



HEALTH HACK

AVOIDING BACK PAIN

Imagine not being able to lift something or even stand up because your back hurts...

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...

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 Bangali Community Service Centre of Canada, the national flag of Bangladesh will be raised at Ottawa City Hall...

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 martyrs.

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...

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...

It also found 404 mass graveyards, 502 mass graves and 547 torture centres, which are pinned on the digital map...

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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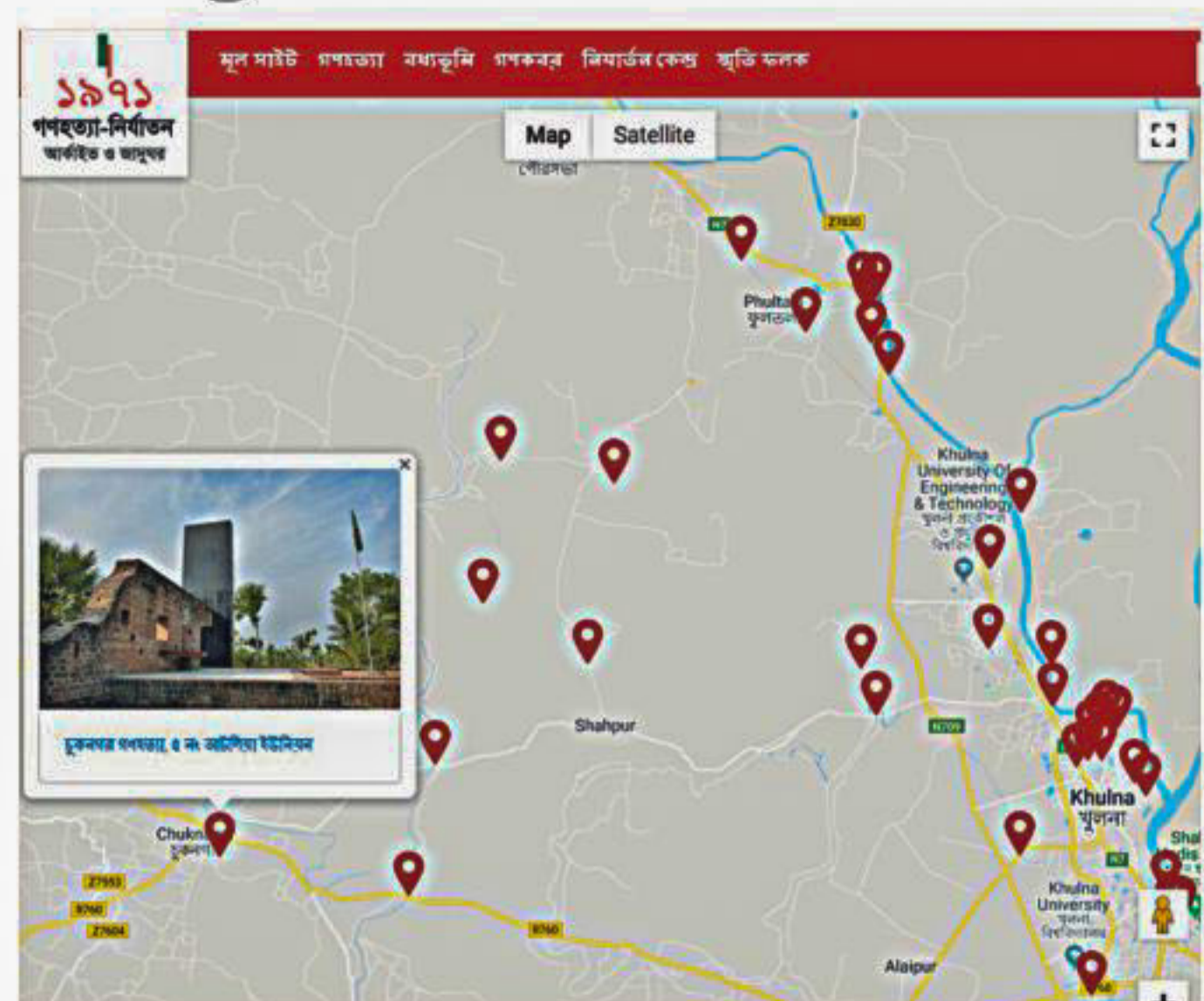


PHOTO OF THE DAY

PHOTO: PRABIR DAS



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.

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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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.

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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.

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

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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

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

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

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

PUPPET SHOW: Jatiya Putulnatya Utsab 2019. Venue: Bangladesh Shilpakala Academy. Ends at 9pm today



SAMSUNG advertisement featuring a Samsung SmartPlaza air conditioner and a blue armchair. Text includes 'শেষ হলো ঝামেলার দিন পুরনো পাল্টে নতুন এসি নিন' and 'এক্সচেঞ্জ ৳২০,০০০ পর্যন্ত ক্যাশব্যাক'.