# ===F0CUS====

# Our Food Balance Sheet

HOSE who read newspapers regularly are familiar with the phrase 'self sufficiency in food'. In most of the official documents and the speeches of politicians and officials given in meetings/seminars, it has almost always meant self sufficiency in cereal grains. This is a misnomer that has been in use, often consciously, for decades. Cereals constitute only a part of our food system which includes many other equally important items, like, pulse, fish, meat, milk, egg, oil, sugar, vegetables. fruit and spices. All these items are of daily necessity in our

Successive governments in the past have accorded the topmost priority to the production of the cereals. This was partly because these happen to be our staple foods and partly due to the fact that availability of the cereals imparts a sense of food security in the minds of the people. In spite of a substantial increase in the production of rice and wheat during the past 25 years, self sufficiency in cereals still remains elusive. But by giving too much attention to the cereals we have neglected other vitally important items of food and the result has been disastrous.

We take food not just for survival but to live healthy lives. Our daily diet must supply all of the essential nutrients in adequate quantities, that is, our food should be balanced nutritionally But practically, the average diet of the people is now heavily deficient in almost all of the essential nutrients. A survey carried out in 1981-82 by the Institute of Nutrition and Food Science, Dhaka University showed that the diet of about 75 per cent of the population is deficient in protein and calorie and that 80-90 per cent of the people suffer from the deficiency of vitamins A and C. calcium and iron. A recent report by the Dhaka office of the Hellen Keller International says that nearly 30,000 children go blind every year due to deficiency of vitamin A. Clinically, we are thus a nation of sick people with severely impaired physical and mental faculties. We have virtually lost out vitality. Our average height and weight is slowly going down. This situation is bound to have far-reaching consequences for the progress of the nation. Shortage of food items has

been a lingering problem of Bangladesh for decades. Initially, we had to import only rice to supplement local produc tion. Gradually new food items entered the import list Today. besides rice, we have to import many items including lish. onion, ginger, even eggs and vegetables. Quantities of import are increasing year by year. We did not approach our food

problem from the scientific point of view, that is, the nutritional aspect of the problem was not given due consideration. Increasing shortages of different food items has gradu ally reduced the diet of the people to one that is incapable of protecting the body, although modern seience has provided us with simple ways to combat the deficiencies of at least the mi cro nutrients. Our failure lies in the fact that we could not tell our people, ignorant as they are about nutrition, how to protect their health. Otherwise the sit uation would not have become as bad as it is today. Many ailments in Bangladesh are asso-

ciated with reduced body resis tance caused by deficiencies of micro nutrients. That a small quantity of inexpensive vegetables, as little as 50 grams, taken daily in the proper method can eliminate the deficiencies of important vitamins and minerals is a known fact which we could not make use of. I have an intention to elaborate on this statement in a separate essay

Food is the most important basic necessity of life. It should be interesting for the readers to know our present status in the food front. Periodical review of the food situation is necessary for developing consciousness of the people about a problem of such significance. Even ordinary people car contribute towards a solution, if they know the problem. In this paper, I have tried to assess our demand for food for solving the nutrition problem and have suggested approaches for tackling the problem scientifically.

#### Scientific Basis of Food Requirement

Foods supply nutrients that

are essential for the normal functioning of the body. Prolonged and severe deficiency of any nutrient leads to impairment of body functions manifested by specific symptoms. There are many nutrients but those that are commonly found deficient in Bangladesh include protein, calorie (energy), vitamin A, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>. vitamin C, calcium and iron Experts have developed methods for determining the body's need for different nutrients which varies according to age. body weight, sex, profession and climate. The methods are available in a few publications of the World Health Organization and the Food and Agricultural Organization. The Institute of Nutrition and Food Science. Dhaka University has prepared a chart showing the needs of the people of different age groups for important nutrients. Using the chart, I have calculated for Bangladesh the average per capita daily minimam requirements of nutrients which are as follows: protein -60 grams, calorie — 2220, vitamin A - 2300 international units, vitamin  $B_1 - 1$  milligram (mg), vitamin  $B_2 - 1.1$ mg. vitamin C — 25 mg. calcium -480 mg and iron -11 mg.

It is however not always necessary to calculate food requirement on the basis of all nutrients individually. A thumb rule that is extensively used world-wide is to calculate food required in the basis for thally it is kilo caloriel alone. In doing this, it is assumed that the required calories will be derived from all kinds'of food so that the body's need for other nutrients are met automatically.

