

The simplest

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will provide a visual means to see their progress.
Perhaps it will start as a basic stroll around the neighbourhood, or the park nearby. As you begin to build endurance, you will notice that you're able to go further and further.
Gradually, you may add additional time or distance to your walking routine.
Walking gets you outdoors. Most of us who live in cities are indoors throughout the day. We breathe re-circulated air and have lighting that's not natural. Walking gives us a chance to get some fresh air.
When you have progressed to where you want to go beyond walking, it is easy to incorporate various forms of exercise along with walking.
One can develop a circuit of body weight exercises to do at various timed intervals to develop strength, speed, and accelerate weight loss.
For example, one can walk for two-three minutes, then do a set of 10 body weight squats, then go back back to walking for two to three minutes and then do 10 push-ups.



A Palestinian uses a sling as demonstrators clash with Israeli forces during a protest against Israeli settlements, in Beita, in the Israeli-occupied West Bank yesterday.
PHOTO: REUTERS

Shot by police, incapacitated for life

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surgery from Ha-meem Group, although they had to spend at least Tk 156,000 during their stay in hospital from May 10, 2021 to June 5, 2021.
Kanchon and his family alleged that they did not get any response from the factory authority despite repeated calls.
When The Daily Star contacted Ha-Meem Group -- one of the largest local clothing manufacturers, which has international clients like Gap and H&M -- about Kanchon's condition, its authorities claimed they did not know about Kanchon's second time admission to the hospital and added that they would pay for his entire treatment.
Maj (retd) Khairul Basher, executive director (compliance) of Ha-Meem group said, "Kanchon and his family members probably contacted the former managers of Creative Collection Limited, who did not convey the message to us, as they are not with us anymore. Once we learned about his condition from you and some of our workers, we then sent our officials to DMCH to see him and to get an estimation of his treatment cost. We shall pay for his entire treatment as promised. As long as he is our employee, he will also be getting his salary regularly."
"If Kanchon is declared not

fit for work, we shall pay all his dues immediately and arrange a compensation for him, as per the labour law. But, we hope that Kanchon will recover and join our team soon," Basher added further.
The Daily Star confirmed that Kanchon's wife had received Kanchon's due salary, amounting to Tk 64,950, and Tk 81,000 treatment cost. The family will also receive their due of Tk 41,484 for treatment today.
However, the amount is hardly enough to meet his ever-increasing treatment cost. And, as Kanchon was the only earning family member, Fatema is seeing a bleak future waiting for her, especially as there is little hope that Kanchon can get back to work.
According to the labour law, a permanently disabled worker is only entitled to Tk 1.25 lakh.
She said, "My eldest son is an SSC examinee. I have four young children. My husband's income was our only means of sustenance. We sold all our assets for his treatment. I don't know how I shall take care of my young children and ailing husband at home."
"I had a dream of educating my children. But, I cannot see any way to continue their schooling anymore. It's unlikely that my husband will be able to work again," said Fatema, with tears in her eyes.
According to labour rights activists,

Kanchon should get at least Tk 50 lakh to Tk 1 crore as compensation.
Mahtab Uddin Ahmed, labour rights researcher and head of the research and public campaign of Drik, has been following Kanchon's case from the very beginning.
He said, "Kanchon and his colleagues were protesting peacefully. The factory authority failed to convince the workers, called the police and Kanchon was shot. So, the factory authority cannot avoid responsibility."
"Kanchon Mia has been made incapacitated for the rest of his life, and it was no accident. The factory authority and the government both should compensate Kanchon for the irreparable loss they caused. Considering the time Kanchon could serve the factory, the treatment cost and physical and mental trauma he suffered, the compensation should be no less than Tk 1 crore," said Mahtab.
Shahidul Islam Shabuj, coordinator of Garments Sramik Adhikar Andolon (RMG Workers' Rights Movement), said, "If Kanchon becomes disabled for the rest of his life, he should get compensation that will be equal to his income for the number of years he was supposed to work for but could not do due to his disability. So, the amount of compensation should be at least Tk 50 lakh."

