

One in four adults suffering from hypertension: survey

Progga demands finalisation of 'Regulations on Trans Fatty Acids Control in Foodstuffs, 2021' draft, marking Word Hypertension Day

UNB, Dhaka

Word Hypertension Day 2021 will be observed today with the theme "Measure Your Blood Pressure Accurately, Control It, Live Longer" aiming to increase high blood pressure awareness across the globe.

On the occasion, Progga (Knowledge for Progress), an advocacy and research organisation, has called for finalising draft "Regulations on Trans Fatty Acids Control in Foodstuffs, 2021" soon to limit trans fat in food for reducing the risks of non-communicable diseases.

The Bangladesh Food Safety Authority is now working to finalise the draft with the aim of building a trans fat-free Bangladesh.

According to the recently published "Bangladesh Demographic and Health Survey 2017-18", one in every four adults in Bangladesh is suffering from hypertension, which increases risks of heart diseases and stroke, said a press release of Progga yesterday.

Healthy diet and healthy lifestyle habits are very important to keep the heart healthy as well as to keep blood pressure in check. Elimination of trans fat from food can be a pivotal initiative.

Trans fatty acid (TFA) or trans fat in food elements is harmful for health. Trans fat is found in bakery items, dalda or bonospoti ghee, as well as in foods prepared with it. Besides, using the same cooking oil for multiple cycles to prepare deep fried food can create trans fat that increases risks of heart diseases.

The WHO has set the target to eliminate industrially produced trans fat from the global food supply by 2023 to reduce risks of premature deaths caused by heart diseases.

On the occasions, Progga Executive Director ABM Zubair said, "The extent of non-communicable diseases in our country is mounting day by day. Elimination of trans fat from food is undoubtedly a cost-effective measure for the government."

Homecoming

Bangabandhu Sheikh Mujibur Rahman was brutally killed along with most of his family members on August 15 in 1975 and his two daughters - Sheikh Hasina and Sheikh Rehana - luckily escaped as they were abroad.

In a national council session of the Awami League on February 14-16, 1981, Sheikh Hasina was elected party president.

"I have returned to the country not to become a leader of the Awami League, rather to participate in the struggle for freedom by staying beside the people," said the AL president in a heart touching reception awarded by nearly 1.5 million people at the airport after her return on May 17, 1981.

She added, "I want to stay beside you as your sister, as your daughter, and as a worker of Awami League, who believes in the ideals of Bangabandhu."

On the occasion of Sheikh Hasina's homecoming day, various organisations, including the Awami League, observe detailed programmes every year throughout the country, but this year, no formal programme will be observed due to the novel coronavirus situation.

In Remembrance Faruq Choudhury 1934 - 2017



"To live in the hearts of those who love him is not to die" From your loving family

Woman dies in gas cylinder blast in Khulna

OUR CORRESPONDENT, Khulna

A woman was killed in a gas cylinder explosion in Khulna yesterday. The deceased was identified as Shraboni Begum (40), wife of Shahidul Islam, from the city's Moylapota intersection area.

She was cooking in the kitchen around noon, on the second floor of a building in Karimabad Colony, said Mujibur Rahman, an official of Tutpara Fire Service, quoting the victim's family and locals.

On information, five firefighting units rushed to the spot and doused the blaze, he said. The woman suffered severe burn injuries.

Locals and fire service officials took her to Khulna Medical College Hospital, where doctors declared her dead, said the fire service official.

Man hacked dead in capital

STAFF CORRESPONDENT

A man was hacked to death allegedly by his rivals over establishing supremacy in Dhaka's Mirpur area yesterday afternoon.

The deceased was identified as Shahin Uddin (40) from Mirpur-12, Pallabi Police Station Officer-in-Charge Wazed Ali told The Daily Star.

Quoting locals, OC Wazed said a group of criminals led by Sumon attacked Shahin in front of his house around 4:45pm and injured him with lethal weapons, leaving him dead on the spot.

On information, a police team rushed to the spot and started preparing to send the body to a hospital morgue for autopsy, he said.

It's a risky

FROM PAGE 3

We then took a decision to instead lead by example. We would respond to calls first, as leaders, and so subordinate officials felt secure and confident. Now the situation has changed and everyone working in the unit actively participates in an operation. Whenever any critical situation arises, I lead the team from the front.

