

# Towards a Balanced Diet Hundred Grams a Day

by M M Rashid

**M**OST readers are familiar with the proverb, an apple a day keeps the doctor away. In another version of it used in the tropical countries the word apple is substituted by papaya. The sense conveyed through this proverb is that, by taking fruits regularly one can protect one's body from various diseases, because fruits are rich in the protective nutrients, vitamins and minerals. In the context of Bangladesh the proverb may be modified as "Hundred grams of leafy vegetables a day keeps the doctor away". In this article I have tried to justify this statement with scientific reasoning.

**The problematic Nutrients**  
Many educated people in Bangladesh are not well-aware of the technical aspects of nutrition. So a brief introduction of the subject is given below to help the readers understand the topic discussed.

The chemical compounds and elements that the foods supply for proper nourishment of the body are called nutrients. According to their chemical nature and role in nutrition the nutrients are broadly divided into five groups, namely proteins, carbohydrates, fats and oils, vitamins and minerals. Their roles in nutrition are very briefly mentioned below.

**Protein:** Protein is the raw material for building up the muscles. In adults, it is used mainly for the repair of damaged tissues. Its deficiency in food hampers the normal development of the body and brain of children. Cereals, pulses, fish, meat and egg are the main sources of protein. The body can assimilate more than 90 per cent of the proteins contained in foods of animal origin, whereas, only 50-70 per cent of the plant proteins are assimilable.

**Carbohydrates and Fats:** Cereals grains and roots are made up mainly of carbohydrates. Sugar and molasses contain more than 95 per cent carbohydrates. Pulses also are very rich in carbohydrates. Fats and oils are chemically the same, but the former remain solid at room temperature. The function of both carbohydrates and fats in the body is to supply energy which is measured by the unit known as kilocalory (commonly referred to as 'calory'). When energy is lacking people cannot do physical work properly.

Combined deficiency of protein and energy for long periods gradually leads to stunting, wasting and death specially in children.

**Vitamins:** More than a dozen vitamins are necessary for nutrition of the body but a few of them are critically important and found deficient in Bangladesh. These include vitamins A, B2 and C.

Vitamin A is responsible for the protection of the exposed tissue of the body. Its prolonged deficiency leads to irreversible blindness specially in children. It is present only in the foods of animal origin. Foods of plant origin contain a group of substances called carotenes which, in presence of fats, are converted to vitamin A in the digestive tract. Leafy vegetables are especially rich in carotenes.

**Minerals:** The minerals that

create serious nutrition problems in Bangladesh include iron, calcium and iodine. Iron is needed for the synthesis of haemoglobin of the blood. Its deficiency leads to anaemia. Calcium is associated with the formation of bones and some other metabolic functions. A shortage of it causes retardation in children and weakening of bones in adults. The body cannot easily assimilate the iron and calcium from all foods. Deficiency of iodine causes mental retardation. Use of iodized salt is the easiest way to correct its deficiency.

**Nature and Extent of Malnutrition Problem**  
Although scientific methods of determining the nutritional status of individuals are available, it is very costly and time consuming to accurately assess the level of nutrition of a large population in which the condition of each person is different from the every other. However, through sample surveys, it is possible to get a general picture regarding the nature and extent of malnutrition (actually it is under-nutrition) in the country or a locality. Several such surveys have been conducted in Bangladesh from time to time.

An illustrious son of the soil, Dr Mohammad Ibrahim (founder of the diabetes hospital at Dhaka) was the first person in this country to recognise the existence of and the need for initiating action on the problem of malnutrition. He conducted a nutrition survey, as early as 1959, on students for two schools and two groups of populations (State Bank of Pakistan staff quarters and the

refuge colony) in Dhaka and found out that malnutrition reduced the physical and mental fitness needed to undertake economic activities requiring drive. In 1968, he initiated a pilot project named Bangladesh Institute of Research and Training on Applied Nutrition (BIRATAN) with the objective of finding practical solutions of the nutritional problems of the people. As the work was done in the Jurain area of Dhaka the project was also known as the Jurain project. The BIRATAN project is still in existence and presently engaged in promoting awareness about nutrition among various groups of people. The second nutrition survey which was conducted by the Biochemistry Department of the Dhaka University revealed widespread deficiency of calory (in urban areas), vitamin A, vitamin B2, iron and calcium. The same department carried out another small survey in 1975-76.

