Super food moringa

Chuadanga farmer leads the way in growing the highly nutritious food

SHYKH SERAJ

Dear readers, today I want to take you to Chuadanga Sadar. I went there to meet Kola Quader (Banana Quader), famous for his banana production. But, this Kola Quader has now turned into moringa or drumstick grower. Since morinaga is a very nutritious food, Quader is more focused on its leaves and brought a new dimension in Bangladeshi farming scenario by making the moringa leaves more and more significant. Quader has planted a lot of moringa in his village. Although you may recollect Quader with his bananas, let us see the other side of his farming with moringa.

His small homestead is full of greenery. It can be said that his house itself is a complete farm. His courtyard is full of various plants and trees, including moringa.

Abdul Quader took me to show his area. He showed many moringa plants by the roadside, some very old and some new, mostly planted by his own hands. It is a great thing to learn that farmers are well aware of the value of moringa, both health and financial.

The nutritional value of moringa leaves



documentary, Hridoye Mati O Manush.

makes moringa itself a super food. In many countries of the world, since long before, it has been talked about. Many consider it to be a medicinal tree. These days, moringa is being considered a combination of food and nutrition. Earlier, in Bangladesh, moringa did not much have much value to the farmers. One or two moringa trees used to grow in a corner of the homestead without any care. However, now, considering the market value and demand for the tree, farmers are considering planting more



Shykh Seraj looking closely at a moringa tree.

moringa trees. But, many farmers are still unaware of the moringa leaf but they all know about the drumstick. Abdul Quader's work in promoting the value of the moringa leaf is really praiseworthy.

Upazila Agriculture Officer Talha Zubair Mashrur, too, has already done studies on moringa and says there are lots of advantages in the crop.

There are various researches going on about the moringa tree and its leaves. The moringa leaves have the most nutritional value. Researchers say that moringa leaves are being used for various purposes since ancient times. The leaves have a mystical power. Today's advanced science too tells a similar story. Various international researchers say that the moringa leaves have four times more Vitamin C compared to oranges, four times more calcium and double the protein than milk, four times more Vitamin A than in carrots and three times more potassium than in bananas. That's why it is being called super food.

It has protein, vitamins, amino acids and beta carotene, along with many more minerals. Every part of a moringa tree has some nutritional value. The oil extracted from moringa seeds has astonishing nutritional value. Nowadays, many

PHOTO: HRIDOYE MATI O MANUSH

countries are exploring the business of moringa trees. To mention a few places, South Africa, Malawi, Cambodia, Philippines, Kenya, Ethiopia, along with many other countries, are farming moringa commercially.

Demand for moringa tablets with nutritional values added is increasing day by day in Europe and America. They are being sold through online markets like Amazon or Alibaba. A file of 100 tablets is sold from \$15 to \$25, which is about Tk 1,500 to Tk 2,000. This has also started in Bangladesh in a limited way. Already people like Rajib Parvez have started to encourage people to grow moringa tree, collect the leaves, and distribute it among the people. He tells us that just as it is a magical ingredient for people, in the same way it can also be beneficial for the livestock animals and plants. Rajib has already done multifaceted tests regarding the various uses of moringa leaves.

Dear readers, in an age of advanced technology, it is easy to find out the advantages of something. Moringa or its leaves have come to us as a surprise in this regard. We hope that the medicinal or nutritional value of moringa tree or leaves will be known to all and that planned expansion of its cultivation takes place in the country.

Idols set afire OUR CORRESPONDENT, Faridpur

Miscreants set fire to idols of Hindu god and goddess at a Kali temple in Sonamukhi Char Jelepara village under Kalamridha union of Bhanga upazila early yesterday.

"Criminals set fire to idols on Wednesday night, destroying statues of goddess Kali and god Shiv. Worshipers found the damaged idols early in the morning when they went to the temple for worshiping," said Ronjit Rishidas, president of Sonamukhi Char Jelepara Kali Temple Committee.

Bhanga Upazila Nirbahi Officer Muktadirul Ahmad and Bhanga Police Station Officer-in-Charge (OC) Kazi Saidur Rahman visited the stop.

"President of Sonamukhi Char Jelepara Kali Temple Committee filed a case against unidentified people with Bhanga Police Station after the incident," the OC said.

