

# Healthy lifestyle can prevent 60pc kidney diseases

## Experts tell roundtable

STAFF CORRESPONDENT

Approximately 60 percent of kidney disease can be prevented through a healthy lifestyle, like having balanced diet and doing sufficient physical exercise, doctors told a roundtable yesterday.

Excessive body weight is one of the major factors that stimulates diabetes, high blood pressure and heart disease which are responsible for affecting kidney functions, they added.

If weight can be controlled, kidney diseases will be prevented, they said at the roundtable organised by Kidney Awareness Monitoring and Prevention Society (KAMPS) in the capital's Jatiya Press Club, marking World Kidney Day to be observed on March 9, 2017.

Quoting a recent study, KAMPS President Prof MA Samad said about two crore people in the country suffer from different types of kidney disease, but only 10 percent of them get opportunity to take necessary treatments due to high cost.

"So prevention is the best solution," said Samad, also head of the kidney diseases department at Labaid Specialized Hospital.

Prof Dr Harun-or-Rashid, chairman of Kidney Foundation Bangladesh, said the people, who are at risk of kidney disease, have to do some check-ups regularly as the disease cannot be assumed at the beginning.

People also have to drink sufficient water and quit smoking, and should be aware about the disease, he added.

Addressing the programme, Bangladesh Environmental Lawyers Association Chief Executive Syeda Rizwana Hasan urged the government to reduce the treatment cost.

Dr Mohibur Rahman, secretary general of Bangladesh Renal Association; Dr Abdul Halim, principal of Kumudini Women's Medical College and Hospital; Shahin Reza Noor, secretary general of KAMPS; and Gazi Ashraf Hossain Lipu, former cricket player, also spoke.



A prison van taking 24 inmates from Dhaka Central Jail to Kashimpur Central Jail in Gazipur tipped over on Moghbazar-Saat Rasta flyover around 10:45am yesterday after its driver lost control. Part of the flyover remained closed for almost an hour until the van was towed away. Since no one was seriously hurt, the inmates were sent to Kashimpur on another van, according to Tejgaon Industrial Police.

PHOTO: STAR

## Bogra interns continue strike at Zia Medical College Hospital

OUR CORRESPONDENT, Bogra

Interns at Shaheed Ziaur Rahman Medical College Hospital in Bogra continued their work abstention for a second day yesterday in protest of penalising their colleagues for assaulting a patient's relative.

The authorities, however, ensured uninterrupted medical services at the hospital under special arrangements, Deputy Director Nirmolendu Chowdhury told The Daily Star.

He said they had called the interns, who went on work abstention on Friday evening, for a meeting yesterday. They, however, did not join it. "We have called another meeting this morning to end the crisis."

Spokesperson for the interns, Kutub Uddin, said they wanted the authorities concerned cancel the punishment handed to their four colleagues.

Terminating the punishment illegal, he said they would form a human chain on the campus this morning.

A group of interns allegedly beat up twice Rouf Sarkar, 35, son of a patient admitted there, over a trifling matter on February 19.

A video of the incident went viral on social media.

SEE PAGE 11 COL 4

## Café attack

FROM PAGE 1

clear idea about the others involved. "We have information about several others who might have been involved in the attack. We are verifying the information."

According to Monirul, a total of 30 to 35 people might be involved in the attack. Among them are some who have been killed in several anti-militancy drives since July 1 last year.

They include masterminds behind the attack Tamim Ahmed Chowdhury and Nurul Islam Marjan, top "Neo JMB" leader Sarwar Jahan, Tanvir Kaderi, Major (ret'd) Jahid, Tarek, Abdullah, Faridul Islam Akash and five attackers -- Nibras Islam, Rohan Imtiaz, Meer Sabeh Mubasheer, Khairul Islam Payel and Shafiqul Islam Uzzal.

Monirul said three suspects in the case were arrested so far. They are Jahangir Alam alias Rajib Gandhi, arms supplier Mizanur Rahman alias Boro Mizan and Rakibul Hasan alias Rigan.

Besides, Hasnat Karim, a former teacher of North South University, is also behind bars as a suspect. Police were investigating whether he had any role in the attack.

Those who are still on the run are Sohel Mahfuz, Rashed alias Rash, Bashaaruzzaman Chocolate, Mizanur Rahman alias Choto Mizan, Abdus Samad alias Arif alias Mamu, Maynul Islam alias Musa and a doctor.

CTTC officials on Thursday arrested Maulana Abul Kashem, alleged "spiritual leader" of "Neo JMB", an offshoot of the mainstream Jama'at ul Mujahideen Bangladesh (JMB). Investigators suspect that Kashem gave approval to militants to carry out the attack.

