

## HEALTH HACK

Don't let the rain bring you down: Bangladeshi summer does not only bring heat, it also unleashes rain. And getting wet in the rain is a sure shot way to invite a cold infection. Here's how to avoid getting sick after you have been intentionally or unintentionally drenched by rain:

1. Take a shower. The rain outside is fairly cold. By taking a hot/warm shower, you are slowly stabilising your body temperature.

2. Rain comes with puddles and mud. And feet drag all the germs from these wet places. Soak your feet in hot water and scrub it.

3. Use antiseptic soaps when you are bathing. Nip any infection in the bud.

4. Nothing like a hot cup of tea after getting wet in the rain. The heat will keep your body warm.

# FOR THE LOVE OF FISH AND RICE

## Evolution of sushi in the city

|| SUPRITI SARKAR ||



PHOTO: KARIM WAHEED

To many, the idea of consuming uncooked fish can still be daunting, while others will jokingly refer to the adage "machhe bhaate Bangalee" -- implying that the Bengali love for fish and rice combo has found another outlet through sushi.

Regardless of the reason, over the last decade or so, the Japanese staple has earned its position among the most popular non-local foods -- alongside burger and pizza -- in Dhaka.

As Dhaka becomes the next hub of multi-cultural and diverse gastronomic experiences, sushi is no longer reserved just for special occasions, or even considered as expensive of a meal as it used to be.

That being said, a consistency still prevails at the heart: if one is out on the prowl for good sushi, one must also be willing to shell out the dough.

According to working mother, Faria Islam, "I was introduced to sushi during my NSU days. Back then, there weren't many options. Going out for sushi was indeed a big deal!"

But gone are the days when going out for sushi meant feeling great and lighter not just in the heart because of the great company, but in the wallet as well. In addition to that, sushi -- in Dhaka at least -- has also taken the fusion route.

These days, sushi is affordable even on a student's budget with platters starting at Tk 300.

"If I'm in the mood for a quick bite or craving something on the spicier but less oily side,

nothing satisfies taste buds as much as a plate of fusion maki rolls," said Zoheb Akhter, a graduate fresh out of IUB.

Although nothing beats the authentic and humble sashimi, maki or nigiri rolls with a dash of

wasabi, and finished off with a dip in soy sauce, their western counterparts -- like California, Philadelphia, deep fried maki, dragon or even flaming Alaskan rolls -- are just as scrumptious.

"Sushi hits all the right spots without making

you feel guilty about eating out. But nothing beats the fusion rolls. It has rice, fish, a dash of cream cheese or mayo, a hint of some kind of spicy dip maybe, and even avocado at times," said

Maisha Rahman, a soon-to-be university student.

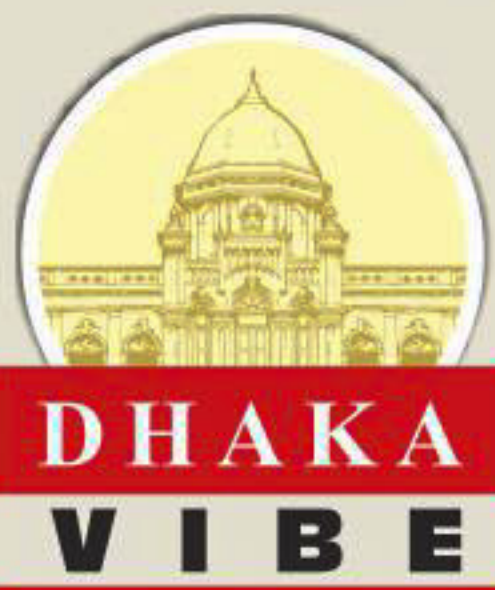
"It also takes care of those bhaat (rice) cravings if I may say so," she said smilingly.

Restaurants are offering a wide range of fusion sushi tailored to satisfy Bengali taste buds with the perfect hit of spice to rice ratio.

With plenty of room to experiment, it comes as no surprise that sushi dishes now include components such as mangoes, a Japanese seven spice mix, or even local ingredients.

Sushi is versatile in terms of where and who you plan to share a meal with. From formal dinners and lunches to a night out with family or friends, depending on budget, foodies can pick and choose which restaurant they want to visit.

There are plenty of "fish and rice" places in Dhaka to opt for!



## US embassy issues fresh security alert

STAFF CORRESPONDENT

The US embassy in Dhaka yesterday issued a fresh alert for US citizens following the March 15 terrorist attack at two mosques in New Zealand.

"...We encourage U.S. citizens to exercise heightened awareness of the ongoing threat posed by transnational terrorist organizations such as ISIS and al-Qa'ida," read the alert issued on the US embassy website of Bangladesh.

Terrorist groups, their associates, and those inspired by such organisations remain intent on attacking US and western citizens around the world, including in Bangladesh, it said.

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## BNP gets more media coverage than AL: Info minister

BSS, Dhaka

Information Minister Dr Hasan Mahmud yesterday said the media is working independently and the government has taken various initiatives to ensure press freedom in the country.