The most comprehensive nutrition survey carried out so far in Bangladesh was that by the Institute of Nutrition and Food Science, Dhaka University in 1981-82. It revealed, among other things, the following facts.

1. The average intake of food was 765 grams per capita per day which was inadequate in any standard.
2. The intake of food energy was 1943 kilocalories.
3. The intake of protein was 48 g/capita/day which was insufficient and 77% of the households had deficient intake. Half of the protein defi-

cient families also had calory deficiency.

4. Intake of vitamin A was 763 IU (1/2 rd of requirement) and 88 per cent of the households had deficiency.

5. Intake of vitamin B2 was 50 per cent of the requirement and 93 per cent households were affected by its deficiency.

6. Intake of vitamin C was 50 per cent of the requirement and 87 per cent of households suffered from deficiency.

7. Calcium intake was inadequate at 260 mg and percentage of suffering families 93.

8. Seventy per cent of the population had varying degrees of anaemia caused by inadequate intake of iron and folic acid.

9. The most seriously affected portion of the population was children under 12 years, pregnant and lactating mothers. Fifty-seven per cent of the children below 5 years were stunted, 20 per cent wasted and 13 per cent both stunted and wasted.

10. Malnutrition was generally but not invariably correlated with family income.

The latest survey conducted in 1989-90 by the Bangladesh Bureau of Statistics provided the following information.

1. Thirty-five per cent of the children were severely stunted, 30% moderately stunted and 14% wasted.
2. Two thirds of the children were under weight.
3. Rural children were more malnourished than the urban ones.

The Hellen Keller International in collaboration with the

Institute of Public Health and Nutrition conducted a specialised reconnaissance survey in 1990 to know the vitamin A status in children. They found that 3.6% of the rural children under 6 years of age are suffering from night blindness and that nearly 30,000 children are blinded every year due to the deficiency of this vitamin.

It is evident that malnutrition is very widespread in Bangladesh and the young children are the worst victims of the same. Our average diet is deficient in all of the important nutrients. Malnutrition generally does not kill people abruptly, it prevents the normal development of children, slowly reduces vitality (efficiency to think and work) of adults and predisposes the victims to a host of diseases. Malnourished people cannot be expected to work at their full potential. It is the primary cause of many ailments in Bangladesh and the funds involved in the treatment of these ailments is enormous. The social and economic consequences of the problem are thus very devastating.

**What is the Solution?**  
Simply speaking, the solution of the problem of malnutrition lies in making available to the citizens all food items in adequate quantities. But practically this is not possible. Rapid growth of population and ever-dwindling land resources, compounded by frequent natural calamities, have driven us to a really tight corner regarding the domestic production of foods. Our financial resources are also too meagre to meet the real demand through import.

The majority people will not be able to buy the needed foods even if the same are available in the market. What then should be done to solve the problem?  
The on-going programmes of production of all kinds of food must be geared up in a planned way. Making the country nutritionally self-sufficient in a short period seems to be almost impossible. However, the problem of deficiencies of vitamins and minerals can be solved relatively easily and quickly. On the basis of available scientific data I can say that the deficiencies of vitamins and minerals will be mostly eliminated if the people can regularly consume one hundred grams of leafy vegetables per capita per day. If the whole problem cannot be solved, there is nothing wrong in trying to solve part of it. The common people will be immensely benefited even if the deficiencies of only the micronutrients, that is, vitamins and minerals are removed.