Monirul said during primary interrogation Kashem did not admit his link to the café attack.

Twenty-two people, including 17 foreigners and two cops, were killed in the grisly attack. The over-12-hour café siege ended after a commando operation that left five terrorists and a café chef killed.

## Breaking the barriers

FROM PAGE 1

His father, Prabhat Chakma, went to study in a university in Calcutta at a time when very few from his community even thought of leaving home for education. But as the World War-II broke, Prabhat returned home without completing his studies and joined government services.

Amit's mother, Alo Chakma, was a primary schoolteacher. She often visits him in Canada.

"Right from our childhood, they instilled the value for education in us," said Amit, who authored more than 100 articles and is an expert in areas related to petroleum research and energy management.

After the construction of the dam, many families resettled in remote areas of the district, but his father chose to live in the town so he could send his children to school.

When Amit was in class five, his father sent him to Ispahani School in Comilla and his sister to Tangail's Bharateswari Homes for better education.

However, in the wake of the 1969 mass uprising, Amit returned home and completed his secondary education from Rangamati Government High School.

He passed his higher secondary exam from Dhaka College in 1976, when unrest was brewing up in the hills. Uncertain if he could return home, he started to look for a scholarship abroad.

"If the situation in the hills were stable and peaceful, my natural tendency would be that I would go back home," he said.

### SCHOLARSHIP, EDUCATION ABROAD

But he soon got a scholarship from the Algerian government in 1977 to study chemical engineering at Algerian Petroleum Institute. He graduated at the top of his class in 1982.

He then moved to Canada and earned his master's in applied science and PhD in chemical engineering from the University of British Columbia in 1984 and 1987 respectively. He began his academic career as a professor of chemical and petroleum engineering at the University of Calgary where he taught from 1988 to 1996.

Subsequently, he joined the University of Regina as dean of engineering and later served as its vice-president (research) from 1999 to 2001. During this time, he made it to Canada's Top 40 Under 40 list. He then became vice-president (academic and provost) at the University of Waterloo in 2001.

In 2009, he joined the University of Western Ontario as its 10th president and VC.

Amit said he had been able to overcome all odds and disadvantages of being someone from an ethnic minority community only because of education. "Education is the best tool to ensure social justice."

No country is perfect, he says, but the nations that value merits over social status and uphold the rule of law will see progress. "We are now living in a situation where knowledge is more important than anything else. The nations that put priority on knowledge have developed themselves."

### TAKE ON BANGLADESH'S EDUCATION

About the education system in Canada and Bangladesh, he said the overall quality of Canadian education system was good as the standard of educational institutions was more or less the same.

"But the education system in Bangladesh has vulcanised. Here the quality of one school to another varies greatly," he said.

He added that teachers in the past used to treat teaching as their vocation, not a mere profession. "Now I have come to know that the level of dedication and devotion in many of the teachers has dropped."

Also, corruption in teachers' recruitment process is another big problem.

"Corruption in education sector is extremely dangerous."

"For example, if a bridge breaks apart, it can be repaired with money. But if a generation is imparted standard education, it takes several generations to fix it."

There are many good educational institutions Bangladesh but there should be an effort to build many more. "Many Bangladeshi students are studying in universities abroad, including in my university, and doing well."

He suggested striving for overall quality. "If you believe that a country's economic prosperity depends on knowledge, you will have to try to be very good at what you do. Quality of education and quality of research should be world class. It may be hard to do but you have to keep trying."

### POLITICAL MOTIVATION

#### IS THE PROBLEM

About his community in the CHT, Amit

said despite some progress, the hill people still live in miseries.

Unfortunately, successive governments have had many outsiders settled in the hills out of political motivation, which creates problems there, he said.

He said he saw many youths from the region working in Chittagong and other areas.

"They are going for economic reasons. Similarly, if people go to hill areas for economic purposes, I don't see any problem. But if people go there for political reasons, then there would be problem."

"Instead of sending settlers, send tourists there. Develop infrastructure and other facilities for promoting tourism," he said, adding that the CHT, Cox's Bazar and the Sundarbans are the country's natural assets where tourism should be promoted.

He suggested making good use of the country's natural resources and human resources as well as ensuring rule of law.

### AN AMBASSADOR

His university job apart, Amit sometimes plays the role of an "unofficial ambassador" of Bangladesh in Canada.

"Many are curious about Bangladesh and when they ask me about the country with a negative impression, I tell them that despite many problems this country has made huge progress on all counts."

