

Return of the sweet, sweet life for Dinajpur's diabetics

BY KONGKON KARMAKER WITH ANDREW EAGLE

Salty, sour, bitter, sweet and umami: for many, experiencing the five taste sensations picked up by the receptors called taste buds and transmitted to the gustatory area of the brain for processing is a quintessential part of life's enjoyment. It's the reason diabetes sufferers will scour city supermarket shelves for pricey sugarless treats; and occasionally, against doctor's orders, pop some delectable sweetmeat, or perhaps half a one, into their mouths. At some point most of us will have witnessed a diabetic patient briefly surrender to such kind of sugary indulgence.

Joynul Abedin, 48, of Dinajpur town is a man who believes in taste buds. Though not himself a sufferer of diabetes, he appreciates the diabetic patients' conundrum in managing

diets. Moreover, he's doing something about it: to make it easier and, not to mention, a little sweeter.

After completing Alim in 1989, Abedin worked as an imam and Q'uran teacher at various mosques in Dinajpur district before migrating to Qatar in 2010 to work in various jobs. It was upon his return home after two years abroad that he discovered his later working life would be spent as a dedicated baker.

"When I returned home," he says, "I saw that for many people with diabetes, especially those from poorer backgrounds, the disease was their only obstacle to enjoying tasty treats like biscuits and chanachur."

In June 2012 Abedin baked his first batch of sweet and salted biscuits suitable for diabetics and began to ferry his product around town by bicycle in search of

appreciative customers.

"I do everything by my own hand," says Abedin, while preparing diabetic biscuits at his Natunpara home. He uses nigella seeds and several other ingredients to produce a sweet taste that does not include sugar.

At only 10 taka for a packet of biscuits, Abedin's efforts have proved popular, especially for diabetics who cannot afford the imported or factory made alternatives.

"I have been enjoying his snacks for the last year," says a thankful Idris Ali of Nimtola in Dinajpur town.

"I was sceptical at first," says another customer, Jalal Uddin, "but it's never aggravated my condition and I'm convinced his products are good for me." The reasonable price is also good, he adds.

Busy with baking of a day, Abedin sells his product from sunset to 11.30 p.m. at

night. "I have six sales points in Dinajpur town," he says, "starting at the central bus terminal and finishing in Bahadur Bazar, spending thirty minutes to an hour in each location."

With Abedin's products having gained a reputation and enjoying brisk sales, he was able this year to retire his bicycle in favour of a motorcycle. Attached at the back is a large tin trunk used to carry his bakery items that proudly reads "General and Diabetes Foods."

During a visit to Dinajpur bus terminal on Monday evening, this correspondent found his parked motorcycle had attracted a small crowd of dedicated sugarless biscuit connoisseurs.

"I'd like to make my products available across the district," says Abedin, "so that all diabetics can find snacks to enjoy as easily as the regular public can."



Joynul processes dough to make sweet and salted biscuits suitable for diabetics at his Natunpara home in Dinajpur town. PHOTO: STAR

Kunio murder suspect Hira remanded in another case

OUR CORRESPONDENT, Rangpur

A Rangpur court on Monday placed Humayun Kabir Hira, one of the suspects in Japanese national Kunio Hoshi murder case, on a ten-day remand in another killing case.

Meanwhile, Senior Judicial Magistrate Md Abu Taleb sent local BNP leader Rashed-un-Nabi Khan Biplob to jail, rejecting his bail prayer in connection with Hoshi Kunio murder case, said court sources.

Earlier on October 6, Hira and Biplob were remanded for 10 days in the same case.

Motorbike-riding gunman killed Kunio, 66, near his agriculture project at Alutari village in Rangpur's Kaulia on October 3, just five days into Italian national Tavella's murder.



Fishes die afloat in a water body of Ratargul swamp forest in Gowainghat upazila under Sylhet district. Inset, a snake lies dead as massive poisoning allegedly by land grabbers wrecks havoc on the flora and fauna in the sanctuary. PHOTO: STAR

TRADER, MADRASA BOY KILLING CASES One to die, 7 get life in Bogra, Nilphamari

STAR COUNTRY DESK

A Bogra court here on Monday sentenced a man to death and four others to life imprisonment for killing a trader in 2006, reports our correspondent.

