

People aged 60, above senior citizens Declares president

UNB, Dhaka

In line with the UN policy, President Abdul Hamid yesterday declared the country's people aged 60 years or above as senior citizens.

The president was addressing a programme organised by Social Welfare Ministry in the capital's Osmani Memorial Auditorium.

On November 17, 2013, the cabinet approved the National Policy on Older Persons recognising the elderly people as senior citizens.

"We've to keep in mind that a nation can move forward with the joint efforts of young and old people. Here, the young people are indispensable on one hand and the elderly people are necessary on the other," the president said.

Hamid continued, "All expect that the young will take the society forward through their work utilising the experience of the older citizens."

Termining the older citizens the pathfinders, the president urged all to be sincere in ensuring the social respect and security of the elderly people.

"For this, we'll have to strengthen our traditional family bonding... we'll have to teach the children from their childhood to respect the elderly people because this is our tradition," he added.



A police official examines bomb-making materials, which were recovered from two Islami Chhatra Shibir-dominated dormitories of Chittagong College in the city yesterday. Inset, some of the ready-for-use crude bombs. PHOTO: STAR

RISE IN VIOLENCE AGAINST WOMEN Rights activists, academics blame impunity

STAFF CORRESPONDENT

Incidents of violence against women are rising in the country as the perpetrators are able to commit the crimes with impunity, claimed women rights activists and academics yesterday.

They said existing laws protecting women's rights are not implemented properly by the authorities.

They made the remarks at a discussion on "Domestic Violence: Not Personal Rather Political" organised by Bangladesh Mahila Parishad and the Department of Women and Gender Studies of Dhaka University on the campus.

The discussion was part of a two week-long programme arranged by the organisers marking the international fortnightly campaign for elimination of violence against women and Human Rights Day.

With a call, "Academic Institutions Free from Sexual Harassment and All Forms of Violence", the campaign began on November 25 and will end on December 9.

The campaign includes discussions, rallies, awareness building programmes, and rendition of folk songs.

Bangladesh Mahila Parishad President Ayesha Khanam emphasised training-based education for students to make them aware of violence against women and responsible enough to prevent it.

Information Minister Hasanul Haq Inu said the main reason behind violence against women is discrimination.

The minister also alleged that stalkers who should be prosecuted for their crimes are instead walking away with impunity.

Chairperson of Women and Gender Studies Department Tania Haque chaired the discussion.

CHITTAGONG COLLEGE Bombs, raw materials seized from Shibir controlled dorms

Storekeeper held

STAFF CORRESPONDENT, Ctg

Police recovered six crude bombs, 16 machetes, five kilogrammes of gun powder, a huge amount of bomb making materials and projectiles from two Shibir dominated dormitories at Chittagong College in the city yesterday.

On information from Bangladesh Chhatra League that four of its activists of the college unit had been confined to Suhrawardy and Sher-e-Bangla hostels by Shibir, the law enforcers conducted the drive there.

However, the BCL activists Joyal, Sanjoy, Toha and Sohrab had been released before police reached the spot, BCL sources said.

Mohiuddin Masum, storekeeper of Suhrawardy Hostel, was detained, said Nezam Uddin, inspector (investigation) of Kotwali Police Station.

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ADMISSION TO GOVT HIGH SCHOOLS Customary jitters rattle ambitious parents

Forms available online from Dec 2

WASIM BIN HABIB

Nerves are jittery while most are breaking into a cold sweat with the advent of the admission season as ambitious parents begin preparing their offspring, hoping to get them enrolled at renowned state-run high schools, some of which also offer primary education.

For the first time, admission forms will be available online, where it can also be submitted, from December 2 to 12 with the price increased to Tk 150, a hike of Tk 50.

Of the country's 325 government high schools, 32 are present in the capital, of which 14 will enroll around 2,000 youngsters in class I.

However, the beginners will not take exams. Instead a lottery will be held on the school premises, a process initiated in 2010 aiming to end the increasing psychological torment preschoolers were facing as the years progressed.