What is the average calorie requirement in Bangladesh? Until now there is not a single agreed figure. The National Nutrition Council has proposed 2700 calories per capita per day. The Institute of Public Health and Nutrition has suggested 2200 calories. Incidentally, these two organizations used to be located in the same building for many years. According to the FAO office of Dhaka it should be 2332. One document of the Planning Commission say that 1900 calories are sufficient

There cannot be four different figures for calorie requirement in the same country. I

have done an exercise to synthesise the above proposals and have come up with a figure of 2220 calories. This may be adopted nationally with modification, if any, suggested from any quarter. According to a report of the FAO the average intake of calories in Bangladesh in recent years has been around 1880. Hence, 2220 is a good target to pursue. It is absolutely minimum for nutrition. The more difficult part of computing the national food requirement is to determine how many of the required calories should be derived from which kind of food. It has to be in conformity with the dietary habit of the people which refers to the items of food that the majority population take regularly. The suggested diet has to be nutritionally balanced and at the same

shown in Table 1. Taking into consideration the nature of the existing problem of malnutrition on the one hand and the potentials for increasing the domestic production of food on the other, I suggest here a dietary composition as shown in Table-2. For comparison. I have shown the recommended Indian diet and the actual Japanese diet side by

different organizations:

NNC

116

1467

2700 ca

Kind of food

Fish and egg

Sweeteners

Vegetables

Fruits

Total

Cereals

Pulses

Meat

time the quantities of food must

be enough to fill up the stom-

ach. The dietary composition

suggested by the four organiza-

tions mentioned above are

by M M Rashid

other items of food are not It is desirable to say a few words to justify my proposal on available in plenty throughout dietary composition. Predomithe year. Resistance to change nance of food items of plant dietary habit is also partly reorigin in the proposed diet is evsponsible. At least 50 grams ident. This is simply because and preferably 100 grams of the recommended vegetables such items are easier and cheaper to produce. At present should be of leafy type. the cereal requirement of the People are not expected to

country is officially calculated change their food habit Table 2. Dietary composition proposed for Bangladesh

(All figures in grams per capita per day)

Food items	Proposed for, Bangladesh Quantity Calorie		Actual in Japan Quantity Calorie		Recommended for India Quantity
Cereals Pulses Fish/Meat/ Egg Milk Oil Sweeteners Fruits Vegetables including roots and spices	425 40 80 45 20 30 60 300/	1520 137 106 30 180 116 30 100	316 23 190 162 35 68 110 364	1106 79 252 108 315 263 58 138	376 68 38 \ 189 39 38 40 246
Total	1000	2220	1268	2319	1030

at the rate of 454 grams (16 ounces) per capita per day. Actual consumption may even be higher. It should be mentioned that in all other rice eating countries the consumption of rice is much lower than 425 grams. People of Bangladesh eat more rice primarily because

PC

256

775

29

1900 cal

IPHN 2200 ca

233

874

Table 1. Average daily calorie requirements and dietary

composition (grams per capita) proposed for Bangladesh by

FAO

74

355

1070

2332 ca

overnight. Changes have to be brought about gradually by making other foods available as needed. It may take years be-

fore the suggested target of 425

origin have been kept at a minimum. There are two reasons for recommending 300 g vegetables. Firstly, the potential for producing vegetables is higher than other foods and secondly. problems of micro nutrient deficiency can be easily solved through increased consumption of vegetables. As many as three or even four crops of vegetables can be produced in a year on the same plot of land. According to nutrition experts, at least 10 per cent of the calorie must come from fats and oils in order that fat soluble vitamins (A and D) can be easily assimilated in the body. The need for oil thus increases with an increase of foods of plant origin in the diet. Twenty grams of oil is therefore the barest minimum.

grams of cereals is achieved. In

my proposal, foods of animal

#### **National Demand for** Food and Availability

Having determined the average per capita requirement, the rest is simple arithmetic to estimate the national demand Calories to be derived from different sources have been calculated on the basis of edible parts of foods and this fact should be kept in mind while planning production. The estimated requirements of food needed to

Table 3. Total requirement, local production and total availability of different food items in 1995-96. (All figures in metric tons)

tems	Requirement Tons	Local production	Total availability
Cereals Pulses Pish/Meat/Egg Wilk Dil Sweeteners Pruits Vegetables ncluding roots and spices	18,847,685	19,100,000	20,729,000
	1,773,900	500,000*	725,000
	3,547,800	?	1,586,903**
	1,995,637	1,500,000	1,942,720
	886,950	75,000	500,000
	1,330,425	1,200,000	1,300,000
	2,660,850	1,450,000	1,490,000
	13,304,250	3,128,000	3,208,000

\* Actual production in 1995-96 was 4 lakh tons but 5 lakh tons are average annual production.