The justification for suggesting hundred grams of leafy vegetables can be found in table 1 in which the content of the problematic vitamins and minerals in the ten most important leafy vegetables of Bangladesh have been shown. Theoretically, this quantity will supply about 60 per cent of one's daily requirement for vitamin A, 20 per cent of vitamin B2, 300 per cent of vitamin C, 66 per cent of iron and 42 per cent of calcium. But the actual availability will be lower due to post-harvest loss, cooking loss and inefficiency of assimilation. The remainder of the need will be easily met from the other items of the diet. Due to a number of rea-

sons. The people of Bangladesh will have to depend heavily on vegetables as a source of food and nutrition during the coming years. Firstly, the yields of many vegetables per unit area in unit time is very high. Secondly, the scope for expansion of production of fruits is limited. Thirdly, vegetables, though not a good source of protein and calory, are bulky foods and may be utilised conveniently at times of food shortages. Lastly vegetables are very cheap sources of vitamins and minerals.

**Methods of Consumption**

Benefits derived from the leafy vegetables will depend on the methods of consumption. The vitamin content of the vegetables start decreasing after harvest and the process is accelerated at high temperature and in presence of light. Vegetables should therefore be consumed as quickly after harvest as possible. Vitamins are destroyed through oxidation after harvest and during cooking. Research is needed to find out the appropriate methods of consumption of the leafy vegetables that will ensure the maximum at the minimum. Based on the physical properties of the vita-

at least 30 such vegetables. There is also the prospect of introducing highly nutritious new leafy vegetables like Russian komfrey, leaf turnip, Swiss chard, shallot etc. Leafy vegetables that are already grown in Bangladesh include 1. Aroid (Kachu) leaves, 2. Amaranths, 3. Spinach, 4. Cylon spinach, 5. Cabbage, 6. Mustard, 7. Kangkong (Kalmi), 8. Jute, 9. Radish, 10. Coriander, 11. Lettuce, 12. Sweet potato, 13. Chinese cabbage, 14. Bottle gourd, 15. Pumpkin, 16. Pea, 17. Grass pea, 18. Wax ground, 19. Bitter gourd, 20. Drumstick (Sajna), 21. Beet, 22. Bilati dhania, 23. Spear-mint, 24. Fenugreek, 25. Sorrel, 26. Laffa, 27. Helecha, 28. Thankuni, 29. Bathua, 30. Note sak, 31. Nunia and many other locally known ones. Some of these grow as weeds while a number of them are obtainable as by-products of crops.

Under the existing socio-economic conditions of the country, there is no big prospect of developing a commercial system of producing leafy vegetables. Considering the facts that these vegetables are highly perishable and large number of people have very limited purchasing power, each household

Table 1. Vitamin and mineral contents of the ten most important leafy vegetables of Bangladesh (per 100g edible part).

Vegetable	Carotene IU	Vitamin B2 mg	Vitamin C mg	Iron mg	Calcium mg
Aroids	25000	0.43	115	3.7	316
Amaranths	9200	0.10	99	25.0	397
Spinach	9700	0.56	70	16.2	380
Cylon spinach	1686	0.36	64	1.2	164
Cabbage	600	0.05	60	0.6	40
Mustard	5000	0.15	45	2.9	175
Kangkong (Kalmi)	4825	0.24	49	3.2	70
Jute	11700	0.09	Trace	?	113
Radish	9000	0.30	90	1.4	190
Coriander	6918	0.06	135	18.5	184
Average	8370	0.23	73	7.3	203

\* Approximately 6 IU carotene is equivalent to 1 IU vitamin A

mins, it may be said that consumption as soups is likely to be the best method. To ensure proper assimilation of carotene and vitamin D, the leafy vegetables must be cooked with oil. Five grams of oil will perhaps be enough for each kilogram of vegetable.

**Motivation of the People**

It is not expected that people will start consuming hundred grams of leafy vegetables immediately after they are told to do so. They must be convinced as to why they will be benefited by accepting the advice. Motivating people is a very hard task, but it has to be done for greater national interest. It should be the job primarily of the ministries of Agriculture, Health and Social Welfare. The NGOs are in a unique position to take this up as a programme. In fact many NGOs have nutrition in their agenda and some of them are already doing commendable work in that direction. Mention may be made specially of IIRAC, M.C. IDRS and HKI. Initially, work may be started with a target of only 25 grams per day and gradually increased as people become familiar with and convinced of the idea. Politicians (ministers and MPs) may play a catalytic role in this respect. In another article I have suggested the formation of production squads in every political constituency under the leadership of the members of the parliament.

