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HEALTH HACK

AVOIDING BACK PAIN

Imagine not being able to lift something or even stand up because your back hurts. Maybe you can't even sleep well because each time you toss and turn, you wake up from back pain.

Needless to say, a healthy back or spine is essential. Here's how we can take better care of our back.

- 1. Sleeping in the wrong position and even on the wrong pillow or mattress can put stress and pressure on your spine.
- 2. Wearing the right pair of shoes supports lower back and helps the body stay in alignment.
- 3. Sitting for long hours places tremendous pressure on the back. Also, when sitting at office desks, we have the tendency to slouch and lean forward; this puts even more pressure on lumbar discs.

Youths the changemakers

Speakers say at leadership summit STAFF CORRESPONDENT

Youths should avoid the path of extremism, violence and drug addiction in order to ensure a peaceful and prosperous country, said speakers at a summit yesterday.

Today's youngsters are the changemakers. They have enough potential to change the country entirely, they added.

Youth Club of Bangladesh, a voluntary organisation, in association with Manusher Jonno Foundation (MJF), an NGO, arranged the National Youth Leadership Summit at IDEB auditorium in the capital.

MJF Executive Director Shaheen Anam inaugurated the summit, where about 250 students from various institutions took part. The aim of the event was to grow leadership skills among youngsters. "Our generation led the

country to achieve independence... Now, it is your turn to take the lead for further development," said Anam, addressing the youths.

About violence against women, the rights activist said, "Women in the country still face domestic violence. If we cannot stop violence at our homes,

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Ottawa to proclaim March 26 as 'Bangladesh Day'

CITY DESK

Ottawa, capital city of Canada, will be proclaiming March 26 as "Bangladesh Day".

According to information from Bengali Community Service Centre of Canada, the national flag of Bangladesh will be raised at Ottawa City Hall by Mayor Jim Watson with Mizanur Rahman, Bangladesh high commissioner.

The process was initiated in March 2018 by Canada-Bangladesh Partnership for Sustainable Development (CBPSD).

The programme at City Hall, marking Independence Day, will start with Bangladesh's national anthem, and the flag will be raised after a one-minute silence to honour the sacrifices of mar-

Digital map highlighting torture centres and mass graveyards

Survey finds 5,121 incidents of mass killings in 20 districts

STAFF CORRESPONDENT

For the first time in Bangladesh, a digital map has been developed pinpointing torture centres and mass graveyards to expose the magnitude of the genocide carried out by the Pakistan occupation army during the Liberation War in 1971.

In a survey, the Centre for Genocide, Torture and Liberation War Research Affairs has found 5,121 incidents of mass killings in 20 districts of the country, in which at least five to over 1,000 people had been killed by the then Pakistani army.

It also found 404 mass graveyards, 502 mass graves and 547 torture centres, which are pinned on the digital map at https://www.genocide museumbd.org

The Centre for Genocide, Torture and Liberation War Research Affairs yesterday launched the survey reports on "mass killings and mass graveyards of 20 districts" at Shamsur Rahman Auditorium in Bangla Academy.

At the launching ceremony, President of 1971: Genocide-Torture Archive and Museum Trust, Muntassir Mamoon said, "The survey has revealed that we had little knowledge of the magnitude of the Liberation War."

"Victory is important but ignoring or giving little importance to the sacrifices of the masses turned the history of the Liberation War one-sided and created scope for distortion, which is unacceptable," he added.

Quoting volume two of "Muktijoddha Kosh", Muntassir said a total of 905 incidents of mass killings, mass graveyards and torture centres are mentioned in the book.

"But in our initial survey at 10 districts we found 2,428 such cases in 1971. The number will go up after accumulation of information from 64 districts... In that case, the number of martyrs may not be limited to 30 lakh," he added.

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WHAT A TANGLED WEB WE WEAVE! Overhead cables are a common sight in the capital. These webs of wires not just pose serious danger, but also remain an eyesore. The photo was taken in Mohakhali area recently.

