

# Junk food causes appetite loss, slows down brain dev

## Experts tell discussion

STAFF CORRESPONDENT

School going children have developed a culture of taking junk foods in the name of fast food although such junk foods that contain excessive fat and carbohydrate are bad for health.

At a discussion with the school going children at the University Laboratory School and College in the city yesterday, experts said that readymade food, which is mostly sold in the fast food shops contain little protein, vitamin and minerals.

Rather the foods prepared with Hydrogenated oil contain excessive carbohydrate and fat that leads to obesity. It also increases the risk

of high blood pressure, cardiac diseases and cancer afterwards.

Consumers Association of Bangladesh (CAB) organised the discussion titled 'Lunch Box Challenge' with the children to make them aware of these fast foods and to encourage them taking home made food even as tiffin in the school.

The experts said that due to eye-catching advertisements and taste, children love to take junk foods instead of homemade food, which is more nutritious and healthy and less costlier than the fast foods.

Prof Hossain Uddin Shekher of Dhaka University said cost does not determine the nutrient value of a

food.

"If children take junk food, gradually they become addicted to it. It leads to appetite loss and gradually slows down their brain development," he said adding that children should be habituated to take fresh fruits and vegetables.

Due to showy advertisements, children have already started to consume these fast foods as a symbol of modern life and they are forcing their parents to provide them with these foods.

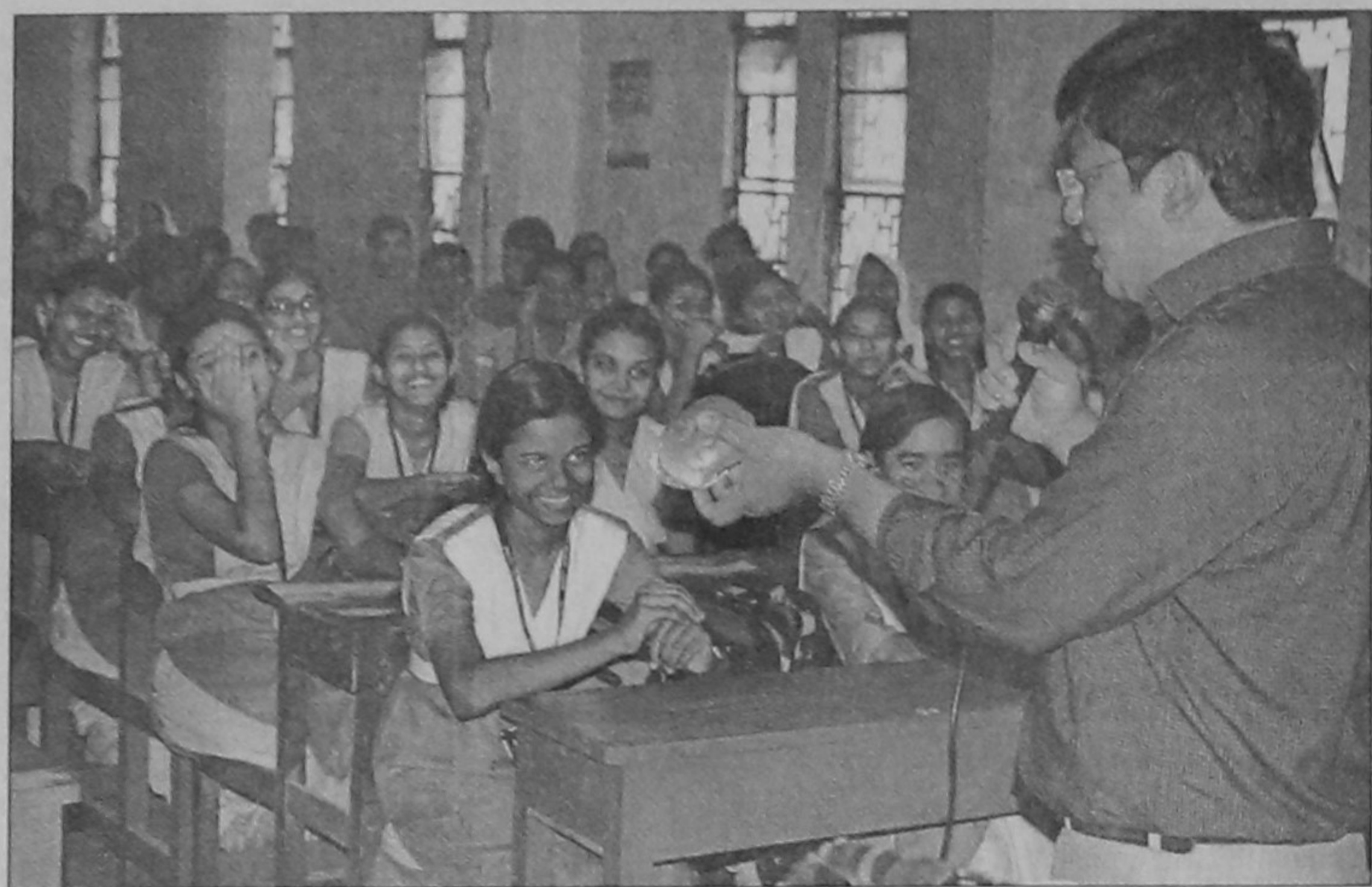
In 2006 World Health Organisation (WHO) at its report titled 'Marketing of Food and Non-alcoholic Beverages to Children' showed that the advertisements of