**Production of Leafy Vegetables**

Bangladesh is lucky in having a climate suitable for growing a large number of leafy vegetables round the year. Rural people are already familiar

should be encouraged to produce leafy vegetables to meet its own demand. Landless families may develop a system of share cropping with the land owners. Homesteads must be utilised to the fullest extent for producing vegetables.

**Conclusion**

At a time when some countries are trying to set foot on the distant planets like Neptune and Pluto, we are failing to ensure the minimum level of nutrition for our citizens. Thinking philosophically, it is surely a scourge on the nation not to be able to protect thousands of our children from becoming blind due to a deficiency of vitamin A. This is particularly because dozens of food items very rich in this vitamin are available aplenty in the country throughout the year. The nation should be grateful to the Hellen Keller International for drawing our attention to this tragedy and also to the UNICEF for supplying vitamin A capsules that have saved thousands from becoming perpetually blind.

In this article I have tried to point out the need for taking the problem of malnutrition seriously and doing something in this regard. Promotion of the production of leafy vegetables may be the basis for a joint project of the ministries of agriculture and health.

The author is an OSD in the Ministry of Agriculture and a former Director General of Bangladesh Rice Research Institute.

## Lalon and He Live in the Same House... Yet, Miles Apart

by Mostofa Sarwar Farooki

**E**VERY man is an individual. Though surrounded by hundreds of peers, in the long run, he is alone. Every individual continues detecting his own canvas of life, quite distinctly. Standing before that canvas, he is single. None would be allowed to mingle with him. We may have an outlook of condensed intimacy among individuals but it's all an outer appearance. Set a mind-glass before your eyes, you will see, all of them are standing at the different corners of the world, concentrating on their own canvases giving back to the growth. An individual stands far away from even his own self. His words-deeds-beliefs all are coming sometimes closer and sometimes getting away. This has been an eternal fluctuation, not to be stopped ever.

The distance remains insurmountable. Bridges are being collapsed. Where is that good heart who will mercifully pay a heed to this melancholic tune of life? Is life a note full of screaming, sobbing, and sound of crumbling down played by a lunatic maestro? The unappeasable agony of this alienated led Lalon Shain to pipe up the tune of eternal love, Kahil Gibran, the mid-eastern piper, preached to go unclad if one wants to get the warmth of true love. Lalon also preached his followers to give up all the imitations and vanity. Obviously,

it's a significant ray bounced from his soothing philosophical ground.

Lalon Shain - I don't spell it 'shain' as the original word was 'shain' which meant 'the beloved teacher' or to some extent 'the supreme Lord' - was not the pioneer of Baulism. His work enthroned him as the king of Baulism. As far as information reaches, Lalon was born in 1774 and lived up to 1890. But there is a stormy debate over his religion and early life. After this little sized big man's demise, more men have jumped in to commiserate his life. How foolish we have been!

Some of us claim that he was born in a Muslim family. And some cry loudly to prove him a Hindu. Can any of them please tell to which religion Lalon belonged? The answer will indeed be 'humanism'. Then, why this unreasonable olden practice of time-wasting? Is there any difference in the way human kids born?

Lalon's philosophy towards mankind was lucid and it was rational too. Water is always water, he asserted. Be it of well, pond, or river, or sea, it is water; and remains always so. It may be black or fresh, dirty or clean, drinkable or undrinkable; but it's always the same old stuff. Comparing to it, human being's most pristine identity lies in what he is, not in the caste or color or race. Only



deed' can differentiate them.

Remember, Lalon preached for man's such identity in such a sick society which was standing on bunch of superstitions. Even today, can we unveil our identity solely as 'human being'? Don't we count on some other belongings too? It ought to be rethought, indeed. Any way in this context, he was a social reformer as well. With the subtle waves of his note, he stormed the castle of long-loved and practiced beliefs and norms.

