

Dhaka Day by Day

Morbid Anxiety from Imaginary Ills

by Tulip Chowdhuri

"Oh my Lord, I've got pain on my left chest. My boss had similar pains before the doctor told him about his heart ailment. My sister rang up from her office to tell me about her most recent worry. She frequently did ring me up about similar problems."



Some people are very alert and some are rather ignorant about their health care. Yet there are some others who are so scared of diseases that they imagine all of them to be creeping up their backs. Hypochondriacs are people who have morbid anxiety about health. They suffer from imaginary illness and nervous malady.

Aged about 32 years, Shireen is one of the well known hypochondriac around. She is always complaining about some imaginary illness, by chance she has to visit the hospital, she feels as if her world has gone in to pieces.

God, I feel as though all those patients and their diseases are walking all over me like worms. I say Shireen giving a big shiver of fright.

Once Shireen spent two hours with a text book of surgery which belonged to a MBBS student. The next thing that Shireen was confirmed about was that almost all the parts of her body were ready for surgical cure.

Shireen may be an acute sufferer of hypochondria. But once in a while everyone seems to suffer a little bit of this morbid anxiety about health. Quite often very healthy people can be heard to say such things as, "oh dear there's a horrible pain on the right of my abdomen. I hope it's not the appendix..." or "I've got a severe headache. Doc, is it a brain tumour?"

Young people suffer less from anxiety about health. But as people reach their middle age, the fear of getting old seems to visit them once in a while. They begin to realize how precious and short life is. Hence the anxiety of diseases, specially those ones which strike around middle ages seems get a fearful hold on them.

There are people who say that diseases have increased. People become ill from time to time more often. The truth is that years back diseases remained unidentified. But with the aid of science now more diseases and their cures can be traced among people. The more are the medical facilities the greater the chances of diagnosis of diseases. Dhaka city definitely has an edge in this respect over other cities, towns and the rest of the country.

How-ever, in villages where medical facilities are almost absent, people are less worried and fussy about their health and are less likely to be hypochondriac.

In Dhaka, we have more educated women more fast food shops, more vehicles and our concept of life is more and more modern. But at the same time traffic jams and road accidents have increased, admissions to schools and colleges is tougher, youths are more difficult to manage and so on. With all these worries how can we keep in good health? A housewife laments.

People are so busy chasing after fame and wealth that often they do not get the right amount of rest, food or other health care. That does not necessarily mean they should suffer from hypochondria. The best we can do is to "make hay while the sun shines" and get the best out of life while it is young and energetic.

Some people are very alert and some are rather ignorant about their health care. Yet there are some others who are so scared of diseases that they imagine all of them to be creeping up their backs. Hypochondriacs are people who have morbid anxiety about health. They suffer from imaginary illness and nervous malady.

Aged about 32 years, Shireen is one of the well known hypochondriac around. She is always complaining about some imaginary illness, by chance she has to visit the hospital, she feels as if her world has gone in to pieces.

God, I feel as though all those patients and their diseases are walking all over me like worms. I say Shireen giving a big shiver of fright.

Once Shireen spent two hours with a text book of surgery which belonged to a MBBS student. The next thing that Shireen was confirmed about was that almost all the parts of her body were ready for surgical cure.

Shireen may be an acute sufferer of hypochondria. But once in a while everyone seems to suffer a little bit of this morbid anxiety about health. Quite often very healthy people can be heard to say such things as, "oh dear there's a horrible pain on the right of my abdomen. I hope it's not the appendix..." or "I've got a severe headache. Doc, is it a brain tumour?"

Young people suffer less from anxiety about health. But as people reach their middle age, the fear of getting old seems to visit them once in a while. They begin to realize how precious and short life is. Hence the anxiety of diseases, specially those ones which strike around middle ages seems get a fearful hold on them.

There are people who say that diseases have increased. People become ill from time to time more often. The truth is that years back diseases remained unidentified. But with the aid of science now more diseases and their cures can be traced among people. The more are the medical facilities the greater the chances of diagnosis of diseases. Dhaka city definitely has an edge in this respect over other cities, towns and the rest of the country.

How-ever, in villages where medical facilities are almost absent, people are less worried and fussy about their health and are less likely to be hypochondriac.

In Dhaka, we have more educated women more fast food shops, more vehicles and our concept of life is more and more modern. But at the same time traffic jams and road accidents have increased, admissions to schools and colleges is tougher, youths are more difficult to manage and so on. With all these worries how can we keep in good health? A housewife laments.