\*\* Fish 10 lakh, meat 5 lakh and egg 82 thousand tons (approx.)

### UNDP Cites Asia's "Human" Breakthroughs

UMAN development i n Asia has outstripped other parts of the world. At the same time, 100 countries. including well-off Canada, Iceland and Finland, are seeing slippage in their status. These are some of the key findings of the Human Development Report 1996 (HDR) published by United Nations Development Programme (UNDP).

The surge in economic growth in 15. mainly Asian countries, was clocked "at rates much higher than any seen during the two centuries of industrialisation in the West". This ranged from 3.5 per cent a year in Malaysia to 8.2 per cent in China and the Republic of Ko-In these countries, life ex-

> pectancy went up by more than 30 per cent while school enrollment increased from 48 per cent to 77 per cent - way above the levels the industrial world achieved in over one century.

Government there also have stressed the quality of growth by investing in human capital, mainly through education and access to social services. "Early investments in build-

ing people's capabilities create a climate, as in East and Southeast Asia, for the forging of strong links between growth and human development so the

Jenny S Santiago writes from Manila Government in Asia have not just stressed the

quality but also the quantity of growth by investing in human capital

two reinforce each other." HDR UNDP conducts a yearly

ranking of countries using the Human Development Index (HDI), measured by a combination of: life expectancy, education and basic purchasing power (income).

Once again. Canada topped the annual HDI ranking. Of 174 developed and developing countries, 57 are in the high human development category. 57 in the medium category, and 48 in the low category. Asia's largest industrial country. Japan, has the highest HDI of 0.938 throughout Asia. Tokyo ranks No. 3 in overall HDI rating worldwide.

Of 174 countries in the HDI list, seven from Asia made it to the high human development category. These were: Japan (No. 3), Hong Kong (No. 22), Republic of Korea (No. 29). Singapore (No. 34). Brunei Darussalam (No. 36). Thailand (No. 52) and Malaysia (No. 53)

The Philippines (No. 95) and nine other Asian countries have medium human development Eight others from the

same region have low human development. Afghanistan (No. 169) has the lowest HDI in Asia and the sixth lowest in the overall country-ranking.

Vast differences in human development exist not only within countries, as in the Philippines, Mexico, Venezuela and South Africa, but also between countries and regions. Within Asia, the HDI varies

from as low as 0.444 (South Asia) to as high as 0.877 (East Asia. excluding China). In East Asia, human development averages 0.633 (medium category). slightly lower than the 0.646 of Southeast Asia and the Pacific. Among the faster developing countries in Asia: Malaysia

converted economic growth into improvements in the quality of life of its people. The 20-year plan adopted by Kuala Lumpur, after the race riots of 1969, promoted growth. reduced poverty, and improved

education and health stan-

and Korea. Both successfully

Korea registered the fastest educational growth in the world. In contrast, Pakistan

and India failed to turn economic growth to the advantage of the people. Despite their growth, job opportunities contracted. Korea invests \$ 160 per per-

son a year in education and health and Malaysia. \$ 150. while India invests only \$14 and Pakistan \$10. The Philippines has the low-

est female illiteracy rate among the ASEAN (Association of Southeast Nations) countries and the ninth lowest in overall country-ranking. The Philippines, historically, has had a headstart in public education and health. The Philippine Human De-

velopment Report 1994 (PHDR) gave this explanation: "The Philippines has, historically, had a headstart in public education and health. Therefore, it performs relatively well on literacy, educational attainment. and longevity when compared with other countries. In the '60s, the Philippines

started out with both relatively promising income growth and human development, superior to Thailand in both respects. and comparable to South Korea. But by the '90s, the Philippines had been surpassed by both countries, placing them in the high development category. DEPTH news.

ensure nutrition of all citizens for the year 1995-96 are shown in Table 3. Based on 1991 census and assuming 2 per cent annual increase, the estimated population of Bangladesh in the same year was about 12 crore 15 lakh.

