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Eat healthy to stay healthy

Govt moves to encourage students to avoid junk food; issues directives to schools

MOHIUDDIN ALAMGIR

The government has fixed a list of foods for the students of secondary schools across the country and circulated it to all the educational institutes concerned to ensure proper physical and mental development of the young learners.

Directorate of Secondary and Higher Education (DSHE) issued a directive containing the list on Wednesday and sent it out to all secondary schools aiming to discourage students from taking junk foods and encourage them to have healthy meals, said officials.

The directives also asked the school authorities to handover the list of foods to the guardians so that the students can grow a habit of taking healthy foods at home too.

"We have asked all school authorities to handover the list to the shops that sell junk foods at the school gates or adjacent areas and monitor them regularly," DSHE Director Abdul Mannan told The Daily Star yesterday.

Mannan said that a letter signed by him was circulated to the all school head teachers and relevant field-level education officials. "We made the list after taking recommendations from the Institute of Nutrition and Food Science (INFS) at Dhaka University" he said.

The students who eat junk foods like jhalmuri, chatpati, achar and fast foods suffer from various diseases

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A man carries wax print fabrics he produced to a local market in Narayanganj's Arahazar upazila yesterday. The area is home to thousands of families that make such fabrics, and with the Eid just over a month away, they are making the clothes at a fast pace, inset.

PHOTO: ANISUR RAHMAN

4 held over rape charges

STAR REPORT

Law enforcers arrested three men in last two days for their alleged involvement in two rape cases in Sunamganj and Rangpur.

The Detective Branch of Rangpur police yesterday arrested Mamun, 25, in connection with the gang-rape of two cousins in the district on April 18.

Mizanur Rahman, superintendent of Rangpur police, said they arrested the accused around 10:30am from Pargachha upazila's Khamar Taherpur village.

Mamun and his two cohorts -- Hajrat and Ratan -- took the two cousins at maize field in Rangpur city's Mahiganj area and gang-raped them, according to the first information report of the case.

One of the victims died by suicide on April 19 as she could not tolerate the trauma, the FIR read, adding that she left a suicide note in her phone, describing the rape incident before claiming her life.

On April 23, a case was filed with Mithapukur Police Station against three men after the victims' family came to know about the rape.

Meanwhile, a team of Rab-13 arrested another man in connection with the same case on Thursday night.

Acting on a tip-off, Rab members arrested the accused Ratan Minjee, 30, of Sam Narayan village in Pargachha, from Dhaka's Savar.

Ratan was taken back to Rangpur yesterday, read

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Police arrest 3 cryptocurrency dealers

The arrestees set up two websites to make transactions

OUR CORRESPONDENT, Bogura

Police have arrested three people for their alleged involvement in dealing cryptocurrency, a virtual currency, from Habiganj and Laxmipur.

Arrestees are Ahsan Habib alias Shah Md Tanim, 22, and Sohel Mia alias Kazi Sohel, 27, of Habiganj; and Maruf Hossain alias Maruf Billah, 25, of Laxmipur.

A case was filed against them with Bogura Sadar Police Station under the Digital Security Act on Thursday, said police.

A team of Bogura cyber police arrested Ahsan and Sohel from Habiganj's Madhabpur upazila on Tuesday and Maruf from Laxmipur's Raipur upazila the following day, said Inspector Imran Mahmud Tuhin of Bogura cyber police unit.

Senior Judicial Magistrate Sukria Rahman yesterday placed the arrestees

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TERROR ATTACKS ON EASTER SUNDAY Lanka hunts for 140 with IS link

Shooting erupts during raid; religious leaders urge worshippers to stay away from churches, mosques amid warnings of more attacks

REUTERS, Colombo

Sri Lankan police are trying to track down 140 people believed linked to Islamic State, which claimed responsibility for the Easter Sunday suicide bombings that killed 253, as shooting erupted in the east during a raid.

Muslims in Sri Lanka were urged to pray at home after the State Intelligence Services warned of possible car bomb attacks, amid fears of retaliatory violence.

And the US Embassy in Sri Lanka urged its citizens to avoid places of worship over the weekend after authorities reported there could be more attacks targeting religious centres.

Archbishop of Colombo Cardinal Malcolm Ranjith told reporters he had seen a leaked internal security document warning of further attacks on churches and there would be no Catholic masses this Sunday anywhere on the island.