People are so busy chasing after fame and wealth that often they do not get the right amount of rest, food or other health care. That does not necessarily mean they should suffer from hypochondria. The best we can do is to "make hay while the sun shines" and get the best out of life while it is young and energetic.



The City unit of Awami League brought out a rally in the city yesterday to protest the removal of Bangabandhu Sheikh Mujibur Rahman's portrait from a cabinet room of the Sangsad Bhaban on Saturday, just before a meeting of the BNP parliamentary party.

Lawyers propose code of conduct for political parties

A countrywide network of lawyers announced a 37-point proposal for formulating a code of conduct for political parties to make them accountable to the people and for more empowerment of the masses, reports UNB.

Addressing a press conference in the city yesterday FR Mahmud Hasan, Executive Director of Gonoshahajira Sangstha that guides the lawyers network - Association for Legal Aid & Legal Education - urged the new parliament to consider the proposals.

The proposals were collected in a number of discussions of the association in 27 districts in last one year and finalised at a two-day seminar that concluded at the Academy for Planning and Development in the city yesterday.

The press conference was also attended by Prof Anisur Rahman and President of the Association for Legal Aid & Legal Education Sheikh Abdul Hasan.

Highlights of the proposals: Imposing a ban on use of arms in politics through political parties manifesto. Taking legal action against those who will be elected using arms and black money.

Not giving membership or nominating civil or military bureaucrats in election before five years of expiry of their retirement.

Imposing ban on religion-based political parties and use of religion in politics and politics in places of worship.

people every three months. Nominating party candidates in election after secret balloting by local party leaders.

Introducing re-calling system with signatures of two-thirds of voters of a constituency to oust an MP for his or her failure or moral turpitude and fresh election there.

Not issuing any political programme that hampers public life.

Making parliament the centre of all political activities. Formation of a national committee to oversee government's activities against terrorism.

What's on today . . .

Musical soiree: Surer Dhara, a cultural organisation, presents Bangla Goner Dhara marking the death anniversary of Rabindranath Tagore. Venue: Shilpakala Academy auditorium. Time: 7:30 pm.

Noorjahan Memorial Award: The Noorjahan Memorial Award '95 will be handed over today. Delta Life Insurance Co. Ltd has introduced the award. Adviser of the former caretaker government Nazma Chowdhury will be present as special guest. Venue: Jatiya Press Club VIP lounge. Time: 4:30 pm.

ESCAP/IMO seminar: The inaugural session of the ESCAP/IMO seminar on Facilitation of Maritime Traffic will be held. Chief guest: Shipping Minister A S M Abdur Rob. Venue: Purbani Hotel. Time: 9 am.

Business seminar: The Dhaka Chamber of Commerce and Industry, German Federation of Small Business and Technonet Asia of Singapore have jointly organised a seminar on 'Infrastructure and to the development of export oriented light Engineering industries'. Venue: DCCI auditorium. Time: 10 am.

Rotary Club of Dhaka North: The regular weekly meeting of the club will be held. Venue: Sonargaon Hotel. Time: 9 pm.

Rotary Club of Dhaka Central: The regular weekly meeting of the club will be held. Venue: Dhaka Club. Time: 1:30 pm.

Rotary Club of Dilkusha: The regular weekly meeting of the club will be held. Venue: Purbani hotel. Time: 5:30 pm.

and tomorrow

DU English dept memorial meet: The English department of Dhaka University will hold a meeting to condole the death of Professor Shamaudhoh. Venue: DU TSC seminar room. Time: 11 am.

More felicitations to Hasina: More heads of state and government have felicitated Sheikh Hasina on her assumption of the office of the prime minister of Bangladesh, reports BSS.

Those who sent their messages of felicitations yesterday are President Soeharto of Indonesia, Amir of Qatar Hamad Bin Khalifa Al-Thani, vice president of Iraq, Izzat Ibrahim, and prime minister of Malta, Edward Fenech-Adami.

Seminar on maritime traffic: A four-day seminar on Facilitation of Maritime Traffic organised by the Ministry of Shipping in collaboration with the International Maritime Organisation and ESCAP begins in the city today, reports UNB.

Shipping Minister A S M Abdur Rob will inaugurate the seminar at Hotel Purbani, said an official handout yesterday.



President of Jatiyatabadi Chhatra Dal Fazlul Haq Milon speaking at a JCD rally in front of the Jatiya Press Club yesterday.