About ten thousand disciples were left behind to mourn over his death. All of them were ac-

customed with a secular code of life and devoted to 'shadhan rit', the way of life-long contemplation. Detractors often drag his name into mire convicting him 'myopic to the mundane world. Well, it's true that he was a kind of mystic-minded man. But how can we forget his role towards buildings a secular and humanistic society which is yet to be realised?

No doubt, Lalon led a kind of spiritual pilgrimage. At the same time, it should be kept in mind that Lalon was born in India, and most particularly in Nadia, a fertile land of Baulism. And it was the time that brought innumerable sports of famine, epidemic, and drought on its scarf. In history, it is often found that where there was such calamity, there was a trend of devotional literature flourishing immensely. Spiritual contemplation, however, does not necessarily yearn to dispirit all good ends.

Lalon's lyrics are always facing upward, always seeking for a savior, cherishing for a position to take him across.

O Boatman, take me to the other shore.

Here I am, O merciful one, sitting stranded on this side. (Translation: Brother James)

Or take this One: O my kind-hearted Lord, Get me across this world.

Pardon my vices that afflict me in the case of a world. (Translation: Mizanur Rahman)

But it will be downright wrong to label him 'fragility-adorer who simply worshipped human being's fragility and prayed for a rescuer to lift the wretched up from the bottom of the abyss. Before mistaking like that, one must not mistake to get the pulse of devotional music. One must not sink in oblivion of the fact that, in devotional music, artist always depicts a savior's image in his mind. They do believe that, though everything is knitted by certain causality, there are limitations still swaying heaps on human being's part to perceive the whole gamut of causalities. It can be perceived only by ceaseless study of nature and happenings around. And that's the way Lalon prescribed for.

Though cultivated on the land of devotional music, Lalon appeared to be existentialist to the nth degree. Baulism doesn't rest under the wing of some super-natural or unnatural beliefs. They believe in what is present, what is prevailing, and what can exist. Nothing can exist beyond physique' is their ethic. Trees are green because I see them so. For that Lalon, vindicated God lives in this house, neither in sky, nor in the heaven...

## The Daily Star Entertainment Guide

Thursday 17th October (All programmes are in local time. There may be changes in the programmes)

**BTV**

3:00 Opening Announcement Al-Quran Programme Summary 3:10 Recitation from the Geeta 3:15 Re-telecast of selected programme from TV Archive 4:00 News in Bangla 4:15 Kheilar Jagat 4:45 Cartoon Film: Tom And Jerry 5:00 News in Bangla 5:25 National Television School Debate 6:00 News in Bangla 6:30 Esho Para Shikhi: Mass Education 7:00 News 7:05 Jiboner Aio 7:25 Nazul Songs 8:00 News in Bangla 8:40 E-Shaptaher Nakot 10:00 News in English 10:25 Jannabummi 10:35 Film show: The Equalizer 11:30 News in Bangla 11:35 Friday's programme summary 11:40 Close down

**BBC**

6:00am BBC Newsroom inc. World Business Report/Asia Today/24 Hours 8:00 BBC World Headlines 9:05 Around the World in 80 Days 10:00 BBC Newsday 1:00 BBC World Headlines 1:05 Timewatch 2:00 BBC World News 2:30 Time Out: Film 3:00 BBC World News 3:30 Time Out: The Travel Show 4:00 BBC Newsdesk 6:00pm BBC World Headlines 6:05 Horizon 7:00 BBC World News 7:15 World Business Report 7:30 BBC Newsday Asia and Pacific 8:30 Time Out: Fat Man in France 9:00 BBC World Headlines 9:05 Around the World in 80 Days 10:00 BBC Newsday 1:00 BBC World Headlines 1:05 Timewatch 2:00 BBC World News 2:30 Time Out: Tomorrow's World 3:00 BBC World Report inc. World Business Report/24 Hours 5:00 BBC World News 5:30 Newsnight