No Durga Puja

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puja in 2019 even though renovation work had begun.
However, a part of the playground, where the temple was set up, was harmed, causing damages worth around Tk 25 lakh, he stated.
They did not give permission to hold Eid Jamaat of Muslims either, he added.
"The city corporation authorities have been dilly-dallying over this issue for over one month. We submitted the application asking for permission on August 26. At that time, the authorities assured us that they would grant us permission. But later, they stepped back from their decision," said Shamen Saha, general secretary of the Dhanmondi Sarbojonin Puja Committee.
Residents of Dhanmondi, Kolabagan, Hazaribag, Mohammadpur, New Market and its adjoining areas have been celebrating their Durga Puja at the Kalabagan field since 2007. There is no temple nearby for approximately 60,000 hindu devotees at the area, according to Shamen.
"We are still hopeful that the city corporation authorities will allow us to hold the puja considering our religious sentiment," said Shamen.
"If authorities do not give us permission to arrange their makeshift temples in the next 24 hours, we will conduct a peaceful movement across the country," he added.
DSCC authorities, however, stated that the committee's claims that there were no temples in the area are "totally false and misleading" as Fazle Noor Taposh, member of the parliament in Dhaka-10 constituency, renovated eight temples in Dhanmondi and Hazaribagh.

Covid death toll

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samples were tested across the country and the current positivity rate is 2.77 percent. The overall positivity rate stands at 15.75 percent.
At least 814 Covid-19 patients have recovered during this period. The total number of recoveries now stands at 1,522,591 and the recovery rate is 97.51 percent.
Among the seven dead, three were men and four women.
Of them, two aged between 41 and 50 years, two between 61 and 70, and three between 71 and 80, added the release.
The coronavirus was first detected in December 2019 in China. Within months, the virus spread around the world.
Bangladesh first detected the presence of novel coronavirus in the country on March 8.
The infection rate began to shoot up in April this year and drop from mid-May.
The country then saw a steep rise in infection in July. The infection rate started dropping in September.

BSF enters Bangladesh

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despite him saying that no smuggler was there. They misbehaved with him and his family members.
However, BSF members told Border Guard Bangladesh (BGB) at a flag meeting yesterday that they entered Bangladesh by mistake while chasing smugglers in the darkness.
Lalmonirhat-15 BGB Battalion Commander Lt Col SM Touchidul Alam PAC said the situation was brought under control after the flag meeting.
The BSF guards have admitted their wrongdoing, he said.

India, China troops face off

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the situation is managed according to established protocols and mechanisms agreed upon by both sides.
"Physical engagement can last for a few hours prior to disengaging as per mutual understanding," one of the sources said.
Peace and tranquillity in these areas of differing perceptions has been possible due to adherence to existing agreements and protocols between the two countries, the source added.
However, the effectiveness of these protocols came into question following the stand-off in eastern Ladakh last year ensuing ingress by Chinese troops into Indian territory at multiple locations, which is still under way.
The latest face-off occurred as the two sides are set to hold the 13th round of Corps Commander talks for disengagement and de-escalation along the Line of Actual Control (LAC) in eastern Ladakh. The two sides have so far undertaken disengagement from Pangong Tso and Gogra areas.
Last week, during a visit to forward areas of eastern Ladakh, Army chief General Manoj Naravane expressed

confidence that through talks the two sides would be able to reach a consensus on how disengagement is to take place and, by and by, all the friction points get resolved.
At the same time, he said that China had deployed troops in considerable numbers all across eastern Ladakh and northern fronts right up to our Eastern Command.
"Definitely, there has been an increase in their deployment in the forward areas, which remains a matter of concern for us," General Naravane said, adding India was well poised to meet "any eventuality."
Chinese troops have often transgressed along the LAC. In August, over 100 Chinese troops transgressed nearly 5 km into Indian territory at Barahoti in Uttarakhand and returned after a few hours.
New species
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Researchers have linked the new species, named Paradorophoribius chronocaribbeus, to the modern tardigrade superfamily Isohypsibioidae and said that it could help them to map the creatures' progression through history.