The figures of local production and total availability as given in Table 3 are only guesstimates. Nothing can be said about the degree of accuracy of these figures. Production of agricultural commodities in Bangladesh are spread over millions of households and there is no arrangement to collect data on so many items from each. Many items are smuggled in from across the border making it impossible to get the correct import figures. Non-availability of reliable data is a serious drawback of planning in Bangladesh. Remedy for the same is not yet in sight.

From Table 3, it will appear that we are heavily deficient in all items except cereals. We are self sufficient in cereals at the consumption rate of 425 grams. but in reality consumption is higher, so we have to import cereals. Shortage is particularly acute in oil. For understandable reasons, governments are interested in short term programme of ensuring the supply of cereals. Other items are also imported to the extent that is needed to maintain stability of price and to meet current demands. Supposing that all items are made available in quantities as shown in column I of Table 3, can the people buy the suggested quantities of each

The answer is no. People do not have the purchasing power. Most people will not probably buy the recommended quantity of vegetables even if the same is made available at a very low price. The reason is that they do not know the benefit of eating vegetables and thus have not developed the habit of eating more vegetables.

These days, a lot of talks are held on food security. To many people, food security means keeping the food godowns full of cereal grains to meet emergency needs in cases of natural calamities. Here also the subject of balanced nutrition is absent. Poor people cannot buy foods even if those are available in the market at normal times. Hence, filling up godowns cannot provide food security to all. Real food security will come only when income of the people increases and comprehensive programmes taken up to boost

production of all kinds of food. Situations have compelled the people of Bangladesh to become used to eating less and less of different nutritious foods and depend more and more on cereals. Government policy has encouraged it. Nutritional status of the people cannot be improved unless this condition is reversed. It may take time but there is no alternative.

#### Solution of the Problem

The food problem of Bangladesh is big and its nature very complex. In view of our limited resources and fragile environment, very careful steps will be needed to solve the problem. In many countries. there are arrangements for research on food policy. But in Bangladesh there is no such arrangement although many organizations are concerned with the production, procurement and distribution of food. There

is also lack of coordination among organizations on the matter of food. It is not possible for a single person to give a satisfactory solution of such a complex problem. Solution must come from the collective efforts of experienced individuals representing different as-

pects of food problem. The following are some generalised suggestions or approaches that may be followed if a scientific solution of the

problem is attempted. The problem of food is not one of any individual, organisation or political party. It is a national problem. So it should be discussed thoroughly in the national assembly. The basic guidelines for solution must come from the representatives of the people.

2. Food deficits are linked with population. A decision to attain zero growth in population within 10-15 years may be taken and follow-up action initiated accordingly.

3. Satisfactory solution of the problem lies in developing consciousness among the masses about human nutrition. The departments of health. family planning, agricultural extension, livestock, fisheries, education, rural development and NGOs should jointly take up the responsibility of creating consciousness at the village level. Nutrition should be included in the curricula of secondary schools. 4. The responsibility for

conducting research on food policy should be assigned to a particular organization. Policy people will give specific directions regarding the production and import of different food items. For example, they will say whether import of feed is more beneficial for the economy than the import of milk powder and butter oil. Through logical analysis, it is possible to say if the import of a particular item is more advantageous than local production.

5. The agricultural production programme should be recast whereby the production of items other than cereals is encouraged and gradually increased. Initially, people should be motivated to produce and consume more vegetables, eggs and fish. 6. Existing system of agricul-

tural research and extension must be replaced with a target oriented one. Production squads may be formed in every thana, each squad consisting of farmers and local officials and operating under the guidance of the parliament members. 7. A part of the land.

presently under cereal crops may be released in favour of other crops and the loss in production due to this action should be made up by increasing the yield of rice.

#### Conclusion

Considering the limitation of our land resources, it may not be possible to become self sufficient in all kinds of food in the near future, but there is surely a lot of scope for improving the nutritional status of the people through reorientation of our production priorities. The potential for agricultural production is not yet exhausted in Bangladesh. A positive change will come only when a decision followed by appropriate action is taken at the national level.