The streets of Colombo were deserted yesterday evening, with many people leaving offices early amid tight security after the suicide bombing attacks on three churches and four hotels that also wounded about 500 people.

President Maithripala Sirisena told reporters some Sri Lankan youths had been involved with Islamic State since 2013. He said information uncovered so far suggested there were 140 people in Sri Lanka involved in Islamic State activities.

SEE PAGE 10 COL 2

'Mental patient' kills mother, grandmother

Police say altercation over taking medicine led to the killings

OUR CORRESPONDENT, Jhenidah

A man, who had been suffering from mental disturbance, hacked his mother and grandmother to death following an altercation in Jhenidah's Moheshpur upazila early yesterday, police said.

The dead are Morzina Khatun, 45, and her mother Shamsunnahar, 75.

Suspect Imran Hussain, 25, is on the run.

Locals said Imran was a drug addict and often used to beat his mother for money. On the night of incident, he had an altercation with his mother and grandmother over his habit, and hacked the two at one point.

But Officer-in-Charge of Moheshpur Police Station Rashidul

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34 mummies found in Egyptian tomb



CNN ONLINE

Archaeologists from Egypt and Italy have discovered at least 34 mummies in the southern Egyptian city of Aswan. The remains date back to the late Pharaonic and Greco-Roman period, between the 6th century BC and the 4th century AD.

Alongside the mummies, the archaeologists found artifacts including pottery, painted funerary masks and wooden statuettes. Vases of bitumen,

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1m species in danger

Says UN draft report, blames humans for undermining natural resources

AFP, Paris

Up to one million species face extinction due to human influence, according to a draft UN report obtained by AFP that painstakingly catalogues how humanity has undermined the natural resources upon which its very survival depends.

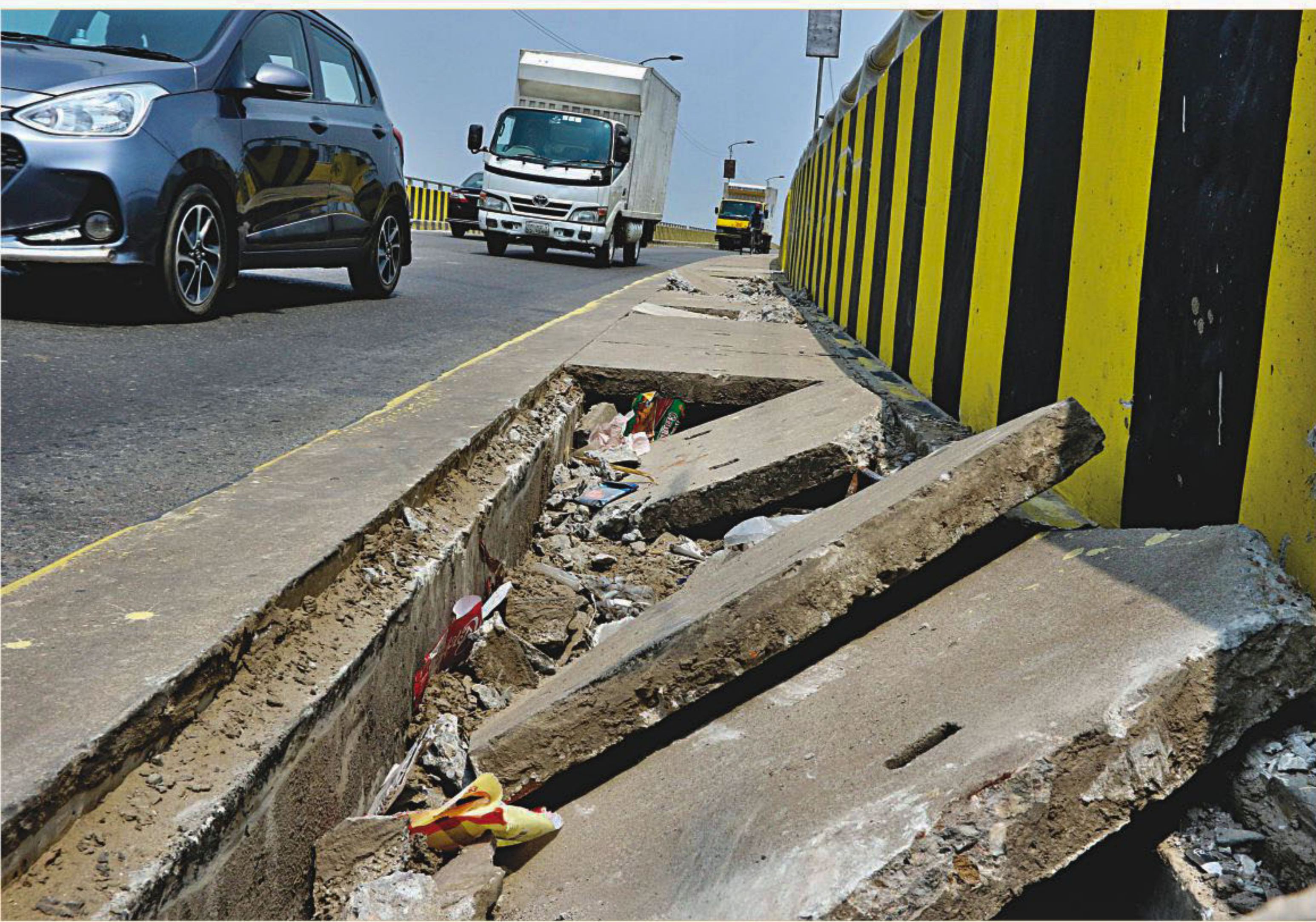
The accelerating loss of clean air, drinkable water, CO2-absorbing forests, pollinating insects, protein-rich fish and storm-blocking mangroves -- to name but