**CHANNEL V**

6:00am Frame By Frame 7:00



Arabian Nights on BTV, Tonight at 8:30

Revised VJ Sophia 8:00 Jump Start VJ Trey 9:30 Frame by Frame 11:30 The Vibe VJ Luke 12:30 Revised VJ Sophia 1:00 By Demand VJ Trey 2:00 Frame by Frame 2:30 First Day First Show 3:00 BPL Eye 4:00 Planet Ruby 4:30 By Demand VJ Trey 5:30 Music Update Tokyo 6:00 Revised VJ Sophia 6:30 Eveready Red Alert 7:00pm Big Bang VJ Alessandra 7:30 Eveready Red Alert 8:00 Planet Ruby 8:30 The Vibe 9:00 Videocon Flashback 9:30 Top of the Pops 10:00 First Day First Show 10:30 Soul Curry 11:00 Classic Rock 12:00pm Jump Start VJ Trey 1:00 Haysah 2:00 By Demand VJ Trey 3:00 Big Bang VJ Alessandra 4:30 BPL Eye 5:30 Fram by Frame

**STAR PLUS**

6:30am Voltorn 7:00 Teenage Mutant Ninja Turtles 7:30 G.I. Joe 8:00 Saber Rider And The Star Sheriff 8:30 Adventures Of Blake Station 9:00 Aerobics Oz Style 9:30 Charles in Charge 10:00 Mr Belvedere 10:30 Today's Gourmet 11:00 E! Behind the Scenes The Fan 11:30 The Flying Doctors 12:30 Santa Barbara 1:30 The Bold & The Beautiful 2:00 The Oprah Winfrey Show 3:00 Remington Steele 4:00 Today's Gourmet 4:30 E! Behind the Scenes The Fan 5:00 Teenage Mutant Ninja

**STAR MOVIES**

7:30am Musical: Celebration At Big Sur 15 (Arabic Subtitles) 9:30 Comedy: Little Shop Of Horrors 12 (Arabic Subtitles) 11:30 Classic: Cleopatra G (Hindi Subtitles) 3:30 Comedy: Love Potion 15 (Hindi Subtitles) 5:30 Adventure: Sea Dragon 12 (Hindi Subtitles) 7:30 Comedy: Alice 15 (Hindi Subtitles) 9:00 US Top Ten 9:30 Romance: Three Of Hearts 18 (Hindi Subtitles) 11:30 Film Club: Jump At The Boneyard 18 1:30 Action: The Package 18 (Arabic Subtitles) 3:30 Romance: Lotto Land 18 5:30 Comedy: Secret Admirer 18 (Arabic Subtitles)

**ZEE TV**

5:30 Suno Bhai Sadho 6:00 News 6:30 Jagran 7:00 ZED 8:30 Ai out for no loss 9:00 Ghoorna Aaina 9:30 HFF 12:00 17 Shirley Road 12:30 Aur Ek Minut 1:00 ZED 1:30 Asian Sky Shop 2:30 Tara 3:00 Kurukshetra 3:30 Captain Cook Shahi Dewat 4:00 Helpline 4:30 Mere Ghar Ana Zindagi 5:00 ZED 5:30 Teer Ka-man 6:00 Hum Honge Kamyab 6:30 Ad Mad Show 7:00 Manasi 7:30 Gaane Anjane 8:00 Manasi 8:30 Gaane Anjane 9:00 Manasi 9:30 Yodha Aaso 9:00 Gagan 9:30 Dastan 10:00 Gaganer Ki Umeed 10:30 News 11:00 Mano Ya Na Mano 11:30 Hum Paanch 12:00 Tara 12:30 Parmpara 1:00 No Problem 1:30 Beji Ke PG 2:00 Arabic Programme 2:30 TMM 4:00 Zee Horror Show 4:30 9 Malabar Hill 5:00 Jagran