In the last seven years, the unit has responded to over 2,000 bomb calls with an average of 250-300 calls every year. Most of the calls were for locally made crude bombs and around 25 percent were for real IEDs. There were also some fake calls.

A majority of these bombs were found to be prepared by homegrown terrorists. Before, the materials were smuggled from the neighbouring countries; now they're available locally.

DS: How does the unit work? Once you receive a call, what are the steps you take? Is there any system in place?

Rahmat Ullah: We have prepared a standard operating procedure (SOP) and we respond to every call accordingly. Whenever we receive a call, we first discuss it within ourselves. We analyse the call pattern, the type of bombs and time of the bomb being found. If a blast has already taken place, we study the blast pattern. After that, we respond to the call. It takes maximum 30 minutes to respond to any call inside Dhaka and for outside the city, depending on the distance, an hour.

We are the only effective team in Bangladesh police to respond to bomb disposal calls. The Anti-Terrorism Unit (ATU) is preparing a bomb disposal unit but the work is not completed yet and Chattogram Metropolitan Police has a small team with limited capacity.

We respond to calls all across the country.

DS: How many high-risk operations have you conducted? Can you elaborate on that?

Rahmat Ullah: We have conducted over 45 high-risk operations in last seven years.

For example, in the Ashokona den raid in Dhaka, there were grenades and suicidal belts. The bomb team officials had to conduct a negotiation process with militants, taking high risk as those belts were powerful enough to kill anyone within a 100-meter radius.

In 2016, during an operation at a militant hideout in Bogura, a top Neo-JMB bomb-maker Fardin was killed in a blast. We found around 85 grenades of different sizes. It was a risky operation as we had no robot to conduct the operation at the time. We had to diffuse all grenades manually.

So far, we have experiences in diffusing

all types of bombs in the country, except vehicle bombs.

When we approach a bomb, we have to be extremely cautious as it might be the last one of our lives. For us, it's always a situation of life and death. Here, first mistake could be the last mistake.

DS: At present, how many force members do you have? This is a high-risk job, which requires discipline and extensive training. Can you tell us about the training process? Also, how do you recruit members?

Rahmat Ullah: At present, we have 31 officials in the unit including myself and we are covering over 95 percent bomb calls across the country.

For recruitment, we first try to look for volunteers and interested officials in the force. We have also informed all police units in this regard. Once selected, we send them for training. We have an ATA (Anti-Terrorism Assistant) programme of the US embassy under which training is conducted in the US and Jordan.

Besides, we also take part in training programmes by the UK government and India. Our officials receive training from at least five to seven countries. But that's not enough. We also need psychological and motivational training for them.

At times, many officials were reluctant to join us due to the high risk, but once we approached them and spoke about dedication, determination and how they are keeping the country safe, they agreed to join.

So far, seven officials got hurt while conducting operations. An officer lost his both hands. We have approached the government different times for allowances for them. The Police Headquarters also wrote to the home ministry for allowance, which is now pending for approval.

DS: Are you involved in any post-blast investigation? Do you collaborate with any other agencies in that process?

Rahmat Ullah: Yes we are involved. For instance, we are the unit that discovered a new militant outfit called Neo-JMB while conducting a post-blast investigation.

For the investigation, we first visit the crime scene and check for explosives. We then make the spot secure by removing all the explosive materials and separate the bomb-related evidence. Then we brief the crime scene unit and inform them about our findings.

DS: You also conduct anti-militancy operations. How many militants have you arrested so far? Did any of the team members get injured while diffusing bombs or conducting raids? Do they get

any government support afterwards?

Rahmat Ullah: We have so far arrested around 200 militants of different outfits.

Besides disposing bombs, our officials were hurt while conducting anti-militant operations and around six members had to take treatment. We have received aid and support from the government.

DS: The nature of militancy continues to change along with technological advancements. How are you preparing yourselves to tackle that?

Rahmat Ullah: Two things are related to militancy -- money and bomb. The militant outfit members are always trying to change the nature and pattern of bombs to stay ahead.

To stay on top of that, we have made a bomb data centre where we analyse various types of explosives regularly. We also discuss and study the ones international militant outfits are making.

DS: What are some of the challenges you face during an operation? Can you share an experience?