Weather

Moderate rainfall likely

Moderate rain or thundershower accompanied by temporary gusty or squally wind is likely at most places over Dhaka, Chittagong, Sylhet, Barisal divisions and at many places over Khulna and Rajshahi divisions in the next 12 hours till 6 pm today, reports UNB.

Met Office says moderately heavy to heavy falls may occur at places over Dhaka Chittagong and Sylhet divisions during the period.

No appreciable change in day temperature is expected across the country. In its outlook for subsequent two days weathermen forecast increase in rainfall activity. Giving extended outlook for another five days Met Office predicted no appreciable change.

Country's highest temperature 33.2 degrees Celsius was recorded at Khulna and the lowest 23.2 degrees at Kutubdia. The sun sets today at 6:50 pm and rises tomorrow at 5:18 am.

Table with 4 columns: City/Town, Temperature in Celsius (max, min), Humidity in percentage (morning, evening). Rows include Dhaka, Chittagong, Rajshahi, Khulna, Barisal, Sylhet, Cox's Bazar.

Job Opportunity

A Dhaka-based reputed research organisation invites application for the following positions:

PROGRAMME OFFICER - The candidate should have research experience including a masters in social science. Computer literacy (including word processing) would be an added advantage. The candidate should be able to work in a multi-disciplinary environment, should possess excellent presentation skills, including clear and concise writing abilities, and a pleasant personality. The candidate is expected to work under deadline and the position has growth potential. Women are encouraged to apply.

COMPUTER OPERATOR - Graduate and good working knowledge of word processing and desk top publishing. Salary commensurate with experience. Women are encouraged to apply.

Please apply to Executive Director, C/o: The Daily Star, Box # D-708, Dhaka with 1 recent photograph and a CV including two references by July 15, 1996.

Directive to remove wrecked ship from Kafco jetty

CHITTAGONG, July 7: Shipping Minister A S M Abdur Rab today directed all concerned to retrieve and remove the damaged ship 'V Blue North' from its present place, reports BSS.

During his visit to Kafco jetty, the Shipping Minister directed the local agent of the ship, importers of goods carried by it and others concerned to complete all necessary work, including survey, unloading of goods and retrieving the damaged ship quickly.

The Malta flag carrier MV Blue North suddenly hit the Kafco jetty when its anchorage brake failed on June 25. As a result, both the jetty and the ship were damaged, according to an official handout.

Two thousand bags of cement are being unloaded from the ship everyday. It will be possible to remove the ship

Salman Haider meets Kibria: The visiting Foreign Secretary of India, Salman Haider, called on the Finance Minister, S A M S Kibria, at his secretariat office yesterday, reports BSS.

During the meeting they discussed matters of mutual interest with particular importance to the bilateral cooperation between the two countries in the fields of trade and commerce.

Both of them expressed the hope that the existing friendship and cooperation between the two countries would be strengthened further through mutual understanding.

Meanwhile the visiting Indian Foreign Secretary Salman Haider also called on the Minister for Water Resources, Abdur Razzak, at the latter's secretariat office. They discussed matters relating to bilateral issues and exchanged views of the problems and development of water resources of Bangladesh, according to an official handout.

Series for women on BBC Radio begins today

A joint BBC World Service-UNICEF educational radio series for Bangladesh starts from today on the World Service in Bangladesh, says a press release.

The 15-part series, 'Facts for Life', is aimed at women of all ages.

Narrated by Syed Shamsul Haq, each programme will be 6 minutes long and will start off with a dramatised illustration of the area under discussion, interviews with medical workers, non-governmental organisations and community members will also be incorporated and a bullet-point summary will conclude the programme.

Each programme will deal with a separate topic and the series will cover a range of issues, including family planning, safe motherhood, child development, hygiene, HIV and AIDS and other health-related topics.

'Facts for Life' will be broadcast during the 1400 (BST) transmission on 15360 KHZ (19m), 17655 and 17790 KHZ (16m) and on 100 FM in Dhaka. Repeats can be heard in Dhaka only on 100 FM in the 2010 slot.

Meanwhile, ministries of Health and Family Welfare, Information and Education, UNICEF, WHO, UNESCO and UNFPA have jointly produced an accompanying booklet to the series.

WB, ADP to help revamp local govt bodies: The World Bank (WB) and Asian Development Bank (ADB) will further expand its cooperation for making the local government infrastructure strong and progressive, reports BSS.

