

TANGENTS

BY IHTISHAM KABIR



Busy feet in Victoria Park.

PHOTO:
IHTISHAM KABIR

Running

It is just before sunset and a thick humidity hangs in the air. Summer's flowers are mostly gone except for a few *krishnachuras* and *jaruls* which persist with tenacity; meanwhile, *rongons* have arrived with their colourful show. The day's heat lingers, holding out the coolness of the evening. My body feels much heavier than it is, my breathing is laboured and my lungs work furiously to extract oxygen from the moisture-laden air. My muscles groan and my joints creak protesting against the thumping to and fro motion. But the discomfort eases after the first few minutes and I settle into a smooth rhythm.

After a six-month break, I am running again.

Strangely, there is much conventional wisdom *against* running. From the standpoint of overall physical well-being, there are better exercises: swimming and brisk walking, for example. The intensity of running can be downright dangerous if one is not properly conditioned. The pounding that the knee and feet receive transfers to ligaments, menisci, bones and joints. Some years ago, while running, I tore a meniscus and limped for months until I had it surgically repaired.

How did I get here?

It started three decades ago when I was finishing college. To fulfil a Physical Education requirement that stood in the way of my graduation, I searched for an easy class and found Running. I was hoping to get away with minimal work, perhaps some slow jogging. Instead, in no time I was running three miles and looking forward to the next class. I was soon addicted.

But, really, why bother? While there are many reasons, I run because it makes me feel alive. There is something primeval about running. Perhaps it is because long before we were driving cars, working in the office, or watching TV, our ancestors had set themselves apart by balancing themselves on two feet and moving about quickly. We have an innate need for speed, and for me, running satisfies it.

There is also a "runner's high" that comes from a moderately intense run. The endorphins kick in and fatigue is replaced with a feeling of well-being verging on euphoria. Other benefits of running are increased energy level and better sleep.

I will be the first to admit that as a runner I am neither fast nor meticulous. I do not run long distances. There is a whole world of serious runners out there - with technique, training, and gear - that I admire from a distance. For example, I don't know whether my feet pronate or supinate (that is, roll the wrong way while running), whether my posture is correct, or whether my shoe cushioning is optimal.

Still, I run because I love it. Want to try it? Go ahead, but first consult a doctor. One strategy is to start with walking, increase the pace slowly, and build up to running. Moderation is key. Dhaka's parks provide space for running, but avoid busy roads at all costs since they are dangerous for runners.

Who knows, you might become addicted, too.

www.facebook.com/tangents.ikabir

CU senate poll long overdue

SHAHADAT HOSSAIN, *Ctg*

New faces are not getting opportunities to become members of Chittagong University (CU) Senate as the election to it is not being held since long due to apathy of the university authorities.

Sources in the university said the senate of CU is being run by the registered graduate representatives elected 26 years back and the teachers' representatives elected 11 years ago. But, the tenure of the elected representatives in these two categories is three years.

Members of the senate, the highest policy-making body, are also putting emphasis on holding election in these two categories (registered graduate and teachers representatives) to accommodate the freshers.

Election to the registered graduate category was held on November 2 in 1986 and teachers' category on February 10 in 2001, university sources said.

Freshers are being deprived of their rights due to the election not being held for a long time, said senate member Prof Mansur Uddin Ahmad.

Ahmad, also a former dean, said the election to the two categories of senate should be arranged immediately.

Prof ANM Munir Ahmad, also a senate member, alleged that the university authorities are not holding the senate election for fear of losing the majority in the senate.

They show apathy in this regard, he said.

With boldness, the authorities should come forward in holding the election as it is essential for developing leadership qualities, Munir, also chairman of the political science department, said.

The university sources said there are 86 members in the senate in seven categories.

Of the four categories, the government nominates five officials, the speaker nomi-

nates five parliament members, the chancellor nominates five noted educationists and the university syndicate nominates five members from various research institutions. In these categories, new members are being nominated on a regular basis.