Man gets life term for raping ex-wife, hiding divorce info

OUR CORRESPONDENT, Faridpur

A court here yesterday sentenced a man to life impris onment for raping his wife in 2007 by hiding the fact that he had divorced her in 2006.

Women and Children Repression Prevention Tribunal Judge Md Amalgir Kabir pronounced the verdict in absence of the convict. The court also fined him Tk 10,000. In default he is to suffer four months more in jail.

The convict is Faruk Hossain, 45, of Collegebalia area under Nagarkanda upazila. He is a rickshaw-van puller.

According to the prosecution, Faruk divorced his wife Fatema Begum, 33, on November 10 in 2006, but he continued living with his wife from February 1 in 2007 to April 11 in 2007, hiding the information of divorce from Fatema.

Fatema learned about her divorce on April 11in 2007. After that, she filed a rape case with Nagarkanda Police Station against Faruk on March 10 in 2008.

"Faruk was arrested in 2008. But he got bail and went into hiding," said Public Prosecutor Sopon Palu.

Easy-bike driver found murdered

OUR CORRESPONDENT, Dinajpur

An easy-bike driver was found murdered in Badarganj upazila of Rangpur yesterday.

The deceased was Ziaur Rahman Zia, 32, son of Golap Hossain of Hatkholapara in the upazila.

Police quoting family members said Ziaur went out of house taking his easy-bike on Tuesday afternoon and did not return home since then.

Around 2:00pm yesterday, informed by locals, police recovered the body from Boromill area in Badarganj municipality and sent it to Rangpur Medical College Hospital for autopsy, said Anisur Rahman, officer in charge of Badarganj Police Station.

Criminals might have strangled him, said the OC.



Fire destroys huge quantity of sugarcane at Shahebganj sugarcane farm belonging to Rangpur Sugar Mills in Gaibandha on Monday. The perpetrators are yet to be identified although quite a few fire incidents occured there.

Mysterious fires affect sugar production

OUR CORRESPONDENT, Gaibandha

Frequent fire incidents in Shahebganj sugarcane farm belonging to Rangpur Sugar Mills in Gaibandha have adversely affected sugar production in this crushing season.

The mill authorities are yet to find out the reason for the fires despite investigation, but they suspect that some vested quarters might have intentionally torched the cane fields with ill motive.

A fire incident took place on Monday at Madarpur area in Shahebganj cane farm and burnt cane on 16 acres of land. Fire fighters doused the fire after fighting for two hours.

On Sunday last, a fire broke out at the cane farm near its office and spread to the surrounding areas, burning cane on 50 acres of land. Eyewitnesses said the fire spread like forest fire and engulfed the adjoining areas.

Abdul Hamid, station in-charge of units of firefighters were deployed to extinguish the fire, adding that the fire was scattered at different points, so it was difficult for the limited manpower to extinguish it.

Besides, a similar incident took place on January 3 in Noatagari area of the cane farm and burnt cane on 13 acres. Firefighters

doused the fire quickly.

On December 23, another fire incident at Chara Batgach of the cane farm damaged cane on nearly 15 acres and partially affected more areas

Managing Director (MD) of Rangpur

Sugar Mills Anower Hossain Akanda said they estimated that fire incidents destroyed 45 acres of land and partially affected 100 acres. However, the burnt sugarcane was

instantly supplied to the mills for crushing and extraction of juice, so the loss might be about 15 percent to 20 percent of the crop, he added.

Despite frequent drives, the criminals involved in the fire incident could not be identified, he further said.

This season, the mills produced 1,100 tonnes of sugar by crushing 29,000 tonnes of cane in 32 days, the MD said, adding that Gobindaganj fire service, said at least six the authorities expect to run the mill for another 30 days.

> Mills authorities meanwhile filed two cases in this connection and investigation is going on to identify the culprits involved in the fire incidents, said Gobindagnaj Police Station Officer-in-Charge AKM Mehdi Hasan.

CONSTRUCTION OF 4-LANE HIGHWAY

Kalamridha union under Bhanga upazila of Faridpur yesterday.

RHD removes 200 illegal set-ups in Pabna bus terminal area

Criminals set fire to idols of Hindu deities Kali and Shiv at Sonamukhi Char Jelepara Kali Temple in

No notice served, alleged the affected people

OUR CORRESPONDENT, Pabna

Over 200 illegal structures beside the Dhaka-Pabna Highway, from Pabna bus terminal area to the district headquarters, were demolished yesterday in a special eviction drive of the Roads and Highways Department (RHD) for construction of four-lane highways in the district.