This was stated by representatives of the World Bank and Asian Development Bank when they called on Minister for LGRD and Cooperatives Md Zillur Rahman in the city yesterday.

The minister, during the meeting, said that qualitative changes would be brought to the local government infrastructure, and all local government institutions, including the union parishes, would be given more power to make them stronger.

Tree plantation programme begins at IPSA

A week-long tree plantation programme began yesterday at the Institute of Postgraduate Studies and Agriculture (IPSA), reports UNB.

IPSA Rector Prof Abdul Halim opened the programme by planting a mango sapling at the institute's campus. Officials, employees and staff of IPSA also planted saplings on the occasion.

Meanwhile, Afforestation and Beautification Committee of the Institute has taken up a programme to plant more than 1,000 forest and fruit saplings during the current monsoon, says a press release.

Employers' assoc team meets Mannan

A three-Member delegation of Bangladesh Employers' Association led by its president Laiba Rahman Kabir yesterday called on State Minister for Labour and Manpower M A Mannan at his office in the city, reports BSS.

During the meeting, they emphasised the need for maintaining congenial atmosphere in the mills and factories for the sake of increasing production and flourishing the industrial sector.

The members of the delegation also urged the minister to hold meeting of the tripartite consultative committee on regular basis for the improvement of owner-worker relationship.

Death anniversary

The 6th death anniversary of Dr M A Mattalib, the founder of Community Health Research Association, will be observed today at 5 pm at the association's Bijoy Nagar head office of the association, reports BSS.

2 envoys call on Samad Azad

Australian High Commissioner to Bangladesh Kenneth William Aspinall called on Foreign Minister Abdus Samad Azad at his office yesterday, reports UNB.

During the meeting the Bangladesh Foreign Minister recalled with gratitude the moral support extended by Australia towards our Liberation War.

Samad Azad conveyed his greetings and best wishes to the Australian Foreign Minister Alexander Downer.

They also discussed matters of mutual interests, said a handout.

Meanwhile, the South Korean Ambassador to Bangladesh, Jong Kyoo Byou, called on Foreign Minister Abdus Samad Azad at the Foreign Office yesterday.

ঢাকা সিটি করপোরেশন

প্রকৌশল বিভাগ, অঞ্চল-৭

আপনার পরিবেশ সুন্দর ও পরিষ্কার রাখুন

আপনার শিককে টাকা দিন

Table with 5 columns: ক্রমিক নং, কাজের নাম, প্রাক্কলিত টাকা, বায়নার টাকা, সময়সীমা. Lists various municipal works and their costs and durations.

রাজশাহী বিশ্ববিদ্যালয়

বিজ্ঞান নং ২১/৯৬ তারিখ: ১-৭-৯৬ইং

আবশ্যিক

রাজশাহী বিশ্ববিদ্যালয়ের কলিত পদার্থ বিজ্ঞান ও ইলেকট্রনিক্স বিভাগে একটি স্থায়ী টেকনিসিয়ান (ইলেকট্রিক্যাল/ইলেকট্রনিক্স) পদ পূরণের জন্য বাংলাদেশী নাগরিকদের নিকট হতে দরপত্র আহ্বান করা যাচ্ছে।

বাকশাহী বিশ্ববিদ্যালয়ের কলিত পদার্থ বিজ্ঞান ও ইলেকট্রনিক্স বিভাগে একটি স্থায়ী টেকনিসিয়ান (ইলেকট্রিক্যাল/ইলেকট্রনিক্স) পদ পূরণের জন্য বাংলাদেশী নাগরিকদের নিকট হতে দরপত্র আহ্বান করা যাচ্ছে।

ঢাকা সিটি করপোরেশন

প্রকৌশল বিভাগ, অঞ্চল-৭

আপনার পরিবেশ সুন্দর ও পরিষ্কার রাখুন

আপনার শিককে টাকা দিন

দরপত্র বিজ্ঞপ্তি

নিম্নে বর্ণিত কাজসমূহের জন্য ঢাকা সিটি করপোরেশনের সকল শ্রেণীর তালিকাভুক্ত টিকাদারদের নিকট হতে বাংলাদেশে ফর্ম নং ২৯/১১তে সীলমোহরকৃত নামে টেন্ডার আহ্বান করা যাইতেছে।

Table with 5 columns: ক্রমিক নং, কাজের নাম, প্রাক্কলিত টাকা, বায়নার টাকা, সময়সীমা. Lists various municipal works and their costs and durations.