



Awami League leaders and activists gather outside the sub-jail on Sangsad Bhaban premises in the city yesterday to greet detained party President Sheikh Hasina with bouquets on the occasion of her Homecoming Day.

3-yr programme to celebrate 400 years of Dhaka city

STAFF CORRESPONDENT

Asiatic Society of Bangladesh (ASB) yesterday announced a three-year programme on scholarly and development works to celebrate the 400 years of Dhaka city.

ASB President Prof Sirajul Islam said this at a view exchange meeting on 'The celebration of 400 years of capital Dhaka' at its auditorium.

The ASB will hold national and international seminars with noted researchers from home and abroad to find out the problems and solutions of Dhaka city.

It will also undertake plans to publish books comprising the 400 years' history of the city both in English and Bangla, history of Liberation War in Dhaka, women in city life, food recipes, proverbs and jokes and also to republish five rare

books on Dhaka city.

Under the three-year plan, the ASB will also publish a 'Dhaka Kosh' in two parts both in Bangla and English languages. A book with full maps of roads and streets of Dhaka city will also be published.

A research centre 'Centre for Dhaka Studies' will also be established to conduct higher researches on the problems of Dhaka and their solutions. Finally, the ASB will observe 'Dhaka Week' to increase awareness about the city among the people.

Urging the government and Dhaka City Corporation (DCC) to undertake such programmes, Prof Islam said, "The initiative is taken to uphold the history and tradition of Dhaka. So, we believe the government and DCC will also take initiatives to celebrate the 400 years of the

city with similar programmes."

General Secretary of the ASB Mahfuza Khanam, Chief Coordinator of the celebration committee Dr Sharifuddin Ahmed, Coordinator Dr Golam Rabbani, Dhaka University professors Harun-or-Rashid and Dr Akhtaruzzaman, North South University Vice Chancellor Hafiz GA Siddiq, former diplomat Mahabub Alam and a number of scholars from different disciplines were present at the meeting.

Bam Morcha to file writ against EC actions

Gonotantik Bam Morcha, an alliance of left-leaning parties, will file a writ petition with the High Court (HC) today challenging the legality of some electoral reform proposals of the Election Commission, says a press release.

Earlier, the Bam Morcha sent a legal notice to the EC in this regard but did not receive any reply, the press release added.

The Morcha leaders at a meeting yesterday discussed the issue and termed some reform proposals 'undemocratic and inconsistent with the constitution'.

Morcha Coordinator Zonayed Saki chaired the meeting. Comrade Khalequzzaman, Tipu Biswas, Saiful Haque, Abdus Salam and Moshrefa Mishu were present at the meeting.

Measure blood pressure regularly to control hypertension

Experts tell discussion

STAFF CORRESPONDENT

Experts at a discussion to mark the World Hypertension Day yesterday suggested not to take blood pressure as a disease, rather it is important to measure the pressure regularly and take medicine to maintain a healthy life.

They also stressed the need for doing exercises and proper diet to control the blood pressure at the discussion titled 'We need cardiac awareness and routine examina-

tion for health'.

Bangladesh Federation of Women Entrepreneurs (BFWE) and Sandoz jointly organised the discussion at Women's Voluntary Association (WVA) auditorium in the city.

BFWE Chairperson Rokia Afzal Rahman said women entrepreneurs have to take much loads while they are competing in the markets. At the same time, they have been taking loads in families that make them stressful.

From such discussions, they will come to know about the lifestyle and proper diet that will help them in stress management and to stay fine, she said, adding that such awareness campaigns will also be held in Rajshahi, Chittagong and Bogra.

While presenting a slide show, Prof GM Faruque of National Institute of Cardiovascular Diseases (NICVD) discussed about hypertension and its role in our lives.

He said the blood pressure

should be 120/80 mmHg. If it crosses 140/90, it is called hypertension. It is the cause of many diseases including heart attack and even kidney failure.

Maintaining healthy lifestyle with proper diet, exercise and prayer, it is possible to control hypertension, he added.

General Secretary of BFWE Rowshan Ara, nutritionist Siddika Kabir and members of BFWE also took part in the discussion.

Hypertension is considered as

the largest risk factor for heart disease, stroke and kidney diseases. Over 1.5 billion people suffer from hypertension worldwide and the WHO has identified hypertension as the top cause of cardiovascular disease-related deaths.

The purpose of World Hypertension Day is to communicate to the public the importance of hypertension and its serious medical complications and to provide information on prevention, detection and treatment.

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