"I tell them about the rise in literacy rate and the MDGs [which the country has achieved] and other achievements. Then they get to know about us."

"I'm happy to play this role," Amit added, with a smile.

## Son of SQ Chy

FROM PAGE 16

area around 2:30am. He went home from there.

"He [Humam] couldn't tell us who had picked him up or where he was kept or who left him [on early Thursday]," he said, adding that "Humam's physical and mental condition was not good."

Gias, also a former BNP lawmaker, said Humam was staying at one of his relatives' home and that he would see a doctor tomorrow.

On August 4 last year, Humam, also a central BNP leader, was "picked up" from a court compound in Old Dhaka. He had been traceless since then, said his family members.

Meanwhile, Amnesty International and Human Rights Watch have said, "Bangladeshi authorities need to immediately reveal the fate and whereabouts of two other men held in secret detention."

"Two other men -- Mir Ahmed Bin Quasem and Abdullahil Aaman Azmi -- were also taken in August 2016 in separate incidents and have not been heard from since. They should either be charged or released without delay," the global rights bodies said in a joint statement yesterday.

On August 9 last year, Ahmed, son of top Jamaat leader and executed war criminal Mir Quasem Ali, was allegedly picked up by some unidentified men from his Mirpur DOHS home in the capital.

On August 22 the same year, Azmi, son of late war criminal and ex-Jamaat-e-Islami ameer Ghulam Azam, was also allegedly picked up by some unidentified men from his Boro Moghbazar residence in the city.

## 'Spiritual leader' of 'Neo JMB' arrested

FROM PAGE 1

At the end of that year, Tamim joined hands with Kashem and some other JMB men, and they together formed "Neo JMB", an offshoot of the mainstream JMB, he mentioned.

Law enforcers have been claiming that "Neo JMB" is responsible for the recent spate of targeted and terrorist attacks, including the July 1 Gulshan café attack and the Sholakia attack last year, and the Hossaini Dalan attack in October 2015.

"Though intelligence agencies of some countries provided us with information on Tamim's meeting with a 'Hujur' at the beginning of 2014, we came to know about Neo JMB and Tamim following the attack at Hossaini Dalan," said Monirul.

Two persons were killed and scores injured in the bomb attack on a Shia congregation at Hossaini Dalan in October 2015. Global terror outfit Islamic State (IS) claimed responsibility for the bomb attack, but the government has all along denied existence of IS in Bangladesh.

Kashem, former principal of a madrasa in Dinajpur, was one of the eight members of Neo JMB's Majlis-e-Shura, and he used to visit various militant dens. He motivated "Neo JMB" recruits in waging jihad and killing foreigners by giving wrong interpretation of the Holy Quran and Hadith, the CTTC unit chief said.

Monirul further said they started getting information on Kashem after the arrests of a number of "Neo JMB" leaders and activists at the end of 2015.

Kashem was involved with the mainstream JMB since its inception in 1998, and led the outfit for some time after its chief Maulana Saidur Rahman was arrested in 2010. He used to meet Saidur whenever the latter was taken to court for hearing at the initial

days of his trial, said the official.

The JMB, banned in 2005, later got split into two factions due to leadership and ideological crises following Saidur's arrest.

Kashem, who has good knowledge of Arabic, has written three books -- "Dawlar Asal Roop", "Jihad Keno Korben" and "Islami Basanta" - under the name Shaykh Abu Mohammad Aiyman Hafizullah. It was mandatory for "Neo JMB" recruits to read those books.

Kashem gave wrong interpretation of Islam in those books that advocate religious extremism, said Monirul.

A number of top "Neo JMB" leaders, including Tamim, Nurul Islam Marjan, Sohel Mahfuz and Rajib Gandhi, were Kashem's followers.

Asked whether Kashem is the same person known as Shaykh Abu Ibrahim Al-Hanif, Monirul said, "We are now trying to know whether he has used any other name or identity."

In its 14th issue, IS propaganda magazine Dabiq claimed that Al-Hanif was the chief of the "Khilafah's soldiers in Bengal".

Monirul pointed out that they had been looking for Kashem for the last one and a half years. And they got the addresses of his Kurigram house and his workplace in Dinajpur after the arrest of Jahangir Alam alias Rajib Gandhi on January 14. But they didn't find him in those two places.

Later, CTTC unit officials got more information on Kashem after Boro Mizan's arrest on March 1.

In October last year, a number of CTTC unit officials said Kashem had been under their surveillance.