Similar drives were conducted at the Pabna-Rajshahi Highway and Pabna-Kushtia Highway on Monday and Tuesday. During the drive, the affected people claimed they were evicted without any notice.

A join team of RHD, led by Mahabubur Rahman Faruki, deputy secretary of RHD, and comprising the executive magistrate, Rab, police, firefighters and service departments concerned, conducted the massive eviction drive in the Pabna bus terminal area yesterday morning.

Over 200 illegal structures, including shops, markets, offices and houses were removed from both sides of the Dhaka-Pabna Highway, from Pabna bus terminal area to the district headquarters.

"Government will build four-lane highways, so the illegal structures beside the highways are being removed for the development work," Faruki, also estate and law officer of RHD, told this correspondent.

The special drive began on Monday and hundreds of illegal structures from beside Pabna-Rajshahi Highway and Pabna-Kushtia Highway have been demolished since then, he said. The drives will continue until all the highways in the district

are cleared, he added. During the drive, the affected people said they were evicted without notice so they face huge loss. Most of them claimed that they have been there for the last few decades.

"I have run a small shop of warm clothes at the Masumbazar area beside the Dhaka-Pabna Highway for the last 15 years. During the drive my shop was totally damaged. Now I have lost my capital," said Md Ripon

Hossain a trader in Masumbazar area. Masum was trying to recover some items from his demolished shop when this correspondent visited his

Nila Begum of Masumbazar area said her three shops were damaged although she has been in possession

PHOTO: STAR

of the shops for the last 40 years. "I have legal documents of my possession but they demolished my three shops without giving any notice," she said.

Faruki claimed that they are demolishing illegal construction on the property of the roads and highways authorities so they don't need to serve any notice to anybody. "We made announcements about the eviction

drive through miking earlier," he said. Asked about affected people's claims, he claimed they continued their illegal occupation for many years, so they are protesting.



The Roads and Highways Department demolishes illegal structures in Masumbazar area beside the Pabna-Dhaka Highway yesterday as preparation for construction of a four-lane highway. PHOTO: STAR

15 injured in BNP, AL clash

OUR CORRESPONDENT,

At least 15 people were injured in a clash between the activists of BNP and Awami League at Kodomdi village in Boalmari upaizla of the district on Tuesday night.

Locals said there was a longstanding conflict between Nishan Mia, a local AL activist, and Milu Mollah, vice president of Rupapat union unit of BNP, over establishing

supremacy in the area. As a sequel to the conflict, supporters of Nishan beat Milu at Kalinagar bazar around 6:00pm on Tuesday.

After the incident, both rival groups locked in clash with lethal weapons, leaving at least 15 people from both sides injured. Of the injured, three

were admitted to Alafadanga Upazila Health Complex while the rest given first aid. On information, police

rushed to the spot and brought the situation under control. Contacted, Milu and

Nishan blamed each other for the attack. Additional police per-

sonnel have been deployed in the area to avert further trouble, said Md Sohidul Islam, sub-inspector of Boalmari Police Station.

Bakhrabad Gas Distribution Company Limited

(A Company of Petrobangla) Head Office: Chapapur, Cumilla (Website: www.bgdcl.org.bd) Transmission Department, Ashugani

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Date: 06/01/2019

e-Tender Notice (OTM)

e-Tender is invited in the National e-GP Portal (http://www.eprocure.gov.bd) for the procurement of:

Tender ID No.	Package No.	Description of works	Last selling date and time	Closing date and time	Opening date and time
269554	TBS/DRS/Ashu/ Painting/2019/1	Painting and Fencing repairing works of APSCL TBS & Precision 55MW RMS	30-January- 2019 23:59	31-January- 2019 12:15	31-January- 2019 12:15

in Asnugani This is an online tender, where only e-Tender will be accepted in the National e-GP Portal and no offline/hard copies will be accepted.

To submit e-Tender, registration in the National e-GP System Portal (http://www.eprocure.gov.bd) is required.

The fees for downloading the e-Tender documents from the National e-GP System Portal have to be deposited online through any registered bank

branches. Further information and guidelines are available in the National e-GP System Portal and from e-GP help desk (helpdesk@eprocure.gov.bd).

For more details please contact to the PE's Support Desk (01730-707374). BG-1398, January 2019

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