these fast foods have direct impact on children. They want to eat more junk food, which only results in obesity.

Kazi Faroque of Consumers' Association of Bangladesh, Kazi Fazlul Haque, Nutritionist Zahidur Rahman and principal of the school were also present on the occasion.

The World Consumers' Rights Day was observed on Saturday with the theme 'Junk Food Generation: CI's Campaign to Stop Marketing of Unhealthy Food to Children.'

The Consumers International (CI) urged all parents to be watchful of the food habit of their children and monitor what they are taking as their school tiffin.



Prof Hossain Uddin Shekher of Dhaka University speaks on the harmful effects of junk food at a discussion titled 'Lunch Box Challenge' at the University Laboratory School and College in the city yesterday. Consumers Association of Bangladesh (CAB) organised the discussion.

## IOJ leader Misbahur Chy sued

COURT CORRESPONDENT

A lawyer yesterday filed a money suit with a Dhaka court against Misbahur Rahman Chowdhury, chairman of a faction of the Islami Oikya Jote (IOJ) claiming Tk 100 crore as compensation on charge of making statement against him.

Barrister Abrur Razzak filed the suit with the District and Sessions Judge's Court for hurting his (lawyer) reputation by alleging that he was involved in war crimes in 1971.

In his petition, Razzak mentioned that the IOJ on February 16 disclosed a list of the names of 15 'war criminals' including Jamaat-e-Islami Chief Matiur Rahman Nizami and Abdur Razzak, who took part in the mass killings during the liberation war.

The list had shown Abdur Razzak as the commander of Sylhet town Al-Badr and currently an advocate at the Bangladesh Supreme Court.

The disclosure of his name in the list had defamed his name and fame in the society as well as in the political field, said the plaintiff.

The IOJ in a press conference at its Motijheel office unveiled the names of the war criminals claiming that all necessary evidences are in their possession and the witnesses are also available.

The IOJ leaders urged the government to form an inquiry commission comprising justices, sector commanders of the liberation war, lawyers, educators and political scientists to investigate the crimes committed by the war criminals.

## Ctg Miladunnabi programme begins tomorrow

STAFF CORRESPONDENT, Ctg

A four-day programme to mark the Eid-E-Miladunnabi (Sm) begins in the port city tomorrow.

Baitush Sharaf Anjuman-E-Ittehad Bangladesh, one of the largest Mosque-based spiritual, non-political, volunteering and social welfare organisation in the country, organises the Miladunnabi programme on Chittagong Central Baitush Sharaf Complex premises at the city's Dhaniapara DT Road.