RJ Nirob arrested

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Tarin, Qcoom Chairman Ayub Ali, Chief Operating Officer Sajedir Rahman Sajib and Delivery Executive Tanvir Chowdhury Veer.
The plaintiff, Abdullah Khan Shoisob, said he along with some of his friends paid Qcoom Tk 56.57 lakh in advance for 23 motorbikes in June last year. They were assured that the motorbikes would be delivered in 30 days of the payment.
The delivery has not been made yet, he said, adding that Qcoom officials blamed the Covid-19 for the delay.
On September 29 this year, Shoisob and other customers went to the Qcoom office to know when they would get their deliveries. However, Ripan and Nirob misbehaved with them. At one point, they dragged them out of the office, the plaintiff said in the case statement.
He also said payment gateway Foster Payments was supposed to transfer customers' money to Qcoom only after the delivery of products.
He alleged that Foster Payments was involved in the scam. The Daily Star could not reach it for comments on the matter.
On October 3, the Detective Branch of police arrested the Qcoom owner on charges of fraudulence in a case filed under the Digital Security Act with Paltan Police Station.
The DB said that the company owes its customers at least Tk 250 crore.
Besides, at least Tk 397 crore that Qcoom collected from customers through orders for motorcycles is stuck with payment gateways, said AKM Hafiz Akter, the DB chief.
The company offered mind-boggling discounts on motorcycles, which tempted many to hand over their money in advance.
Unable to deliver the motorcycles, Qcoom started to give cheques of Tk 1.3 lakh against each order.
On realising that Qcoom was not

providing products to customers but was instead handing them cheques, the payment gateway Foster froze the money, Akter said.
Police says at least two dozen e-commerce platforms are under their radar.
Among the cases filed over e-commerce scam, the Criminal Investigation Department of police is investigating 24 cases filed by customers for fraudulence.
'GOVT NOT TO TAKE RESPONSIBILITY FOR LOSSES'
The government will not take responsibility for those who suffered losses while trading on different e-commerce platforms in the country, Commerce Minister Tipu Munshi said yesterday.
He made the comment while speaking as the chief guest at a programme in Rangpur.
He also said they received complaints of corruption and irregularities against 10 to 12 such platforms and that they were looking into the matter.
There are 20,000 e-commerce organisations in the country, and many are directly or indirectly involved with them. People incurred losses as they went to buy products from the platform at cheaper rates, he said.
The minister then claimed that the government was previously unaware of the tactics used by the platforms as nobody informed it about the matter. So, the government will not shoulder any responsibilities, he said.
But the government will act against the corrupt organisations, he said, without naming any of the platforms.
About the hike in onion prices, Tipu said the prices started soaring in local markets after onion prices increased in India due to torrential rain. He said the government was monitoring the market and the prices will go down if they drop in India.
[Our correspondent in Dinajpur contributed to this report.]

Nothing short of complete independence

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the programme.
NO POWER WILL BE ALLOWED TO DICTATE INDIA: INDIRA
Indian Prime Minister Indira Gandhi today emphatically said no foreign power would be allowed to dictate to India what "we should do to deal with the Bangladesh issue". She also made it clear that the Indo-Soviet treaty had in no way fettered India's freedom of action in respect of the Bangladesh developments.
The Bangladesh problem, the Indian prime minister said, had given rise to serious political and economic problems and affected the security of the eastern region. She warned that India was facing a grave situation on its borders and whatever steps the government might take in dealing with the Bangladesh issue, the people might have to face economic and other difficulties. She stressed the need to build up the necessary strength to overcome these difficulties.
NEW PAKISTAN ORDER TO REGULATE POLITICAL ACTIVITIES
Pakistan President Yahya Khan issued a martial law order tonight regulating political activities in Pakistan. The order forbade a range of political activities, from propagating any

