likely at one or two places over Dhaka, Chittagong, Rajshahi divisions during the next 12 hours till 6 pm today, reports UNB.

Met office says weather may remain mainly dry elsewhere across the country and no appreciable change in day temperature is expected.

In its outlook for subsequent two days weathermen predicted little change. Giving extended outlook for another five days Met Office forecast thundery activities.

Meantime, Sylhet has 22 mm rain and Rangpur 1 mm shower during the last 24 hours till 6 am yesterday.

Country's highest temperature 38.8 degrees Celsius was recorded at Ishurdi and the lowest 19.2 degrees at Sylhet. The sun set today at 6:26 pm and rises tomorrow at 5:26 am.

One crore hypertension patients in country

SSMCH Correspondent

About one crore people in the country are suffering from hypertension and 20 lakh of them from ischaemic heart diseases.

Speakers told this at a seminar of 'Pragmatic Approach to Hypertension Management and Amdocal (Amlodipine)', organised by Beximco Pharmaceuticals Ltd at a local hotel yesterday.

Presided over by Prof SGM Chowdhury, Prof MA Zaman, Prof M Amanullah, Abdul Mukhtar, marketing manager of Beximco Pharmaceuticals and Dr Tarik.

Prof SGM Chowdhury mentioned a study carried out in IPGMR which states that more than 80 per cent of stroke patients were undetected hyper-

tensive cases before their stroke. From the limited data available different studies carried out in Bangladesh, it appears that not only is a high proportion of the hypertensive patients remain undetected and consult a physician only after he or she had suffered from a dreadful complication.

Recently Amlodipine has gained widespread acclaim of physicians worldwide as first line antihypertensive agent due to some of its definite properties like outstanding blood pressure controlling action, superb safety margin and excellent patients compliance with once daily dose which have made Amlodipine (Amdocal) a novel and versatile antihypertensive agent.

BR to sell Eid advance tickets

Bangladesh Railway will sell advance tickets of all inter-city trains from Dhaka and Chittagong for home-bound Eid passengers with effect from May 1, according to a railway press release issued yesterday, reports BSS.

Railway has made special arrangements for selling Eid advance tickets at Dhaka and Chittagong stations. Single or group tickets may be obtained as per choice of the passengers.

Advance ticket counters will remain open from 7:30am to 4 pm refund of advance tickets for the above period will not be allowed.

All inter-city trains will run on their weekly off days from May 1 to May 10 and May 13 to May 18, the press release added.

শাহজালাল বিজ্ঞান ও প্রযুক্তি বিশ্ববিদ্যালয়
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২৫-০৪-৯৫

অপেক্ষমান তালিকা থেকে মেধা ও অংশনের অধিকার ভিত্তিতে বিভিন্ন বিভাগে ১ম বর্ষ স্নাতক শ্রেণীতে ভর্তির জন্য নির্ধারিত প্রার্থীদের রোল নং নিচে বিভাগ ভিত্তিক দেয়া হল। তাদেরকে আগামী ২৪ মে ১৯৯৫ তারিখের মধ্যে ভর্তি হতে হবে অন্যথায় তাদের ভর্তি নির্ধারিত বাতিল বলে গণ্য হবে। এতদসঙ্গে একটি চুক্তি অফিসের তালিকাও সংযোজিত হল। অপেক্ষমান তালিকাতত্ত্ব আগামী প্রার্থীদেরকে আগামী ৩০ মে ১৯৯৫ তারিখে সকাল ৯টায় ভর্তি কর্মসূচি সভাপতির সঙ্গে সাক্ষাৎ করার জন্য নির্দেশ দেয়া যাচ্ছে। সীট বন্টন বাতিল উপস্থিত প্রার্থীদের মধ্য থেকে মেধা ভিত্তিতে ভর্তির জন্য নির্ধারিত করা হবে এবং নির্ধারিত প্রার্থীদের অবশ্যই ৪টা মে ১৯৯৫ তারিখের মধ্যে ভর্তি হতে হবে। চুক্তি অফিসের তালিকাতত্ত্ব প্রার্থীদেরকে কোনক্রমেই ভর্তির নিশ্চয়তা দেয়া যাচ্ছে না। আরও জানানো যাচ্ছে যে, এ তালিকাতত্ত্ব কোন প্রার্থী ভর্তি হওয়ার পর বিভাগ পরিবর্তনের প্রক্রিয়ায় আসবেন।

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12667 11742 10362 11290 12490 10683 12999 11983 11243

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10733 10778 10123 12234 10982 12226 10630 10045 12621
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