During the four-day programme, an Islamic cultural competition Tarnadunik Competition and a Waaz Mahfil (religious gathering) will be held.

The cultural competition includes events like essay writing, recitation, Hamd-Nath (religious songs), Aajan, Kirat and Hadith competitions.

## 'Build up resistance against price spiral of essentials'

STAFF CORRESPONDENT

Workers' Party yesterday called for building up public resistance against price spiral of essentials.

At a discussion meeting in the city, the party leaders observed that the continuous price hike of essentials is man-made.

They also blamed government's economic policy and lack of sympathy for the people for price spiral.

The speakers said the caretaker government has already acknowledged that their lack of experience in controlling the market has resulted in the price hike.

They said the government is reluctant to admit that syndication by dishonest businessmen, crisis in production system, and unwanted intervention by donor agencies including World Bank are also the causes behind the continuous hike of price.

The meeting recommended initiation of rationing system and setting up fair price shops at union level to mitigate the sufferings of the people.

They also demanded cancellation of the decision of leasing out some areas in the sea for gas exploration and stop providing government support for Asia Energy.

They also urged the caretaker government to cancel its initiative

to amend the coal policy.

Meanwhile, Democratic Left Alliance (DLA) has urged the government to take emergency steps to contain the price spiral of essentials.

DLA leaders at a meeting yesterday also held irrational policies and steps so far taken by the government responsible for price spiral.

They also criticised an adviser for his comment.

## 20 shanties gutted at Lalbagh

STAFF CORRESPONDENT

At least 20 shanties were gutted in a fire in the Shahidnagar area at Lalbagh in the city yesterday.

Fire service personnel said the fire broke out at around 6:30am and soon engulfed the entire shanties, burning houses made of wood, bamboo and corrugated sheets.

No injury was reported.

Five units of fire service of Lalbagh, Palashi and Ramna rushed to the spot and extinguished the blaze with the help of locals at about 7:40am.

## Geeta Pasi urges Jamaat to hold dialogue with CG

STAFF CORRESPONDENT

US Charge d'Affaires Geeta Pasi yesterday urged Jamaat-e-Islami to commit itself to dialogue with the government and also reminded it of the political parties' responsibility towards holding a successful election.

She made the observations during a meeting with Jamaat leaders at their office in the city.

Earlier on March 9, she met delegations of Awami League (AL) and pro-Saifur faction of the BNP and gave them a similar message. She has plans to meet the Pro-Khaled faction and Jatiya Party in the upcoming weeks.

"My message to Jamaat was very much the same as the one I had given to the Awami League and BNP during meetings with them. The US will continue its support to Bangladesh for holding the next general election in a free and fair manner as per the country's election roadmap," Pasi told reporters after meeting the Jamaat leaders.

Stressing the importance of the government's planned dialogue with the political parties, she said it is crucial to holding an acceptable election. Besides, she said, "The political parties have some responsibilities to arrange the election successfully."

Jamaat Secretary General Ali Ahsan Mohammad Mojahid said it was only a 'courtesy meet'.

He said he told Pasi that like all the other democratic parties, theirs will take part in the much-anticipated parliamentary polls.

He added that he hopes the election would be held by the year-end as declared by the Election Commission.

## Proceedings of 2 cases against Atiqullah Masud declared illegal

UNB, Dhaka

The High Court yesterday declared illegal the proceedings of two separate cases against detained Atiqullah Khan Masud, owner of Janakantha Shilpa Paribar and Globe Construction Limited, in connection with hiding his income.

A division bench comprising Justice MA Rashid and M Miftah Uddin Chowdhury delivered the identical judgment, quashing the initiation of the proceedings of the two cases pending in a special court trying high-profile corrupt suspects.

The High Court made its rule absolute upon separate petitions on grounds of procedural flaws in initiating the cases and giving sanction by the NBR for filing those.