Yesterday, a Dhaka Court placed Kashem on a seven-day remand after Inspector Jahangir Alam of the CTTC unit produced him before the court with a 10-day remand prayer.

Kashem was shown arrested in a case filed with Mirpur Police Station over the raid on Kalyanpur militant hideout in July last year.

### WHO IS KASHEM?

Kashem moved to Astimer Char of Kurigram's Kodal Kathi union around one and a half years back after he lost his home to river erosion in Vatiar Chor village, said Humayun Kabir, chairman of Kodal Kathi union.

Around 11 months back, Kashem's family members told Humayun that Kashem, who started working at a madrasa in Dinajpur in 2015, went missing in the capital where he came to do a task given by the madrasa.

Humayun also mentioned that Kashem, father of seven sons and three daughters, had gone into hiding after police started searching for him in 2007 during the tenure of the last caretaker government.

Talking to The Daily Star over the phone, Abdul Hamid, founder of Okrabari Hamidia Islamia Orphanage and Madrasa in Dinajpur's Chirir Bandar, said Kashem was appointed madrasa principal in 2015 but he suddenly disappeared at the end of February last year.

Hamid said he came to know Kashem through the latter's three sons, who studied at the madrasa set up in 2012.

He said Kashem was initially given a salary of Tk 8,000, which was later raised to Tk 9,000.

Replying to a query, Hamid said he didn't find anything suspicious in Kashem, and he knew nothing about the ex-principal's alleged militancy links.

He also mentioned that Kashem used to deliver sermon at a local mosque every Friday, and that he didn't use a mobile phone.

## Dhaleshwari faces

FROM PAGE 1

There are two methods to remove salt from water -- "vaporisation method" and "reverse osmosis method", he mentioned.

"Both the methods are very expensive. It would take an additional Tk 500 to 600 crore to set up a desalination plant," said Abu Bakar Siddique, an engineer.

Currently, their plan is to request the tanners to use less salt for preserving rawhide.

"We are also planning to ask all tanners to install de-dusting machines that would extract salt from rawhide before tanning process," he told The Daily Star. "This way, we can reduce around 50 percent salt in the wastewater."

Salt is the main ingredient for cattle rawhide preservation. Rawhide contains water and it is dehydrated using salt before the tanning process begins.

The tanners collect half of their rawhide during the Eid-ul-Azha. They use around five to six kgs of salt to preserve rawhide of one cow.

"The annual demand of salt in the tannery sector is around 40,000 tonnes, 20,000 during the Eid-ul-Azha alone," said Shahin Ahmed, president of Bangladesh Tanners Association.

The owners of big factories would be able to set up de-dusting machines. But out of 154 tannery units at Savar, 77 together have been allotted only 10,000 square-feet of space.

"The owners of those small units would not be able to set up de-dusting machines. The government should think about it," said Shahin Ahmed.

Tanners use salt also during the tanning process of leather. It won't be possible to remove this salt, which directly gets mixed with the waste water, he added.

As of last year, the tannery factories in Hazaribagh daily produced about 21,600 cubic metres of environmentally hazardous liquid containing chemicals such as chromium, sulphur, ammonium,

salt and other chemicals.

The Savar project took off in 2003. The plan was to complete it in 2005 at an approximate cost of Tk 175.75 crore. As it was rescheduled thrice, the cost went up to Tk 827.99 crore.

In a recent visit to the tannery estate, it was seen that the authorities have been running the plant on a trial basis, treating the liquid waste from the 47 units now operating in Savar. Another 107 units are supposed to be relocated to Savar from Hazaribagh.

Waste, generated in the test run that began after the Eid-ul-Azha in October last, is discharged into the river.

The Department of Environment recently tested the water of river and found the waste was not treated properly. Conducted on January 5, the test found more than 80 microgram of salt along with other pollutants in one litre of the river water.

"Saltwater is going to destroy the biodiversity of the Dhaleshwari. It is not a wise investment if the CETP does not treat the salt. The tannery industry is going to kill another river after the Buriganga," said Dr Anisuzzaman Khan, chief adviser of Nodi O Jiboner Sondhane, a river biodiversity-related project of the Prime Minister's Office.

Already locals are complaining that fish species have been in decline since the tanneries started moving to Savar from Hazaribagh.

They saw dead fishes floating, allegedly a consequence of dumping of liquid waste directly into the water body through a channel over the last three months ago.

However, engineer Abu Bakar Siddique said already the biodiversity of the river was destroyed as many industries had been discharging waste water into it.

"The quality of our treated water is better than the river water. Because the river water is already polluted," he said.