The death penalty awardee is Belal Hossain alias Bilu, 50, son of late Gafur Ali of Phulbari Sarkarpara in the district town.

The lifers are Nasima Begum, 45, wife of Bilu, and her sons Nadim Mia, 30, and Azim Mia, 32, and Raihan Ali, 30, son of late Nurul Islam of the area. Of them, Nasima and Raihan were sentenced in absentia.

According to the prosecution, Shahidul Islam, owner of a small engineering workshop in the town, was kidnapped when he went out of his house on July 27 in

2006.

On August 1 the same year, his body was recovered from a water body near the house of Bilu.

Later, a case was filed against the five in connection with the incident.

After examining evidence and witnesses, Judge Md Hafizur Rahman of Additional District and Sessions Judge's Court found them guilty and pronounced the verdict.

Meanwhile, a Nilphamari court yesterday sentenced three people to life imprisonment for killing a madrasa boy in 2007, reports our correspondent.

The convicts are Shawkat Ali, 58, superintendent of Bosuniapara Madrasa in Jaldhaka upazila of the district, Mofizul Islam, 33, a teacher of the madrasa,

and Moniruzzaman, 25, a senior student of the institution.

The court also fined them Tk 10,000 each. In default, they are to suffer another six months in prison.

The victim, Waskuruni, 14, son of Azimuddin of Purbo Kachua village in Gangachara upazila, was a student of the same madrasa.

According to the prosecution, the trio killed the boy on July 1 in 2007 as he protested against the superintendent's having sex with a boy.

The following day, the victim's father filed a murder case with Jaldhaka Police Station against the trio.

After examining evidence and witnesses, Additional District and Sessions Judge Md Mahbul Alam found them guilty and gave the verdict.

8 held while going to India illegally

OUR CORRESPONDENT, Benapole, Jessore

Border Guard Bangladesh (BGB) personnel yesterday arrested eight Bangladeshi nationals while they were going to India through Putkhali border under Benapole Port Police Station without passports.

The arrestees hail from different areas of Narail and Faridpur districts.

A patrol team of the border guards conducted a drive in the area around 7:00am and detained the eight, Mohammad Farid Uddin, commander of Putkhali camp of BGB 23 Battalion, said.

Kid drowns in pond

OUR CORRESPONDENT, Lalmonirhat

A four-year-old boy drowned in a pond at Uttar Gotamari village in Hatibandha upazila of the district yesterday.

The dead is Hasan Mahmud, son of Khalilur Rahman of the village.

Locals said Mahmud fell into the pond near their house while he was playing on its bank.

Benapole-Jessore train service begins

OUR CORRESPONDENT, Benapole

Direct train service between Benapole and Jessore started yesterday.

The railway authorities introduced the service to meet the longstanding

demand of the people of Jessore region travelling on this route, said railway sources.

Md Saiduzzaman, Benapole Railway stationmaster, said the new train named "D-95/96 up-down"

will leave Benapole at 10:15am and reach Jessore at around 11:30am.

On the return journey, the train will start from Jessore at noon and reach Benapole around 1:00pm, he added.

SNIPPETS

Woman commits 'suicide'

OUR CORRESPONDENT, Patuakhali

A young woman allegedly committed suicide over a family matter at Auliapur village in Sadar upazila of the district on Monday. The dead is Lucky Begum, 18, daughter of Jahangir Hawlader of the village. Police and family sources said Lucky married trucker Arif of Khulna district seven months ago. Lucky committed suicide by hanging herself from the ceiling of her room at night.

Muggers stab trader

UNB, Magura

Muggers stabbed a trader and took away Tk one lakh from him at Kalinagar village in Sadar upazila of the district on Monday. The injured is Jahirul Islam, 35, of Kachhundi village in the upazila. He was admitted to Faridpur Medical College Hospital. Munshi Asaduzzaman, officer-in-charge of Sadar Police Station, said a gang of 3/4 swooped on Jahirul in the area while he was returning home at night. At one stage, they stabbed him and took away the money.

Three jailed for stalking

UNB, Chapainawabganj

A mobile court sentenced three youths to three months' imprisonment each for teasing a college girl at Dharampur in Bholahat upazila of the district on Monday. The convicts are Sohel, 18, of Kashiabana village, Masud Rana, 18, of Suranpur village, and Selim Hasan, 18, of Kharagpur village in the upazila. They are students of Bholahat Mahbullah College. Sub-Inspector of Bholahat Police Station Abdul Majid said the trio used to tease the girl on her way to college. On information, police arrested the three in the area. Later, they were produced before the court that punished them.