"Lotteries will be held for schools in Dhaka on December 27 in presence of guardians, teachers, school managing committee, and officials concerned," Prof Fahima Khatun, director general, Directorate of Secondary and Higher Education (DSHE), told The Daily Star yesterday.

For the rest, the schools' district, upazila and school managing committees will hold

the lottery for class I and admission test for the others, except class IX, as in previous years, she said.

The lottery process received good response from parents. Yet, they are worried because it is all luck.

"It is solely luck on which we have to depend on," said Arifur Rahman, aiming to get his son enrolled at Government Laboratory High School.

Parents say the admission issue was always nerve-racking as there were only a handful of "good" schools in the capital which could not enroll an ever-increasing number of youngsters.

"The government schools are comparatively better... Apart from low costs, these schools have good teachers and environment," said another guardian.

The admission test for classes II and III comprises a one-hour, 50-mark written test while classes IV to VIII a two-hour, 100-mark one, both covering Bangla, English and mathematics, says a policy issued last week.

Candidates for class IX will be selected based on their Junior School Certificate and Junior Dakhil Certificate results.

DSHE has divided the capital's 32 schools into three zonal groups, A, B, and C, to hold the tests on December 17, 18 and 20 respectively. Results will be published on December 30.



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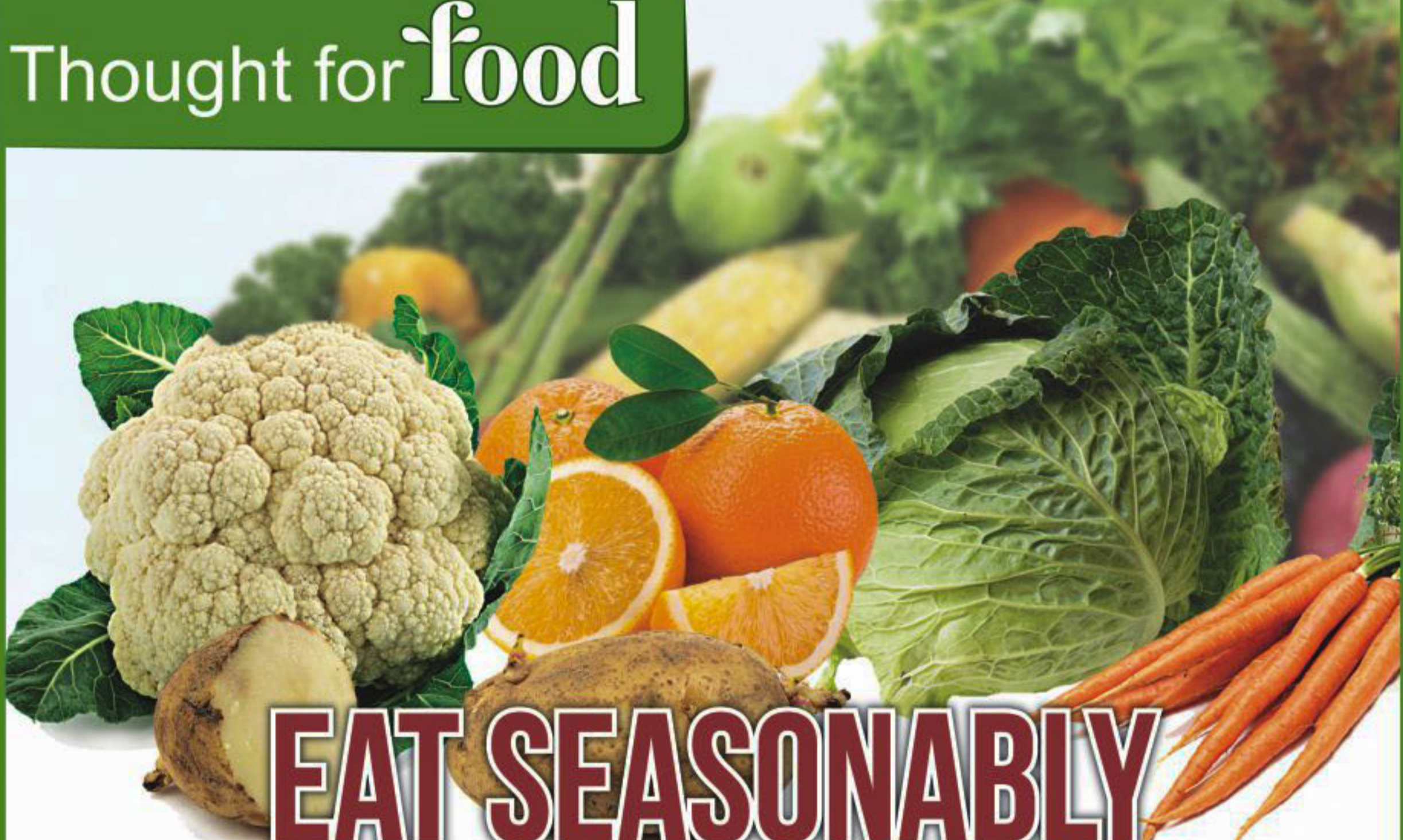