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## The Daily Star Entertainment Guide

#### **Tuesday 3rd September** (All programmes are in local time. There may be changes in the programmes)

#### BTV

3:00 Opening Announcement Ai-Quran Programme Summary 3:10 Recitation From the Geets 3:15 Documentary Film: Cinema Europe 4:00 News in Bangla 4:15 Esho Para Shikhi 4:45 Cartoon Series: The Animals of Parthingwood 5:00 News in Bangla 5:20 Sangeeta: Modern Songs 6:00 News in Bangla 6:05 National Television Debate Competition 7:00 The News 7:05 Open University 7:25 Comedy Series: Seinfeld 8:00 News in Bangla 8:40 Drama Serial 10:00 News in English 10:30 Ghare Bairey 10:55 Mini Series 11:30 News in Bangla 11:35 Wednesday's programme 11:40 Close

#### BBC

6:00am BBC Newsroom inc. World Business Report/Asia Today/24 Hours 7:00 BBC Newsroom inc. World Business Report/Asia Today/24 Hours 8:00 BBC Newsroom inc. World Business Report/Asia Today/24 Hours 9:00 BBC World Headlines 9:05 Panorama 10:00 BBC Newsday 1:00 BBC World News 1:15 Panorama 2:00 BBC World News 2:30 Time Out: The Sky At Night 3:00 BBC World News 3:30 Time Out Tomor-

row's World 4:00 BBC Newsdesk 6:00 BBC World News 6:15 The Money Programme 7:00 BBC World News 7:15 World Business Report 7:30 BBC Newshour Asia & Pacific 8:30 Time Out The Travel Show 9:00 BBC World News 9:15 Panorama 10:00 BBC World News 10:30 Time Out Building Sights 11:00 The World Today 1:00 BBC World Headlines 1:05 Panorama 2:00 BBC World News 2:30 Time Out Airport 3:00 BBC World Report inc. World Business Report/24 Hours 4:00 BBC News room inc World Business Report/24 Hours 5:00 BBC World News 5:10 Newsnight

#### CHANNEL V

6:30am Frame By Frame 7:00 Rewind VJ Sophiya 8:00 Jump Start VJ Trey 9:00 Frame by Frame 11:00 The Vibe VJ Trey beach volleyball 12:30noon By Demand VJ Trey 1:30 Rewind VJ Sophiya 2:30 First Day First Show 3:00 The Indian Top 10 4:00 Planet Ruby 4:30 By Demand VJ Trey 5:30 Rewind VJ Sophiya 6:30 Big Bang VJ Alessandra 8:00 Planet Ruby 9:00 The Vibe 10:00 First Day First Show 10:30 Soul Curry 11:00 Speak Easy 11:30 The Ride VJ Trey 12:00mn Over The Edge VJ Sophiya 12:30 Big Bang VJ Alessandra 1:00 Haysah 2:00 By Demand VJ Trey 3:00 Big Bang VJ Alessandra 4:30 Bill Board US