On January 6, the NBR filed the two cases against Masud on charges of concealing his income amounting to about Tk 6.24 crore and Tk 5.38 crore respectively.

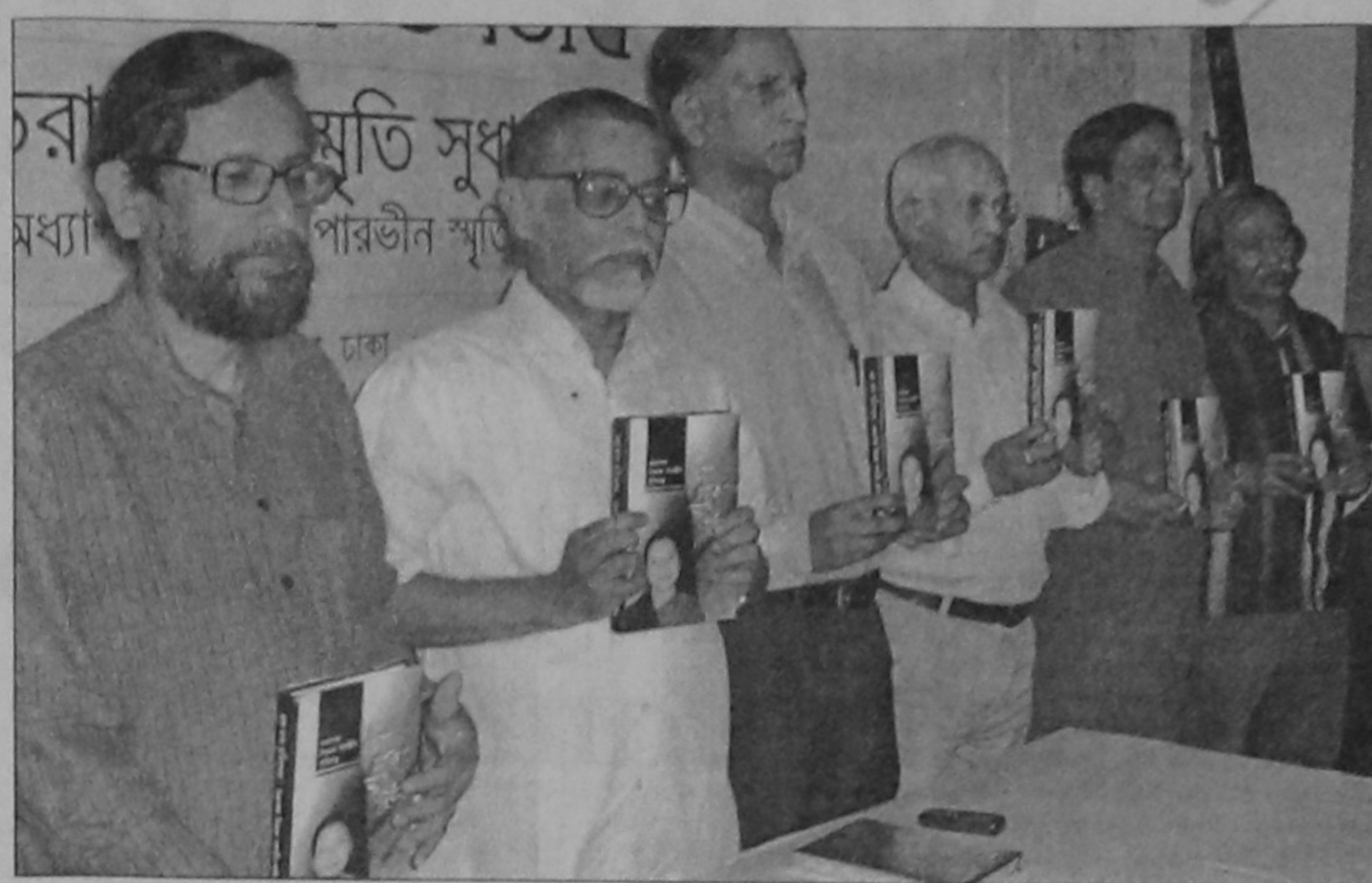
Advocate M Enayetur Rahim appeared for Masud, also editor of the daily Janakantha.

