

Healthy RAMADAN

FASTING AND HYPERTENSION
 'Fasting could shoot up the blood pressure of hypertensive people even higher, at iftar time when they eat sweets and salty foods. Besides these, high risk people like smokers, diabetics and those with a family history of hypertension should check with their Cardiologists whether it is safe for them to fast. Hypertensive patients on medication should check with their Cardiologists whether to make any special adjustments to their diet during Ramadan.'

Dr. Kaisar Nasrullah Khan
 Consultant, Cardiology

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Shehab Shahrear
 (Graduate Student)
 Deputy Manager, International Marketing
 Beximco Pharmaceuticals Ltd.

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Application Deadline: Wednesday, July 27, 2016
 Admission Test: Friday, July 29, 2016
 Form Sale: All days of the week from 10:00 AM - 08:00 PM (Except from July 1 to July 9, 2016)

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FOLLOW YOUR FOOD

A fish a day also keeps the doctor away.....

With over forty types of fresh water fish present in Bangladesh, Rui (Rohu) and Katal (Katla) are pre-dominant and versatile in their preparations in our food culture. As they are great sources of protein they are considered a healthier alternative to its other protein counterparts which contain higher levels of saturated fats in comparison to Rui and Katal. Simply fried, cooked in a traditional spicy tomato or mustard based curry or even yoghurt based one; even the most finicky fish eaters will consider this fish as one of their favourites.

Fresh water fish contains sulfur that is good for cartilage, skin, hair, nails and provides further combination of nutrients. They are a great source of essentials such as amino acids, minerals and Vitamin A and D which in combination contributes to weight loss, improves the immunity system, cell growth and muscle and vision development. Regular intake of fish increases absorption rates up to 96% and regulates sugar levels in the blood. It is a common sight to see hospitalized patients to be served Rui and Katal for their lunch or dinner meals. The reason behind this is because it is a clean source of protein and fat. To be more exact, Katal contains more fat but of the good kind, Omega 3 fatty acids. Patients who suffer from protein deficiency are regularly prescribed high protein diets that include regular consumption of fish instead of red meat or eggs because these fish have a high protein content and low cholesterol count. Many are still unaware that fish are a great source of Omega 3 fatty acids which are considered to fight against heart diseases and aging. It helps lower blood pressure, improve circulation and brain function and reduce arthritic pain. In addition, regular consumption of these fishes means nourishing the body with a combination of vitamins and minerals such as B1, B2, B3, B6,

B12, magnesium, zinc, iron, selenium and phosphorus. They reduce the possibilities of many mental and physical diseases such as Dementia, Diarrhoea, Dermatitis, Beriberi, Stomatitis, Pellagra, Neuritis, Anemia and Glossitis as well as infertility.

Amongst the many fish farmers that Shwapno acquires their fish from, Anower Hossain from Rajshahi is one of them who supplies Rui and Katal regularly. The ponds in which he farms these fish are about one to six acres in size and they are regularly fed khoil, chhata chaal and regular fish feed. The fish are regularly inspected and the larger ones are taken out whilst the smaller ones are returned back to the pond and allowed to grow further. It can take about three months to two years before the fish are large enough to be sent to the store. When the fish are large enough to be sold, they are transported by trucks that have three feet deep makeshift pools built in. It is of utmost importance that the fish reach the Shwapno alive as they only accept live ones. Shwapno has a strong belief in only selling the freshest of fish to their customers.



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- Architecture

BSc

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- Computer Engineering (CoE) (Accredited by IEB)

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- Computer Science (CS)
- Software Engineering (SE)
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- Computer Science & Engineering (CSE)

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- Master of Engineering in Telecommunications (MTel)
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