opinion prejudicial to the integrity of Pakistan to carrying weapons at political rallies.
Military officials, however, said the move amounted to "de facto" removal of the March 26 ban on politics issued after the arrest of Bangabandhu Sheikh Mujibur Rahman. The order also cancelled a martial law regulation issued on March 26 prohibiting political procession.
ON THE WAR FRONT
In the Mymensingh-Sylhet sector, a party of Mukti Bahini guerrillas ambushed a Pakistani patrol near Kalshindur killing today, two soldiers.
In the Rangpur-Dinajpur-Rajshahi sector, the occupation army attacked Sona Mosque area, but it faced retaliation from Mukti Babini. In this action seven Pakistani soldiers were killed and many were wounded. During this action one razakar surrendered to the Mukti Bahini. On the same day Mukti Bahini ambushed an enemy patrol on the road between Joymonirhat and Anderijhar Khamar, killing three and injuring 10 enemy soldiers. They demolished Chandijan bridge on the road between Chalma and Kurigram.
Two enemy soldiers were killed in Kajaldighi area due to a mine

explosion. Mukti Bahini also demolished a culvert in Bhelarpur on the road between Churlai and Keta.
There was a raid on Pakistani defences near Guthuma BOP in Feni. One Pakistani soldier was injured and a militiaman killed.
Mukti Bahini today demolished two railway bridges between Zorarganj and Feni disrupting railway communication between these two places.
Another group of Mukti Bahini raided Pakistani troops guarding Bala bridge in Sylhet district and killed two enemy soldiers. In another encounter with the occupation troops in Tookocha area, Mukti Bahini inflicted heavy casualties on enemy soldiers. Two razakars surrendered to the freedom fighters on the same day in Dakshinkui.
Mukti Bahini ambushed Pakistani troops near Sadekpur in Comilla district, killing 23 Pakistani soldiers including a captain. The freedom fighters captured six enemy rifles and some ammunition. One Pakistani soldier was also captured in this action.
Shamsuddoza Sajen is a journalist and researcher. He can be contacted at sajen1986@gmail.com

দরপত্র বিজ্ঞপ্তি

বাংলাদেশ পুলিশ কল্যাণ ট্রাস্টের মালিকানাধীন বড়ো পুলিশ গ্লাজা ভবনের ৯ম ও ১০ম তলার নির্মাণ (সিভিল, ইন্টারিয়াল ইলেকট্রিক্যাল এবং সেন্টেটরি এন্ড গ্রাউন্ড) কাজ করা হবে। উক্ত কার্য সম্পাদনের জন্য অফিসী এবং যোগ্যতাসম্পন্ন অভিজ্ঞ প্রতিষ্ঠানের নিউট হতে দরপত্র আহ্বান করা যাচ্ছে। দরপত্র জমাধানের শেষ তারিখ আগামী ১১/১০/২০২১খ্রিঃ, দুপুর ১২:০০ ঘটিকা। দরপত্র দলিলসহ বিস্তারিত তথ্যের জন্য যোগাযোগ- বাংলাদেশ পুলিশ কল্যাণ ট্রাস্ট, ৫ম তলা, পুলিশ হেডকোয়ার্টার্স, ৬, ফনিয়ং রোড, ফুলবাড়িয়া, ঢাকা-১০০০।

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UDC **University Dental College**

Approved by
Ministry of Health & Family Welfare,
Bangladesh Medical & Dental Council

Affiliated With
University of Dhaka Bangladesh

BDS Admission 2020-2021
26th Batch

আবেদনপত্র বিতরণ শুরু : ০৫-১০-২০২১ খ্রিঃ হতে **ছাত্র/ছাত্রী ভর্তি প্রক্রিয়া শুরু : ২০-১০-২০২১ খ্রিঃ**