## Britain to expel upto 1000 Zimbabweans

AFP, London

Britain is preparing to expel hundreds of failed asylum-seekers back to Zimbabwe because the government believes they are at no "general risk" in their home country, a newspaper reported yesterday.

The Independent on Sunday said the mass programme of deportations could affect more than 1,000 Zimbabweans who have enjoyed protection under a moratorium on deportations.



Asaduzzaman Noor, Prof Shakhawat Ali Khan, Prof AAMS Arefin Siddique, Prof Golam Rahman, the daily Prothom Alo Editor Matiur Rahman and poet Rafique Azad hold the copies of a book titled 'Vora Thak Smriti Sudhai' at a publication ceremony at the Liberation War Museum in the city yesterday.

## 'Prof Sitara Parvin will be remembered for her unique traits'

STAFF CORRESPONDENT

Prof Dr Sitara Parvin is a glittering example of honesty, morality, devotion, discipline and punctuality and she will be remembered amongst her admirers, colleagues and students for her unique traits, speakers at the publication ceremony of a memorial book said yesterday.

The publication ceremony of the book titled 'Vora Thak Smriti Sudhai' that contained 73 write-ups on Prof Sitara Parvin, former chairperson of the Department of Mass Communication and Journalism of Dhaka University, was held at Liberation War Museum in the city.

Firoz Zaman Chowdhury edited memorial book where write-ups of Sitara's relatives, classmates, students, journalists and department teachers were brought together. Annya Prakash is the publisher of the book.

Speaking on the occasion, Prof AAMS Arefin Siddique said the write-ups of 73 people proved that Sitara had deep connection with almost everyone.

"This book will help us know about her contribution to the profession, education and the society as well."

Death is inevitable, but the memories a person leave behind is priceless, he said.

Prof Golam Rahman of the same department said she used to stick to her principles and had progressive ideals and secular spirit.

"Sitara was a big-hearted person," he added.

The daily Prothom Alo Editor Matiur Rahman said the write-ups of the book prove that she was able to influence people without raising her voice.

He added that Sitara never hankered after publicity.

"If the teachers and students of the department want to take any initiative on the occasion of her birth anniversary, we and the Prothom Alo will be with them," he proposed.

Noted cultural personality and brother-in-law of Sitara Parvin Asaduzzaman Noor said, "She was an inseparable part of our family and we feel very helpless after her death."

The speakers added the nation suffered an irreparable loss at her death.

We have to uphold her principles to make her memories alive, they added.

Prof Shakhawat Ali Khan presided over the ceremony while Prof Geeteera Nasrin, poet Rafique Azad, Robayet Ferdous and colleagues, classmates, students of Sitara also spoke.

## Workshop on ECCD beings in city

A four-day international workshop on early childhood care and development (ECCD) was inaugurated yesterday at Asia Pacific Blossom Hotel in the city, says a press release.

Plan Bangladesh organised the workshop.

Senior managers, advisers, resource professionals in the field from 25 countries and Plan officials are participating in the workshop.

The workshop will focus on consolidating knowledge regarding good practice and identify challenges in ECCD within Plan and elsewhere, enhance learning on ECCD at country, regional and global level and define a term of reference and action plan to develop Plan's framework, policies, and guidelines for the design, implementation and evaluation of ECCD programme.

## Airfare fixed at Tk 93,150 for hajj pilgrims

STAFF CORRESPONDENT

Government yesterday fixed the airfare of Bangladesh Biman for both the ballottee (hajj performed under government management) and non-ballottee hajj pilgrims at Tk 93,150.