Countdown

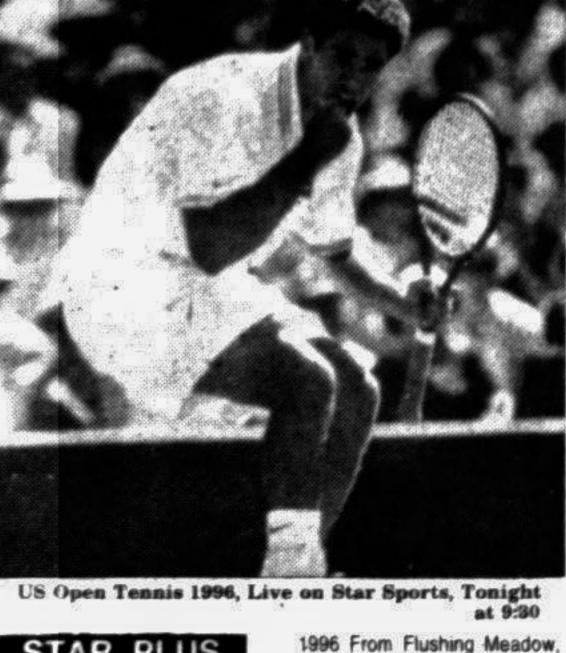


The Vibe VJ Tery Beach Volleyball on Channel V. Today at 11:00 am

Mutant Ninja Turtles 7:30 G Joe 8:00 Saber Rider And The Star Sherrif 8:30 The New Adventures Of Black Beauty 9:00 Aerobics Oz Style 9:30 Nanny and The Professor 10:00 Mr Belvedere 10:30 Yan Can Cook 11:00 E! For Your Entertainment 11:30 Gabrielle 12:30 Santa Barbara 1:30 The Bold & The Beautiful 2:00 The Oprah Wirnfrey Show 3:00 Remington Steele 4:00 Yan Can Cook 4:30 El For Your Entertainment 5:00 eenage Mutant Ninja Turtles 5:30 The New Adventures Of Black Beauty 6:00 Lost In Space 7:00 Home and Away 7:30 Charles in Charge 8:00 MASH 8:30 Chicago Hope 9:30 The Extraordinary 10:30 The Bold & The Beautiful 11:00 Santa Barbara 12:00mn The New Twilight Zone 12:30 Baywatch 1:30 Kriket 2:30 El For Your Entertainment 3:00 The Oprah Win-

STAR Sports

vans 5:30 Gabrielle



### STAR PLUS

New York, USA Day 8 Night Time Session Men's & Women's 6:30am Voltron 7:00 Teenage **Doubles Round 3 Mixed Doubles** Quarters 9:00 Asia Sport Show 9:30 Inside PGA Tour 10:00 Live 1996 Singer World Series From Colombo, Sri Lanka vs Zimbabwe 1:00 Lunch 4:00 Trans World Sport 7:00 Futbol Mundial-7:30 Formula Nippon Fm Fuji Speedway, Japan 9:30 Live US Open Tennis 1996 From Flushing Meadow, New York, USA Day 9 Men's Round 4 Women's Quarter Final 4:30 Formula Nippon Fm Fuji Speedway Japan 5:30 Live US Open Tennis 1996 From Flushing Meadow, New York, USA Day 9 Night Time Session Women's Quarterfinal Men's & Women's Mixed Double-Quarter STAR MOVIES

#### 7:30am Action: The Domino Principle 15 (Arabic Subtitles)

9:30 Musical: Mother Wore

Tights PG (Arabic Subtitles)

11:30 Comedy: The Woman in

Red 15 (Hindi Subtitles) 1:30

Adventure: Oceans Of Fire 15

(Hindi Subtitles) 3:30 Adventure:

Love and Bullets 15 (Hindi Subti-

6:00am Live US Open Tennis

frey Show 4:00 Hooperman 4:30

Home and Away 5:00 The Sulli-

ties) 5:30 Cornedy: The Check is In the Mail 15 (Hindi Subtitles) 7:30 Film Club: Amos 12 (Hindi Subtitles) 9:00 Hollywood 1 On 1 9:30 Action: Tom Clancy's Op Center Part 1 (Hindi Subtitles) 11:15 The Bulletin 11:30 Action: Tom Lancy's Op Centre Part 2 (Arabic Subtitles) 1:30 After Dark: the Last Seduction 18 Arabic Subtitles) 3:30 Horror The Stepfather 18 (Arabic Subtitles) 5:30 Action: Mississippi Burning 18 (Arabic Subti-ZEE TV 5:30 Suno Bhai Suno 6:00 The News 6:30 Jagran 7:00 ZED 8:30

Hum Honge Kaamyab 9:00 insight 9:30 Gaane Anjaane 10:00 Namaste India 10:30 Graviera Ki Umeed 11:00 Close Up Antakshri 11:30 Nirma Aaha 12:00 Tol Mol Ke Bol 12:30 Mr Minto 1:00 ZED 1:30 Asian Sky Shop 2:30 Kurukshetra 3:30 Zaike Ka Safar 4:00 Nerolac Aashiyana 4:30 Aur Ek Minute 5:00 ZED 5:30 Cartoons 6:00 Positive Health Show 6:30 Through The Gears 7:00 Captain Cook Shaahi Dawat 7:30 Gaane Anjaane 8:00 Aap Ki Pasand 8:30 Hum Paanch 9:00 Sailaab 9:30 Tara 10:00 Hasratein 10:30 The News 11:00 Gharounda 11:30 Dastaan 12:00 Daraar 12:30 TVS Sa Re Ga Ma 1:30 Galaxzee 2:00 Arabic Programme 2:30 TMM 4:00 Surtaal 4:30 Hum Zameen 5:00 Jagran