"BNP gets more publicity on TV, radio and newspapers than Awami League. The ruling party does not get such coverage, even though BNP stays outside the parliament," he said while replying to a query from a journalist after attending an event at National Institute of Mass Communication (Nimco) auditorium in Dhaka.

The minister addressed a certificate distribution and prize giving ceremony there as chief guest, organised by Bangladesh Film and Television Institute (BFTI).

Information Secretary Abdul Malek spoke as special guest with BFTI Chief Executive Mohammad Azharul Haque in the chair.

Referring to BNP Secretary General Fakhru Islam Alamgir's comment that they do not get publicity on TV for more than two seconds, Hasan said Fakhru made the remark on TV for around a minute.

"Almost every day, they talk and brief media, but they claim that they are not allowed to talk," the minister added.

Replying to another query, Hasan said, "Khaleda Zia is satisfied with her treatment at BSMMU. But BNP leaders are talking in such a way as if each of them is a specialised doctor."

While addressing the certificate distribution ceremony, Hasan stressed the need for making quality films.

Nimco Director General Shahin Islam and BFTI Director Maruf Nawaz spoke at the function, among others.



Prime Minister Sheikh Hasina signs the visitors' book at Bangabandhu Memorial Museum set up inside the defence ministry at Sher-e-Bangla Nagar yesterday. This used to be Bangabandhu's office when he was the prime minister and president of the country.

PHOTO: PID

## Creating entrepreneurship opportunities prerequisite for poverty reduction

Qazi Kholiquzzaman says at seminar

STAFF CORRESPONDENT

Creating more entrepreneurship opportunities is a prerequisite for poverty reduction in the country, economist Qazi Kholiquzzaman Ahmad said yesterday.

"More investment has to be made on where productivity is, so that productivity along with profit, savings, and investment increase," he said.

He was speaking at a seminar at the conference room of NGO Affairs Bureau in the capital.

The bureau in collaboration with Association for Land Reform and Development (ALRD) arranged the seminar on "Implementation of Sustainable Development Goals and NGO's Partnership".

Kholiquzzaman, chairman of Palli Karma-Sahayak Foundation, said for creating entrepreneurship, five key components -- training, technology, market information,

marketing support, and proper financing -- would be required.

He said significant investment in the country's rural settings has been made but it remained outside of the government's official information mechanism because of data gap.

Speakers at the seminar stressed on strengthening collaboration between government and non-government sectors for achieving sustainable development in the country.

Addressing as chief guest, Abul Kalam Azad, chief coordinator for SDG Affairs at the Prime Minister's Office, said NGOs have made better contribution than that of the government sector in terms of the country's development.

He called upon the non-government sector to ensure more transparency in financial disbursements.

Presenting a paper, Shimul Sen,

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## Dope test to be made mandatory for drivers

DNCC mayor tells students

STAFF CORRESPONDENT

Dope tests would be made mandatory for every driver, and they must pass the test before getting behind the steering of any vehicle, said Dhaka North City Corporation Mayor Atiqul Islam after attending a meeting on road safety with a group of students yesterday.

"This measure will encourage them to stay away from drugs," Atiqul said, adding that they require more time to implement demands of the students, as they have to remove "many obstacles" in road and transport sector, piled up for many years.

DNCC organised the meeting at Nagar Bhaban in Gulshan to inform of their initiatives taken after the recent spate of student demonstrations following the death of Bangladesh University of Professionals (BUP) student Abrar Ahmed Chowdhury by a speeding bus at Pragati Sarani in the capital on March 19.

A group of students from BUP, North South University, East West University, Brac University and Independent University, Bangladesh participated at the meeting, attended by representatives of Bangladesh Road Transport Authority (BRTA), Bangladesh Road Transport Corporation (BRTC) and Dhaka Metropolitan Police.

BRTA authorities were faced with heavy criticism from the students, for allowing drivers with unpermitted license and unfit vehicles, along with corruption at BRTA offices. Students said they want the authorities accountable so that their demands are fulfilled.

Their demands include -- broker and corruption-free BRTA; following rules in issuing driving license and vehicle fitness; a stop to running buses on contract basis;

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## DHAKA TODAY

### FAIR

Rangta

Organiser: Meye Network

Venue: Midas Centre, Dhanmondi

Time: 10am

### FILM WORKSHOP

Children's Filmmaking

Organiser: Children's Film Society

Venue: Bangladesh Shilpakala Academy

Time: 10am

### SEMINAR

Political Situation in Chittagong Hill Tracts

Organiser: Jatiya Mukti Council

Venue: Jatiya Press Club

Time: 10:30am

### MUSIC FESTIVAL

Jatiya Gonosangeet Utsob

Organiser: Bangladesh

Gonosangeet Somonnoy Parishad

Venue: Bangladesh Shilpakala Academy

Time: 11am

### STARTUP WORKSHOP

Workshop on Revenue

Generation for Startups

Organiser: HiFi Public

Venue: HiFi Public office, Banani

Time: 10am

### FESTIVAL

Women of the World (WOW)

Organiser: British Council

Venue: Bangla Academy

Time: 3pm



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