আবেদনপত্র জমা দেওয়ার শেষ তারিখ : ১৪-১০-২০২১ খ্রিঃ পর্যন্ত **ছাত্র/ছাত্রী ভর্তি প্রক্রিয়া শেষ : ২৪-১০-২০২১**

প্রাপ্ত আবেদনের কোটাভিত্তিক পূর্ণাঙ্গ তালিকা (Merit A-Z) প্রকাশ : ১৮-১০-২০২১ খ্রিঃ **ক্রাস শুরু : ০৮-১১-২০২১ খ্রিঃ**

প্রতিদিন সকাল ৯.৩০ টা থেকে দুপুর ১.৩০ টা মধ্যে আবেদনপত্র সংগ্রহ ও জমা দেয়া যাবে।

Dr. Md Wahiduzzaman
Chairman

Prof. Dr Hosne Ara Begum
Principal

120/A, Siddeshwari Outer Circular Road, Century Arcade, Moghbazar, Dhaka-1217. Ph.: 02-58314074, 01707079898, 01707079899, 01841477775, 01841477776

brac

Invitation for Tender (IFT) for Printing BRAC Diary

Project name	BRAC Diary Printing and Supply
Source of Funds	Own fund
Tender Items	Lot 01: BRAC Staff Diary – 2022 Lot 02: Complimentary Diary – 2022
Tender package no.	BRAC/BPD-BPD/21-09 (Diary)
Reference no. and date	IFT/BRAC/BPD/FA- BPD/21-09 Date: October 06, 2021
Time of delivery	All Diary to be delivered within 45 days from the date of signing Contract Agreement
Price of the tender documents	BDT. 1,000.00 (Non-refundable)
Tender security	As per Tender Documents.
Availability of Tender documents	BRAC Procurement Dept., Gulshan Tower, 4th Floor. Plot # 355, Mohakhali, Dhaka-1212.
Date & time of Selling Documents	October 10, 2021 to October 24, 2021 Between 10.00 a.m to 4.00 p.m
Tender dropping place, date & time	Tender Box-3, BRAC Procurement Department (Ground floor), BRAC Center, 75, Mohakhali, Dhaka 1212. October 25, 2021 Between 10.00 am to 2.00 pm
Tender opening place, date & time	BRAC Staff Canteen (4th Floor), BRAC Center. October 25, 2021 at 3.00 pm

BRAC Procurement Department, BRAC Centre, 75, Mohakhali, Dhaka 1212. Mobile: 01700797237

Government of the People's Republic of Bangladesh

Office of the Executive Engineer
Manikganj PWD Division
Manikganj
www.pwd.gov.bd

Corrigendum

Memo no-465 Date: 07/10/2021

e-Tender Notice-e-Gp Tender OSTETM)

e-Tender is invited in the e-GP System Portal <http://www.eprocure.gov.bd>

S.L No	Tender ID & Reference No	Name Work	Last selling Date & Time	Opening Date & Time
1	608630, 25.36.2600.002.03.301. 22.05(2334)(3/2) date 1/9/21	Establishment of Colonel Malek Medical Collage & 500 beded hospital at Manikganj (Sub-head Construction of 450 m3/day capacity Sewage Treatment Plant). Financial Year: 2020-2021	17-Oct-2021 17:00	18-Oct-2021 11:30

This is an online tender. Where only e-Tender will be accepted in the National e-GP Portal and no offline/hard copies will be accepted to submit e-Tender, registration in the National e-GP System Portal <http://www.eprocure.gov.bd> is required.

The fees for downloading the e-Tender documents from the National e-GP System portal have to be deposited online through any e-GP registered bank's branches within due time.

Further information and guidelines are available in the National e-GP System portal and from e-GP help desk (helpdesk@eprocure.gov.bd) or (email: ee_manik@pwd.gov.bd) and call to 02-7710401) interested person can be communicated with the undersigned during office hours.

(Md. Abu Zafar)
Executive Engineer
Manikganj PWD Division
Manikganj.
E-mail: ee_manik@pwd.gov.bd.

GD-1806