A total of 58 representatives -- 25 in registered graduate category and 33 in teachers' representatives' category -- are elected. But in these two categories election is not being held for long.

Moreover, the VC, pro-VC and the chairman of Secondary and Higher Secondary Education Board, Comilla, are ex-officio members of the senate. But there are also seats for five student representatives in the senate, nominated by CU Central Students Union (Cucusu). But, the election to Cucusu is not being held for more than 22 years too.

Mohammad Faridul Alam, chairman of the international relations department, said the fact that the election to the senate is not being held since long is very much regretful. It is a clear violation of Chittagong University Act-1973, he said.

The election to the senate should be held regularly, he said, adding that through this practice new leadership will come up, which is necessary for the betterment of the university as well as the country.

Prof Dr Mozaffar Ahmad Chowdhury, president of Chittagong University Teachers' Association (Cuta), also put emphasis on holding the elections to the senate as well as Cucusu immediately.

Prof Anwarul Azim Arif, vice-chancellor of CU, said election to the teachers' representatives of senate will be arranged soon.

After holding the election to the teachers' representatives, initiatives will be taken to hold the election to the registered graduate representatives, the CUVCA added.

He said they also have a plan to hold the election to the Cucusu in due time.



A red flag has been planted at Dayaganj intersection in the capital to warn unwary vehicles and commuters of an open man-hole hidden amidst the mud and dirt on the road.

PHOTO:
STAR

NEWS IN *brief*

People of 40 Barisal villages fasted yesterday

OUR CORRESPONDENT, *Barisal*

Following Saudi Arabia, villagers of 40 villages under four districts of Barisal have started fasting for the month Ramadan from yesterday.

They are the residents of villages under Barisal, Patuakhali, Bhola and Jhalakati districts.

Abdur Rashid, one of the villagers, said they usually observe all religious festivals and customs and worship

Mohanagar Sarbojaneen Puja Committee executives

STAFF CORRESPONDENT



Basudev Dhar

Basudev Dhar and Nirmal Kumar Charterjee were elected president and general secretary respectively of the



Nirmal Kumar

capital's Mohanagar Sarbojaneen Puja Committee. The two-year executive committee was declared yesterday through a council in the capital's Dhakeshwari National Temple. State Minister for Religious Affairs Md Shahjahan Miah and lawmaker Apu Ukil addressed the programme, says a press release.

Shuvo president, Tareq general secretary of Chhatra Union

STAFF CORRESPONDENT

SM Shuvo and Hasan Tareq have been made the president and general secretary respectively of Bangladesh Chhatra Union.

A 41-member Bangladesh Chhatra Union central committee was announced on Wednesday through the three-day-long 35th National Council, said a press release.

The newly announced body includes seven vice-presidents, three joint general secretaries, organising secretary, treasurer, eight secretaries and 19 members.

Manjur Moyeen was made organising secretary while Ariful Islam Nadim and GM Jilani Shuvo were made its vice-president and joint general secretary respectively.

2 BCL men arrested with arms

OUR CORRESPONDENT, *Barisal*

Rapid Action Battalion (Rab) members yesterday arrested two Bangladesh Chhatra League (BCL) activists from Raza Bahadur Sarak area in Barisal for possession of firearms and ammunition.

The arrestees are Barisal BCL unit joint convener Sahadat Hosen Sourav and convening committee member Sheikh Mukituzaman Rony.

Rab handed the two over to Barisal Kotwali Police Station after lodging a case under the arms act, said the police station's Office-in-Charge Shaheduzzaman.

Both arrestees are accused in different cases related to torturing women, extortion, tender scam and looting properties, said the OC.

Rab recovered one foreign made pistol and five

C'nawabganj transport workers call off strike partially

OUR CORRESPONDENT, *Chapainawabganj*

Chapainawabganj Truck and Motor Workers Union withdrew their indefinite strike partially from the district yesterday.