**PTV**

8:00am Tilawat Aur Tarjuma/Hamd/Naat 8:20 Cartoon 8:30 Khabran 8:45 Cut Piece 9:20 Ashang & Roshi 9:45 Phool Chand 10:05 Some Chandi (Drama Serial) 10:30 Buttons & Rustys (Eng. Film) 10:55 Milli Naghma 11:00 Khabran 11:10 Aabshaar (Music Programme) 11:55 Tele Play (Drama Serial) 12:45pm Qawwali 12:55 Quran-e-Hakeem & Bismillah 1:15 Mujaddar (Drama Serial) 2:00 Pufhar

**EL TV**

00:30 Di Dehke Dehko 01:30 Sur Sargam 02:30 Pyar Hi Pyar 03:30 Jeevan Ka Dil 04:30 Dance Dance 05:30 Dil Dehke

**SONY ET**

8:30am Yaadon Ki Baraat 9:00 The Three Stooges 9:30 Dennis The Menace 9:30 Dream Of Jeannie 10:00 Surf-Wheel Of Fortune (Game Show) 11:00 Ghaav (Serial) 11:30 Faasle (Serial) 12:30pm Kismet (Serial) 1:00 Zamin Asman (Serial) 1:30 Mere Message Meri Geel 2:30 Cine Matinee-Hindi Feature Film 5:00 O'Maria (Serial) 5:30 The Three Stooges 6:00 Mere Message Meri Geel 6:30 Dennis The Menace 7:00 Premier 7:30 Dream Of Jeannie 8:00 Surf-Wheel Of Fortune (Game Show) 8:30 Serial 9:30 Hospital (Serial) 10:00 Cover Story: Hostile (Thriller Serial) 10:30 Janee Kaha Mera Jigar 5:35 (Serial) 11:00 The Young And The Restless 11:30 Yeh Sadi Nahi Ho Sakti (Serial) 12:00 Pehli Muklat 12:30am Sunday Ki Sunday 1:00 Nirloap Rasooli 1:30 Surf-Wheel Of Fortune (Game Show) 2:00 Premier 2:30 Closed

**DD 7**

10:30 Jannudin 10:35 Classical Music 11:00 Dance 12:00 ETV Programme 12:30 Kalkata Bishtra 1:00 Janani (Serial) 2:30 Darpan (Serial) 3:00 Eto Tuko Basha (Serial) 5:05 Nepal Programme 5:30 News 5:35 Sahitya Samikriti 6:00 Pali Katha 6:30 Chakir Khabar 6:55 Ajab Saja (Serial) 7:30 Bangla Sambad 8:00 Sur Sangeet 8:30 Deaw (Serial) 9:00 Janani (Serial) 9:30 Swapan Bazar

**Dehko 06:30**

Sur Sargam 07:30 Pyar Hi Pyar 08:30 Jeevan Ka Dil 09:30 Dance Dance 10:30 Emami The Real Count Down 11:00 Nakkad 11:30 Shatranj 12:00 Top Of The Pops 12:30 Bangladeshi Bahwan 1:00 Suhana Safar 1:30 Nazrana 2:00 Jeetendar Special 3:00

**Wonder Wings Amar Prem 3:30**

Chehra 4:00 Akanksha 4:30 Song Yatra 5:00 Dear EL 05:30 Chalti Ka Naam Ganga 6:30 Sorry Meri Lory 7:00 Ortem Hit The Hit Hai 7:30 Hakke Bhakke 8:00 It's My Choice 8:20 Kinetic Demand 9:30 Liberty Public 6:30 Gambler 10:00

**Singer Quartz Peoples Club**

10:30 Stand By 10:40 Humrahon 11:00 Caster Number One 11:30 Film Chaat 12:00 Kinetic Haseen Pal 12:10 Newslite

**ZEE CINEMA**

6:30 Hit Hai Fr Hai 7:00 Khoon

**Kya Karega 9:00**

Box Office 9:30 Film 'Danya Dil' 12:15 Bollywood 12:30 Film 'Insaan 3:15 Songs 3:45 Film 'Inteqam 6:30 Film: 'Poola Rangadu (Telugu) 9:15 Songs 10:00 Film: 'Dilika Thug 12:45 Film: 'Thiyagan (Tamil) 1:30 Njanya Kyon 4:00 Film 'Do Chantane

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