Ballottee Hajj pilgrims who want to stay within 1000 metres of Holy Kaba Sharif, has to pay Tk 220 lakh which include plane fare, house rent and other expenditures while a Hajj pilgrim has to pay Tk 1.99 lakh who wants to stay 1,500 metres within the Kaba Sharif. Religious Affairs Secretary Muhammad Ataur Rahman told The Daily Star last night.

Hajj agencies will fix the expenses of non-ballottee Hajj pilgrims excluding the airfare.

The Holy Hajj, one of the five pillars of Islam, will be held on December 9 this year subject to the sighting of the moon.

The last date for deposition of

money under the government management is July 6.

A total of 65,000 Bangladeshis are likely to perform Hajj under the system this year.

Of them 15,000 pilgrims will perform Hajj under government management while 50,000 under private management.

Pilgrim pass, visa, air tickets, foreign currency and housing facilities in Makkah and Medina will be provided through the Hajj office in Dhaka under government management.

Under private management, the pilgrims will collect visa from the Saudi authorities and pilgrim pass from the Dhaka Hajj Office through the Hajj agencies approved by the religious affairs ministry.

The agencies will provide housing, transport and other facilities to the Hajj pilgrims and bring them back under a package programme.

## Gen Musharraf's good jobs negated by his political ambition

Says Ikram Sehgal

UNB, Dhaka

Ikram Sehgal, editor of Pakistan Defence Journal, said here yesterday that army should not stay longer and get involved in day-to-day affairs of a country, as it affects their professionalism.

"Army has a specific role to play for a very specific mission for a very short time... They can come at a national crisis for a short time and go back to barracks. Otherwise, they lose professionalism if they get involved in day-to-day affairs," he said while he was exchanging views with journalists at Dhaka Reporters Unity on pre-and post-election scenarios in Pakistan -- a country ruled by the military for most part of its history.

Sehgal, who delivered a lecture at the National Defence College yesterday, said he gave the same message to Bangladesh Army officers. He would not disclose what he precisely told them.

In reply to a question, he said there are some commonalities of Pakistan's pre-election situation in Bangladesh, which he said are "disturbing".

Sehgal, who was a major of the East Bengal Regiment in 1971, said the Bangladesh Army is more restrained and smarter than the Pakistani army and hoped they would learn from the mistakes made by the Pakistani generals.

"Your army is much more sensible and responsible," he said, adding that the Bangladesh Army has done tremendous job after January 11 last year and said this is a very special situation here.

Asked if he thinks the army's stay here seems to be longer, Sehgal said if elections are held after sev-

eral months, it would be alright. But their stay "beyond the time will not be good".

Sehgal said President General Musharraf had done many good jobs in first two years, strengthening the local-government institutions, empowering women and resuscitating the economy, but all his good works were negated by his later actions and political ambition.

He said Pakistan's Army Chief General Kiyani recalled all 362 army officers from civilian posts, kept army off from politics, restricted generals from talking to politicians and ensured free and fair parliamentary elections in Pakistan.

He observed that a captain, a major or a brigadier or general has no business to run business. "They are not trained for running a country; they are to protect the sovereignty of a state and can come only at a national crisis for a short period of time."

In reply to a question, he said he had talk with the Election Commissioners during his last visit to Dhaka and said the Commission should give the elections soon the electoral role is prepared. "If the Election Commission is ready, it should hold the elections," he added.

Saying that the assassination of Benazir was a great loss to Pakistan, he said she was a great charismatic leader and a 'queen'. If she were alive, her party would have got more seats, he observed.

Asked about any security concern over Dhaka-Kolkata train service, Sehgal said Bangladesh and Pakistan should strengthen relations with India breaking the mindset of fear and mistrust and create a better environment in the region.

## A delegation of British Bangladeshis arrives today

STAFF CORRESPONDENT

A 5-member delegation of prominent British Bangladeshis will arrive in Dhaka today on a four-day visit.

The delegation includes high profile and successful individuals from different professions and backgrounds.