#### EL TV

00:30am Helen Special 01:30 Music Time 02:30 Ched Chad 03:30 Jazbaat 04:30 Bacche Man Ke 05:30 Helen Special 06:30 Music Time 07:30 Ched Chad 08:30 Jazbaat 09:30 Bacche Man Ke 10:30 Ajnabi 11:30 Newsline 12:00 Meri Marzi 12:30 Kamaal Combination 1:00 Amitabh Bacchan Special 2:00 Music Time 3:00 Karz 3:30 Abhinetri 4:00 Kal Bhi Aai Bhi 4:30 Upanyas 5:00 It's My Choice 5:30 Dil Dekhe Dekho 6:30 Darmendra Special 7:30 Daane Anar Ke 8:00 Filmi Chaat 8:20 Haseen Pal 8:30 Number 1 9:00 Ortem Hit Thi Hit Hai 9:30 Instinct Purush Kshetra 10:30

Stand by 10:40 Silsila 11:00 Moov Usha Uthup Show 11:30 Foltene Chalo Cinema 12:00 Akanksha

#### PTV

8:00 am Tilawat Aur Tarjuma-

/Hamd/Naat 8:20 Cartoon 8:30 Khabrain 8:45 Beauty Care 8:50 Fun Kadha 9:10 Dhanak & Health Tips 10:05 Har Taan Hety Deepak 10:30 English Film Home Improvement 10:55 Milli Naghma 11:00 Khabrain 11:10 Anita (Serial) 12:00 Sports Hour 12:55pm Quran-e-Hakeem 1:02

Bismillah 1:15 The Science Show 2:00 Yeh Jahan (Music video) 2:25 Animated Classiscs 3:15 Geography & Sammar School 4:20 Mitti Sona 5:00 Allah Huma Labbaik 5:25 Qabhi Mein Soochta Hoen (Drama Serial)

6:25 Alou Courses 7:00 Dhanak 7:45 English News 8:15 UN Quiz 8:45 Jab (Drama Serial) 9:00 Break for Headline News 10:00 Khabarnama 11:20 VCD Top Ten (Pakistani Video Coundown) 12:30 Dr. Quin Medicine Women (Jean Saymor) 1:35 Khas Khas Khabrain/

Close down

#### 8:30am Gaane Jaane Maane 9:00 The Three Stooges 9:30

SONY ET

Dennis The Menace 10:00 I Dream Of Jeannie 10:30 Public Keya Bola 11:00 Pehchan 11:30 Cine Matinee-Hindi Feature Film 2:30 Kismat 3:00 Zamin Asman 3:30 Mere Message Meri Geet 4:00 Surf-Wheel Of Fortune (Game Show) 4:30 Jai Bir Hanuman 5:00 10 Civil Lines 5:30 The Three Stooges 6:00 Mere Message Meri Geet 6:30 Dennis The Menace 7:00 Premier 7:30 Dream of Jeannie 8:00 Surf-

Wheel Of Fortune 8:30 Cine Prime-Hindi Feature Film 11:30 Chamatkar 12:00 Apne Jaise Types 12:30 Jeevan Mirtu 1:00 Sunday Ki Sunday 1:30 Mere Message Meri Geet 2:00 Khoya Khoya Chand

#### DD 7

10:00 Janmadin 10:35 Classical Music 11:00 Ghare Baire 12:30 Prachir (Serial) 1:00 Janani (Serial) 1:30 TBA 2:00 TBA 2:30 Batayan (Serial) 3:00 TBA/Nirjan Dupure Premer Gaan 3:30 Dik Darshan 5:05

ishna 8:30 Naari 9:00 Janani 9:30 Jeeban Setu 10:00 Bengali Movie Club Film Show 1:00 Closed ZEE CINEMA

Science Prog-Bignan Prasange 5:30 News 6:00 Palli Katha 6:30

Chitranjali 7:00 Amake Dekhun

7:30 Bangla Sambad 7:55 Dinin-

dan 8:00 Param Purush Ramkr

#### 6:30 Hit Hai Fit Hai 7:00 TBA

9:00 Filmi Baaten 9:30 Film 12:15 Amne Samne Antakshri 12:30 Film 3:15 Songs 3:45 Film 6:30 Film 9:15 Songs 10:00 Film 12:45 Film 3:30 Filmi Baaten 4:00 Film

# Garfield ®









by Jim Davis