Jubo Dal leader held

UNB, Jhenaidah

Police arrested a local Jubo Dal leader in Langalbandh Bazar area under Shaikupa upazila of the district on Monday. The arrestee is Nayeab Ali, 24, president of Shaikupa upazila unit of Jubo Dal, and son of Abdul Gani Mandal of Khulumbaria village of the upazila. Nayeab was wanted in several cases, including one for obstructing police from performing their duties, said Officer-in-Charge Hashem Khan of Shaikupa Police Stations.

Youth beaten to death

UNB, Comilla

A young man was beaten to death allegedly by his wife's maternal uncle and his men at Adalatpara in the city on Monday. The deceased was identified as Mohammad Sabuj, 26, son of Abdul Barek of Madhabpur village in Burichang upazila. Locals said Sabuj married Fahima Akhter Mim, 20, daughter of Shahjahan of Alampur village in Debidwar upazila, 11 months ago. The couple used to lock in quarrel over family matters. Both sides sat in a meeting to settle the issue at the chamber of former public prosecutor advocate Mujibur Rahman in the city in the afternoon. At one stage, Mim's uncle Arman and his associates beat Sabuj, leaving him critically injured. Sabuj was taken to Comilla Medical College Hospital where the doctors declared him dead.

40 hurt as villagers clash in Sylhet

OUR CORRESPONDENT, Moulvibazar

At least 40 people were injured during a clash between two groups of villagers in Jaintapur upazila of Sylhet on Monday night.

Police quoted witnesses as saying that a youth from Hemu Haudpara village went to Haripur Bazar to buy a pair of shoes around 8:30pm.

The trouble began when the buyer and the shop owner Ramiz Ali, a resident of Balipara village, locked in an altercation over the price of the shoes.

At one stage, Ramiz Ali and employees of the shop beat up the youth mercilessly.

Soon after the incident, people of the two villages locked in an altercation over the issue at the Bazar and at one stage, they swooped on each other, leaving at least 40 people from both sides injured.

Witnesses said at least 7/8 shops of the Bazar were ransacked during the clash that continued for nearly five hours.

Being informed, law enforcers from Jaintapur Police Station went to the spot, dispersed the clashing groups and brought the situation under control around 1:00am, said Shafiqul Kabir, officer-in-charge of the police station.

Of the injured, 10 were admitted to Sylhet MAG Osmani Medical College Hospital while the rest given first aid at the local health complex.

AL leader hacked to death in Bagerhat

OUR CORRESPONDENT, Bagerhat

A local Awami League (AL) leader was hacked to death by an unidentified gang in Rampal upazila of the district on Monday night.

The deceased, Abdul Mazed Sardar, 65, was law affairs secretary of Rajnagar union unit of Awami League under the upazila.

Police quoted locals as saying that Mazed came under attack by the gang at Kalikprasad village in the upazila while he was returning home at Rajnagar village after offering Esha prayers at a mosque at Kalikprasad village at around 8:30pm.



Students of Debdanga Mashipur Government Primary School in Kutubpur union of Sariakandi upazila under Bogra district have to attend classes under a makeshift tin-shed as their awfully dilapidated schoolhouse was abandoned around two months ago. PHOTO: STAR

গণপ্রজাতন্ত্রী বাংলাদেশ সরকার
পরিকল্পনা মন্ত্রণালয়
বাস্তবায়ন পরিবীক্ষণ ও মূল্যায়ন বিভাগ
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নথি নং ১১.১১১.০০৬.০০.০০.৩৪.২০১৫/১৮ তারিখঃ ১৯ অক্টোবর, ২০১৫খ্রি:

স্বল্পকালীন নিয়োগ বিজ্ঞপ্তি

বাস্তবায়ন পরিবীক্ষণ ও মূল্যায়ন বিভাগ কর্তৃক পরিচালিত কতিপয় চলমান প্রকল্পের নিবিড় পরিবীক্ষণ ও সমাপ্ত প্রকল্পের প্রভাব মূল্যায়নের কাজে ব্যক্তি পরামর্শককে সহযোগিতার নিমিত্ত প্রকল্প এলাকা অর্থাৎ জেলা/উপজেলা পর্যায়ে গমন ও অবস্থান করে কাজ করতে আগ্রহী বাংলাদেশের স্থায়ী নাগরিকদের মধ্য হতে নিম্নবর্ণিত পদে শর্ত সাপেক্ষে লোক নিয়োগ করা হবে :

ক্র:নং	পদের নাম	পদ সংখ্যা	বয়স	চাকরীর মেয়াদকাল	শিক্ষাগত যোগ্যতা ও অভিজ্ঞতা	সম্মানী
০১.	তথ্য সংগ্রহকারী	৫৪	০১-১০-২০১৫খ্রি: তারিখে অনূর্ধ্ব ৩২ বছর	সর্বোচ্চ ৩০ (ত্রিশ) দিন	১। যে কোন বিষয়ে স্নাতক বা যে কোন বিষয়ে ডিপ্লোমা ডিগ্রীধারী। ২। সংশ্লিষ্ট কাজে অভিজ্ঞ প্রার্থীদের অগ্রাধিকার দেয়া হবে।	নির্ধারিত হারে সম্মানী ও টিএ-ডিএ ভাতা প্রাপ্য হবেন।
০২.	সহায়ক জনবল	০৯	ঐ	০৪ (চার) মাস (পরামর্শকের কার্যকালের ভিত্তিতে মেয়াদ কম বেশী হতে পারে)	১। যে কোন বিষয়ে স্নাতক বা যে কোন বিষয়ে ডিপ্লোমা ডিগ্রীধারী। ২। কম্পিউটারে বিশেষ করে মাইক্রোসফট ওয়ার্ড, এক্সেল ও পাওয়ার পয়েন্ট এর বিষয়ে অভিজ্ঞতা থাকতে হবে।	নির্ধারিত হারে সম্মানী ও টিএ-ডিএ ভাতা প্রাপ্য হবেন।

০২। যোগ্য ও আগ্রহী প্রার্থীগণকে নাম, মাতা ও পিতার নাম, বর্তমান ও স্থায়ী ঠিকানা, মোবাইল ফোন নং, বয়স, জাতীয়তা, শিক্ষাগত যোগ্যতা, ই-মেইল (যদি থাকে), অভিজ্ঞতা (যদি থাকে) উল্লেখপূর্বক আবেদন করতে হবে। আবেদন পত্রের সাথে নাগরিকত্ব সনদপত্রের সত্যায়িত অনুলিপি, শিক্ষাগত যোগ্যতা ও অভিজ্ঞতার স্বপক্ষে সকল সনদপত্রের সত্যায়িত অনুলিপি, প্রার্থীর ও কপি পাসপোর্ট সাইজ ছবি, প্রার্থীর বর্তমান ঠিকানা ও অব্যবহৃত ও (তিন) টাকার ডাকটিকেট সম্বলিত পৃথক একটি খাম আবেদন পত্রের সাথে সংযুক্ত করে আগামী ০৮/১১/২০১৫ তারিখের মধ্যে নিম্ন ঠিকানায় সরাসরি বা ডাকযোগে পৌঁছাতে হবে। নির্ধারিত তারিখ ও সময়ের পরে কোন আবেদনপত্র গ্রহণ করা হবে না। স্বাক্ষরবিহীন অথবা যেকোন ধরনের অসম্পূর্ণ আবেদনপত্র সরাসরি বাতিল বলে গণ্য হবে।

০৩। খামের উপরে প্রার্থীর পদের নাম স্পষ্ট করে লিখতে হবে।

০৪। উপযুক্ত আবেদনকারীগণের নিকট মৌখিক পরীক্ষায় অংশগ্রহণের জন্য পত্র প্রেরণ করা হবে। মৌখিক পরীক্ষায় অংশগ্রহণের জন্য কোন সম্মানী বা টিএ/ডিএ দেয়া হবে না।

১৯ অক্টোবর ২০১৫
মোঃ বরকাতুর রহমান
সহকারী পরিচালক
আইএমইডি, ব্লক # ১২, কক্ষ # ১৮
পরিকল্পনা মন্ত্রণালয়, শেরে বাংলা নগর, ঢাকা