Rahmat Ullah: As disposing bombs is a risky job, we have to face some challenges -- lack of modern equipment, proper training and absence of IED carrying vehicles.

For example, we have no robot assistance to diffuse highly powerful IEDs. Besides, there is a gap in hostage negotiation training, for which we often face problems in negotiating with militants during raids.

In 2017, at a militant hideout in Jashore, we found the wife of a militant leader in a house with a suicidal belt on. There were also two children with her. It was a huge challenge for us to save those children. I managed to convince the woman to remove the belt, but it was really difficult.

DS: In your opinion, what would be some of your accomplishments?

Rahmat Ullah: We are a very small team but we have responded to over 2,000 bomb calls, which is a record in the country. Besides, the team has arrested over 200 militants and conducted over 45 high-risk operations. Our unit also works in combating narcotics smuggling. We have recovered over 20 lakh yaba pills, which is also a big achievement for us.

It's a risky job, but it needs to be done to ensure safety and security of citizens. And we do it with discipline and dedication.

DS: What are your future plans?

Rahmat Ullah: I have a plan to set up a modern and full-fledged CBRN (Chemical, Biological, Radiological, and Nuclear Operations Specialists) team in the unit and a training range. We would also like to get all the available modern equipment.

16 killed

FROM PAGE 3

harvesting paddy, said OC Selim Reza of Nachele Police Station.

In Jhenidah, a motorcyclist was killed and another injured when the motorbike collided head-on with a speeding truck at Nauda village of Kotchandpur on Friday afternoon.

The deceased is Rakib Hossain (27) of Kaliganj upazila, said OC Moyeen Uddin of Kotchandpur Police Station.

In Feni, a man was crushed under the wheel of a truck in Chanpur Bridge area of Chagolnaiya upazila on Saturday.

The deceased is Obaidul Haque Mazumder (70) of Pathan Nagar, said police. In Satkhira, two schoolboys were killed in a motorcycle accident at Tarali village under Kaliganj on Saturday.

The deceased are Touhidul Islam (16), and Reaz Morol Shisir (15). The accident occurred when the rider lost control over the motorbike and hit a roadside tree, said police.

In Thakurgaon, four people were killed in

separate road accidents on Thursday night and Friday.

Of the victims, Rajib (22) of Rator village in Ranishankoil was killed on Friday noon when his motorbike hit a roadside tree.

Another victim Sharif Uddin (70) of Badiadangi upazila was killed as his motorbike collided head-on with another bike on Friday afternoon in Sadar upazila.

Uzzal (27) of Sadar upazila died on the spot when his motorbike hit a roadside tree at Pirganj upazila on Friday night.

Besides, Makbul Hossain (70) of Ranishankoil upazila died after a thick rope hanging from a moving truck hit him while he was trying to overtake the vehicle riding on a motorcycle at Mirdangi Bazar on Thursday.

In Sirajganj, at least two people were killed in road accidents on Sirajganj highway early Thursday. Identities of the victims, a man and a woman, could not be known.

They died on the spot as speeding vehicles hit them in Gol-Chottor and Tabaripara areas, said police.

Another Eid

FROM PAGE 3

prayers in phases. Five Eid congregations were held at Baitul Mukarram National Mosque in the morning.

People were seen attending prayers wearing masks and leaving the venues without the customary Eid greetings such as embracing each other or shaking hands.

No exchange of Eid greetings took place at Bangabhaban due to the pandemic.

Marking the occasion, television channels and radio stations telecast special programmes.

Special food was served in hospitals, jails, centres for persons with disabilities, shelter homes, orphanages, and welfare centres.

Govt served

FROM PAGE 3

But, they could not take the right decision about carrying the people and running the ferries, which is a negligence resulting in causing the death of five people from shortage of oxygen, they said in the legal notice.

The lawyers also said in the legal notice that the respondents have violated the constitutional right to life of the five people through their negligence in performing responsibility.

Appropriate legal action will be taken if the respondents don't respond to the legal notice in three days, said the notice.

Five people died after they fell sick due to the heat on two overcrowded ferries in Madaripur's Banglabazar on May 12.

Eight others fell ill at the same time, Shibchar Police Station Officer-in-Charge Miraz Hossain told The Daily Star.

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