a few of the dwindling services rendered by Nature -- poses no less of a threat than climate change, says the report, set to be unveiled May 6.

Indeed, biodiversity loss and global warming are closely linked, according to the 44-page Summary for Policy Makers, which distills a 1,800-page UN assessment of scientific literature on the state of Nature.

Delegates from 130 nations meeting in Paris from April 29 will vet the executive

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Slabs of the pavement on the Sultana Kamal Bridge in Demra are broken. This forces passersby to deal with oncoming traffic on the bridge, putting themselves and vehicles at risk. The photo was taken yesterday.

PHOTO: ANISUR RAHMAN

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Depression over Indian Ocean

All ports asked to show cautionary signal

STAFF CORRESPONDENT

The low over equatorial Indian Ocean and adjoining South Bay intensified into a depression over the same area since yesterday noon.

However, the Met office said they were not yet certain if the depression will turn into a cyclone.

"We still cannot say for sure whether it's going to be a cyclone as it is still around 2,100km from

কুলখানি



আন্তর্জাতিক সমুদ্রগামী জাহাজ ব্যবসার পথিকৃত ও সর্বপ্রথম বাংলাদেশী পতাকাবাহী সমুদ্রগামী জাহাজের সত্ত্বাধিকারী মেসার্স এটলান্টিক শিপিং লাইন্স লিমিটেড এর চেয়ারম্যান ও ব্যবস্থাপনা পরিচালক জনাব আলহাজ্ব সানাউদ্দাহ চৌধুরী গত ২৫/০৪/২০১৯ইং রোজ বুধপতিবার, কোলা-১১.৫০ ঘটিকায় ইন্ডোনেসিয়ায় (ইন্দোনেশিয়া) গুয়াইন্যা ইলাহিহি রাজিউন। মৃত্যুকালে তাঁর বয়স হয়েছিল ৮৫ বছর। তিনি স্বী. ৫ ছেলে, ৩ মেয়ে ও অসংখ্য গন্যহী এবং আত্মীয়-স্বজন রেখে গেছেন। তাঁর রহের মাগফিরাত কামনায় আগামীকাল ২৮/০৪/২০১৯ ইং রোববার বাদ আছর মরহুমের নিজ বাসভবন ১, বিজয় নগর, পল্টন, ঢাকা এ কুলখানির আয়োজন করা হয়েছে। উক্ত কুলখানি ও দোয়া মাহফিলে উপস্থিত হয়ে তাঁর বিদেহী আত্মার মাগফিরাত কামনায় জন্য সকল আত্মীয়-স্বজন একে শুভাকাঙ্ক্ষীদের অনুরোধ করা হচ্ছে।

অনুরোধে - মরহুমের পরিবারবর্গ ১, বিজয়নগর, পল্টন, ঢাকা-১০০০