Leaders of the workers union said they would continue the strike on Chapainawabganj-Rajshahi route until arrest and exemplary punishment of the people who physically assaulted their general secretary Abdul Khalek.

The strike was called on Monday after Khalek was assaulted by Rajshahi Motor Sramik workers at Rajshahi Bus Terminal on the day.

The workers union took the decision at a meeting held at Sarak Bhaban in Chapainawabganj city on Thursday.

Chapainawabganj sadar lawmaker Abdul Odud, sadar upazila parishad chairman Ruhul Amin and the district truck and motor workers union president Shahidul Islam among others, were present at the meeting.

The road communications on all the routes within the district has resumed usual. While communications with other districts including Dhaka resumed via Naogaon bypassing Rajshahi.

Shahidul Islam said the communications between Chapainawabganj and Rajshahi will remain suspended until their demand was met.

SEXUAL HARASSMENT College teacher suspended in Narail

OUR CORRESPONDENT, *Narail*

A lecturer of Noapara Mohila College was suspended on Thursday allegedly for sexually harassing a second year student of the college.

The principal of the college Bishawjeet Pal said he received a written allegation from a guardian that lecturer Zakir Hossain had sexually harassed her daughter on Tuesday.

The college authorities held an urgent meeting in this regard and decided to suspend Zakir, he said.

A 5-member probe committee was formed to investigate the matter.

Two teachers jailed for corporal punishment

OUR CORRESPONDENT, *Fariadpur*

A mobile court yesterday sentenced two teachers of a residential school to one year rigorous imprisonment each on charge of giving corporal punishment to two students of the school.

The convicted--Polash Ali of Shaalakupa upazila in Jhenidah, and Yousuf Ali, 50, of Dhamrai upazila in Dhaka--are the teachers of Shahin Residential School in the district town.

Students of the school said Polash hit Rajubul Hasan, a class X student, on Thursday night with a cane and punched

him indiscriminately, although, after taking permission from one of his teachers, he went out of the hostel to buy a mosquito coil.

Earlier in the morning, Yousuf beat, Md Sumon, a student of the same class, injuring him critically.

Following the brutal torture, agitating people besieged the school in the early hours of yesterday.

Later, police rushed to the spot, detained the teachers and produced them before the court at deputy commissioner's office.

NDC Shahriar Matin, judge of court, passed the verdict.



Getting ready for the holy month of Ramadan, fruit sellers display varieties of their items in markets in the capital but customers have to pay double the price for them. The photo was taken in Purana Paltan yesterday.

PHOTO:
STAR



Discussion

Communist Party of Bangladesh will hold a discussion; Venue: Mukti Bhaban, 2, Comrade Moni Singh Road, Purana Paltan; Time: 10:30am.

Seminar

International Centre for Climate Change and Development will organise a seminar; Venue: the Bashundhara

campus of Independent University, Bangladesh; Time: 11:00am.

Discussion

Bangladesh Jubo Arthanitbid Forum will hold a discussion; Venue: Jatiya Press Club; Time: 11:00am.

Meeting

Asiatic Society of Bangladesh will organise its 6th monthly general



Rain or thundershowers likely

UNB, *Dhaka*

Light to moderate rain or thundershowers accompanied by temporary gusty or squally wind is likely at most places over Dhaka, Rajshahi, Rangpur, Khulna, Barisal, Chittagong and Sylhet divisions in 24 hours till 6:00pm today.

Moderately heavy to very heavy falls are also likely at places, Met Office said.

Day and night temperature may rise 1-2 degree Celsius over the country.

The sun sets in the capital today at 6:47pm and rises tomorrow at 5:23am.

Country's highest temperature 35.8 degree Celsius was recorded yesterday at Sylhet and lowest 22.5 degrees at Rangamati.

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	33.6	26.6	86	65
Chittagong	32.0	25.4	76	76
Rajshahi	34.7	25.8	86	78
Rangpur	32.0	26.5	87	78
Khulna	32.5	25.5	82	84
Barisal	32.3	26.3	78	79