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Thought for food



EAT SEASONABLY

Eating fruits and vegetables is so easy in the summer, but come winter, all bets are off for your fruit and vegetable intake. Sure, most fruits and vegetables are available across the country year round these days, but they just do not taste the same or seem as appealing during the winter months. Stick with produce that is in season as much as possible. The following vegetables are abundant and fresh during the winter months; here is a little detail about of them:

Cabbage
Cabbage, a super-healthy, budget-friendly vegetable is a close cousin to other cold-weather favorites like cauliflower and broccoli. Cabbage is loaded with vitamins and minerals (Vitamins C and K and folate, in particular), fiber, antioxidants, and anti-carcinogenic compounds called glucosinolates. Some studies claim that the spherical vegetable can even reduce cholesterol and lower risk of cancer and diabetes. We get them in Bangladesh aplenty.

Potatoes
Potatoes have impressive nutritional profile including potassium, magnesium, folic acid, vitamin C, and even protein. It helps to keep lower blood pressure and boost antioxidants. While sweet potatoes are considered a healthier choice (since they're loaded with beta-carotene, vitamins A and C, and fiber), regular old white spuds are still nutritious as long as you don't fry them or mash them with tons of butter and cream.

Carrots
I think we all know it, carrots for healthy eyes. Bugs Bunny's favorite food is loaded with the antioxidant beta-carotene, a compound that converts to vitamin A in the body. Vitamin A is essential for a strong

immune system and healthy eyes, skin, and mucus membranes. The orange veggies are also loaded with vitamin C, cyanidins, and lutein, which are all antioxidants. Some studies show that eating carrots can reduce risk of cancer and even prevent cardiovascular disease.

Citrus Fruit
Dark winter days may get you down. Grab a handful of citrus to last you until summer fruit season. And while they're not so great for your teeth, citrus fruits are loaded with vitamin C, which may reduce risk of cancer. Citrus consumption has also been linked to lower risk of Alzheimer's disease, Parkinson's disease, diabetes, cholera, gingivitis, cataracts, and Chronic disease. Stock up on lemons, oranges, grapefruit, kumquats, blood oranges, limes to get your citrus fix this winter.

Cauliflower
Cauliflower, a cruciferous vegetable, is in the same plant family as broccoli, kale, cabbage and collards. It has a compact head (called a "curd"), with an average size of six inches in diameter. Cauliflower contains antioxidants that help prevent cellular mutations and reduce oxidative stress from free radicals. Cauliflower is high in both fiber and water content, which helps to prevent constipation, maintains a healthy digestive tract and lowers the risk of colon cancer.

■ Dr. Shahed Imran
HMO, Dhaka Medical College Hospital

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