During the visit, they will exchange views on various issues concerning the representation of British Bangladeshi communities and their roles, responsibilities and efforts to counter radicalism.

They will also hold a series of programmes including media interviews and participation in a special edition of Radio Today's popular interactive programme Kholo Mon where listeners will be able to submit questions through email and SMS, said a High Commission press release yesterday.

The delegates will also hold discussions with university students in Dhaka and Sylhet, visit a voter registration centre, and exchange views with influential media, cultural and civil society figures.

The delegates are Konnie Huq, popular British TV presenter, Aklaq Choudhury, a leading barrister, Mahee Jali, chairman of UK-based media organisation Channel 5, Rupa Huq, university lecturer in sociology, and Shelim Hussain, a leading businessman in import/export of foodstuffs.

Acting British High Commissioner Duncan Norman said, "This is a positive initiative and we are delighted to welcome the delegation. The delegates represent a confident, successful and outward-looking British Bangladeshi community. We hope that their success can inspire others to make a positive contribution both to UK society and Bangladesh."

The visit is being sponsored by the UK's Foreign and Commonwealth Office (FCO), although the delegates are participating independently and representing their own personal views and experiences rather than those of the FCO.

## Obituary

Mohammad Aminul Islam, a senior lawyer and former judicial official under East Pakistan Civil Service, passed away at Square Hospital in the city yesterday at the age of 76, says a press release.

He was buried at his village home at Sherpur.

## Aslam Badal

BSS, Dhaka

Aslam Badal, a film and video producer, passed away due to a massive cardiac arrest at a city local hospital yesterday morning at the age of 45.

He left behind his daughter, two sons, wife, mother and a host of relatives and admirers to mourn his death.

He was buried yesterday at his family graveyard at Islampur in the old part of the city.

Bangladesh Journalists Forum for Consumers and Investors (BJFCI) President Faruk Ahmed and General Secretary Anisur Rahman expressed profound shock at his death and prayed for salvation of the departed soul. They also expressed their sympathy to members of the bereaved family.

## Death anniversary

Today is the second death anniversary of Md Saif Hossain, a final year student at the Institute of Business Administration of Dhaka University, says a press release.

Saif died in a road accident on this day in 2006 at the age of 23.

On the occasion, a doa mahfil will be held at House No-37, Road No-3 at Dhanmondi in the city after Asr prayers on March 21.

Relatives, friends and admirers have been requested to attend the doa mahfil.

Shirumonna Shuru Today is the 49th death anniversary of Shirumonna Shuru Begum, mother of Waheed Murad, a poet and banker, says a press release.

On the occasion, a milad and doa mahfil will be held at Dilu Road Juma Mosque at Eskaton in the city and at Panchabaki Jame Masjid in Swarupkati in Pirojpur after Asr prayers.



## Light rain likely

UNB, Dhaka

Light rain or thundershowers accompanied by temporary gusty wind is likely at one or two places over Rajshahi, Dhaka, Khulna and Sylhet divisions and the regions of Noakhali and Comilla in the next 12 hours until 6:00pm today.

Weather may remain mainly dry with partly cloudy sky elsewhere over the country, Met Office said predicting nearly unchanged day temperature over the country.

Highest temperature 35.6 degrees Celsius was recorded yesterday at Cox's Bazar and lowest 18.3 degrees Celsius at Dinajpur.

The sun sets in the capital at 6:09pm today and rises at 6:04am tomorrow.

Highest and lowest temperature and humidity recorded in some major cities and towns yesterday were:

City/Town	Temperature in Celsius		Humidity in percentage	
	Max	Min	Morning	Evening
Dhaka	33.3	23.8	67	37
Chittagong	33.6	24.0	85	58
Rajshahi	34.0	20.6	52	39
Khulna	31.7	21.4	62	64
Barisal	33.3	21.0	67	49
Sylhet	31.8	21.5	69	45
Cox's Bazar	35.6	23.5	79	61