



PHOTO: ANURUP KANTI DAS

At a time when he should be in school, 13-year-old Al-Amin works every day at a motor parts repair shop in Pahartali of Chittagong city to make ends meet. The photo was taken yesterday on the eve of World Day Against Child Labour.

# Govt, NGOs must join hands

## National seminar told on eve of World Day Against Child Labour

STAFF CORRESPONDENT

The government and all NGOs working to eradicate child labour must cooperate in monitoring children dropping out of schools and working in factories, schools and other places, said speakers at a seminar yesterday. Mentioning Bangladesh's dream of becoming a middle-income country, the speakers cautioned that economy growth would instil greed in people which may lead to engaging more children into the

workforce.

They were addressing a national seminar on the eve of World Day Against Child Labour 2015 with the theme "No To Child Labour, Yes to Quality Education". The seminar was organised by the labour and employment ministry in the capital's Biam Foundation.

Quoting the prime minister, Michael McGrath, country director of Save the Children, International said in a few years

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## PM asks cops to win public trust

UNB, Dhaka

Prime Minister Sheikh Hasina yesterday asked police to gain people's confidence by ensuring the overall security of public life and property as well as their welfare.

The prime minister gave the directives after inaugurating "Police Plaza Concord," a commercial building of Bangladesh Police Welfare Trust, in the capital's Gulshan area.

She also asked police to be mindful so that people do not suffer in any way and continue to render services. "You'll have to fulfill the aspirations of people."

She said the government would continue necessary supports for the wellbeing of the police force.

Referring to her earlier directives at an Ecneec meeting, Hasina suggested the authorities concerned to come up with a proposal for renovating the dilapidated police stations at upazila and district levels.

Turning to the maritime boundary verdicts over Myanmar and India and the recent Land Boundary Agreement with India, the prime minister said the government has been solving problems one after another with the neighbouring countries.

She said the sooner Bangladesh would be able to become solvent financially, the more it could be able to solve the problems of all, including this police force. "Bangladesh would become a peaceful, terrorism and militancy-free country in South Asia and we're working to that end."

PHOTO ON PAGE 4

## CITY ELECTIONS

### British envoy criticises lack of probe into irregularities

DIPLOMATIC CORRESPONDENT

British High Commissioner in Dhaka Robert Gibson has expressed disappointment over incidents of irregularities, disruptions and interference in the city corporation elections that were not investigated.

He was addressing a programme of Diplomatic Correspondents Association, Bangladesh (DCAB) titled "DCAB Talk" at Jatiya Press Club in the capital yesterday.

Gibson said he had welcomed the elections as there was no indication of violence and disruption.

But later, the situation changed and social media and the press reported disruptions and violence, he added.

Replying to a query, Gibson said it was unfortunate that the BNP chose not to participate in the elections.

He hoped the three elected mayors can operate with the same vision of mayors in the UK and improve Dhaka and Chittagong.

Regarding democracy, the diplomat said one of the major achievements of Bangladesh is that the country had returned to democracy despite having several periods of non-democratic rules in the past.



Photo: Ratul

The one thing that any Bangladeshi can never get enough of in summer is mangoes. No matter how much we complain about the sweltering heat, traffic and power cuts, it is hard not to smile when you are offered a bowl of freshly cut mangoes. Some people like unripe mangoes while others will lean towards the juicy sweeter ones. Many are such mango fanatics that they will pickle them just so that they can have them all year around. The nutritional benefits of mangoes are not only restricted to its consumption but also is a natural remedy for many skin problems.

The antioxidants in mangoes protect the body against cancer; Quercetin, Isoquercitrin, Astragaline, Fisetin, Gallic acid and Methylgallate are natural protectors against cancers in the colon, breast, blood and prostate. Fresh mangoes are high in potassium that aid in the regulation of heart rate and blood pressure. They are naturally abundant in Vitamin C, pectin and fibers that lower serum cholesterol levels and maintain the alkali reserve in the body. There is a common misconception that because mangoes are sweet they must contain a lot of sugar and aid in weight gain. The truth is that the juicy fruit has a low glycemic index which is good news for people suffering from diabetes. You can have as many as you want. The consumption of a concoction of the leaves of mangoes boiled in water which are then left overnight also helps control insulin levels. The fibrous texture of the fruit will fill you up pretty quickly and energize the digestive function of the body to burn more calories and thus lose weight. In summer it is a great way to protect yourself from heat strokes. It contains vitamin A that helps sustain good eye sight, prevent dry eyes and night blindness. Mangoes consist of 25 different kinds of carotenoids that with the combination of vitamin A and C contribute to the strengthening of the immune system. Unbeknown to many, mangoes are rich in glutamine acid, a protein that improves concentration and memory.

They contain high amounts of iron and calcium, a natural remedy for anemic patients and women who are experiencing menopause or are pregnant, respectively. Mangoes are great for unclogging pores that cause acne and contribute to fresher looking skin. A paste of mashed mangoes, honey and milk can be used as a body scrub that results in tender and smooth skin.

Shwapno gets their mangoes from many farmers outside of Dhaka especially from Rajshahi region. Amongst them Mohammad Sufi Kamar Pasha from Chapainawabganj is one of them. He took lease of mango orchards for the time period of 3 to 5 years. He uses cow dung, potassium as fertilizers and waters properly the trees deeply to saturate the long taproot. Mohammad Sufi Kamar produces different types of tasty and delicious mangoes like Langra, Gopalbogh, Himsagar, Khirsapati, Ashhwinia, Khisanbogh, Kuapahadi and Fazlee. He feels that everyone should prioritize the quality of the mangoes over the looks. Only then the formalin usage would be reduced.

Mangoes are the best way to fight summer. Especially with Ramadan ahead, do not forget to make mangoes a part of your daily Iftaar or Seheri meal. So this summer the King of Fruits waits to assist you in the battle against the heat!

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