



Following renovations spanning approximately around two years, "Memory Eternal", a memorial before the Dhaka University vice-chancellor's residence containing names of teachers, students and staff of Dhaka University who embraced martyrdom during the 1971 Liberation War, was opened to the public yesterday. The memorial was first established on March 26, 1995.

PHOTO: ANISUR RAHMAN

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Rajuk plans two more housing projects for lawmakers

STAFF CORRESPONDENT

Rajdhani Unnayan Kartripakkha (Rajuk), with the prime and public works ministers' consent, will implement two more land development

schemes to provide lawmakers and some professionals housing plots, its chairman announced yesterday.

"We have already identified two proposed sites but we do not want to disclose those lest it creates any public

reaction," GM Jainal Abedin Bhuiya told a press conference at its head office in the capital.

New lawmakers, who have not got housing plots in the capital yet, lobbied

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RU suspends BCL leader for beating cultural activist

RU CORRESPONDENT

In the face of continuous demonstrations, Rajshahi University yesterday suspended a Bangladesh Chhatra League (BCL) leader for beating a cultural activist unconscious and leaving his legs fractured on June 9.

Vice Chancellor Prof Muhammad Mizanuddin suspended Saddam Hossain Sajib, RU unit's BCL assistant secretary and a third-year student of law, for an unspecified period by applying his special power, Proctor Prof Tarikul Hasan told The Daily Star yesterday.

He said further action might be taken after investigation.

Sajib beat up Basudev Roy, a former president of RU Kendrio Sangskritik Jote, with scrap wood after a window of an on-campus restaurant which Roy opened hit Sajib, who was sitting outside, in the head. The victim is recovering in hospital.

The Sangskritik Jote had been demanding the BCL leader's expulsion since June 10 and started a hunger strike on Wednesday in front of the VC's residence. Its general secretary, Konika Gope, said they were pleased about the punitive action but demanded his arrest soon.

Roar with Tiger PRAWNS

What we call Bagdah Chingri here in Bangladesh, is actually known to the rest of the world as Tiger Prawns because of their size. It is common to see them as indispensable parts of ceremonies and festive occasions. Bangladeshis love their prawns although many are allergic to them. It is commonly served with a coconut based curry dish but other versions of it include being smashed and mixed with mustard oil and onions or cooked with an assortment of vegetables such as bottle gourd, spinach, potatoes etc. Prawns are packed in flavor and nutrition benefits as well

Tiger prawns are the best resources of protein as they are rich in them and simultaneously extremely low on fats and calories. For those who are looking to lose weight, Tiger prawns are the ideal food to eat as they take up very little cooking time and do not require much spice to enhance its natural flavour. They are high in cholesterol of the good kind and assist in reducing levels of the bad kind of cholesterol. Tiger prawns contain an abundance of Omega 3 Fatty acids that is not only good for the liver but also helps to reduce blood pressure and improve circulation. It also fights against diseases such as Dementia and Alzheimer's diseases. They contain Selenium that impedes the growth of cancer cells in the body and therefore act as prevention from cancer. Tiger prawns are also rich in calcium, that everyone is aware is good for the bones and teeth. They contain a combination of vitamins; Vitamin E and B12. The first contributes to fighting against facial diseases as well as giving the skin a glow and the latter retains the sharpness of memory and healthy veins and arteries.



Photo: Nadim-Ul-Alam



Mohammad Murad Choudhury from Khulna harvests Tiger Prawns for a living. Prawns are first fished from different rivers when they are still small in size. Special ten by ten containments are built in ponds where the prawns are kept for two to three weeks. Afterwards, they are shifted to make shift shallower ponds in fields. Tiger prawns take about two to three months before they fully mature. Every batch of Tiger prawns that is farmed is checked on a monthly basis by dragging the nets out from the water. Prawns that are bigger in size are separated from the smaller ones and returned back to the ponds to be farmed further until they are big enough. Shwapno is a regular buyer of Tiger prawns from Muhammad Murad Choudhury. He explains how a team of people from Shwapno come and inspect the shallow make shift ponds in the fields. They tell him which batch of Tiger prawns they want which are then sent to the Shwapno stores through trucks that have special frozen facilities to store them

Tiger prawns can be prepared in a lot of ways and is the best alternative to any other form of meat as it is high in protein with very little fat content. It helps even more that they taste this amazing! So go out to Shwapno and buy your fair share of Tiger prawns. Being healthy is not a privilege but an obligation or promise that we should all live up to.

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