'Fight for freedom not over yet'

Mujahidul Islam Selim tells discussion STAFF CORRESPONDENT

People who sacrificed their lives for the country's independence not only wanted to change state power, but also aspired to ensure freedom for all through establishing socialism, said Mujahidul Islam Selim, president of Communist Party of Bangladesh, yesterday. "The fight for freedom is not over yet as the party that

came to power after the Liberation War robbed people of their dreams [of freedom]. We have to unite to fight for establishing the spirit of Liberation War," he said. Selim was addressing a discussion on "Mass upsurge of

1971 and Liberation War: People's Expectation and Role of Leftists". October Biplob Satabarsha Udjapan Jatiya Committee organised it at Muzaffar Ahmed Chowdhury auditorium of Dhaka University.

Selim said the state should honour all the leaders who contributed in shaping the country.

He said leftist leaders had been working for ensuring people's freedom since 1947 but due to their split [the Sino-Soviet split (1956-1966)] before the Liberation War, the nationalist force [AL] led the war and formed the government later.

In his speech, eminent economist Prof Anu Muhammad said the country is going the opposite way of the spirit of Liberation War in the name of "development".

"Ayub Khan termed his tenure 'the decade of development' but the 1969 mass upsurge is a good example of what awaits such an autocratic ruler," said Prof Anu Muhammad, also a teacher of Jahangirnagar University.

Speaking as the chair, Professor Emeritus Serajul Islam Choudhury said Bangabandhu wanted to eliminate regional disparity but at present "we all should work for eliminating class disparity to ensure freedom of people."

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DEMAND FOR MPO

Teachers seek PM's intervention

STAFF CORRESPONDENT

Hundreds of teachers and employees not enlisted under the monthly pay order (MPO) continued their demand for MPO enlistment for the third consecutive day yesterday in front of Jatiya Press Club in Dhaka.

They took position in the area since Wednesday, demanding intervention of the prime minister in this regard.

"We will continue our protests until we get an opportunity to meet Prime Minister Sheikh Hasina," said Golam Mahmudunnabi Dollar, president of Non-MPO Educational Institution Teachers and Employees Federation.

Some 10,000 to 15,000 teachers and employees under the federation's banner are pressing their demand for MPO enlistment, he said.

He claimed that they got assurances from the prime minister through the then personal secretary of the PM on January 5, 2018 during their movement to realise the demand.

"We broke our hunger strike on July 11 last year in front of press club with the assurance of then education minister Nurul Islam Nahid," he added. The education ministry also received applications for MPO enlistment from them online, but there has been no development since then, he said.

MPO is the government's share in the payroll of the non-government education institutions. Under the scheme, the government gives 100 percent basic to the teachers of non-government schools. The teachers also get a lump sum amount as other allowances from the MPO.

করবে। অফারটি পূর্ব ঘোষণা ছাড়াই পরিবর্তিত হতে পারে। ছবিতে প্রদর্শিত পণ্য নম্রনাম্বরূপ, আসল পণ্য ভিন হতে পারে।

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Dhaka could benefit from more public spaces

Prof Holger Kleine says at Bengal Institute's public forum

SHOAIB AHMED SAYAM

What is good architecture? Definitely not an easy question to answer, but Prof Timmy Aziz and Prof Holger Kleine managed to enlighten an audience in Dhaka in the process of exploring this subject.

Organised by Bengal Institute, the public forum titled "What is Good Architecture?" was held at Goethe-Institut on Thursday and went on for two hours. Students, architects and interested individuals quickly filled up the auditorium to listen to the talk, which was based on Prof Kleine's methodologies and framework detailed in his book "The Drama of Space".

The event started with an introduction of Prof Kleine and his book by Prof Aziz. Discussions on intentions, definitions SEE PAGE 4 COL 4

Prof Holger Kleine speaks at the event. PHOTO: COLLECTED

DHAKA TODAY

LECTURE

Rajnaitik Chinta, Tatwa o Tarko Organiser: Gyantapas Abdur Razzaq Foundation, ULAB Venue: Gyantapas Abdur Razzaq Bidyapeeth, Dhanmondi Time: 5pm

AWARD CEREMONY

Ananya Shirshodosh 2018 Organiser: Fortnightly magazine Ananya Venue: National Museum Time: 4:30pm

PUPPET SHOW

Putulnatya Utsab 2019 Venue: Bangladesh Shilpakala Academy Ends at 9pm





Remembering March and Independence Day Organiser: BSD Venue: Jatiya Press Club Time: 3:30pm

EXHIBITION

I Was Colourblind -- Zaid Islam's solo exhibition Venue: Kala Kendra, 1/11 Iqbal Road, Mohammadpur Time: 4:30-8pm



