

Healthy

FROM PAGE 16
Citrus fruits like orange are beneficial in this season. Vitamin C improves the immune system to fight the common cold. Herbs like ginger, garlic should also be included more in the diet as they help keep the body warm and prevent inflammation.

As winter tends to make us feel lazy, staying motivated and indulging in physical exercise also become necessary.

Getting some sunlight is very important to get the required dose of vitamin D. That's why yoga or stretching in the sunlight can be a good activity during this season.

We often drink less water in winter which can lead to dehydration. Having warm drinks like herbal and green tea to stay hydrated is a good practice.

Socialising or investing time in doing what you like is very important to avoid the winter blues. Although socialising can be tricky amid the Covid-19 situation, you can read a book or watch a movie from under the warmth of your blanket.

Planting some winter flowers and vegetables will also keep your mood upbeat during the season.

Stay well this winter.



Palestinian protesters clash with Israeli troops in the village of Kfar Qaddum near the Jewish settlement of Kedumim in the occupied West Bank, during a protest against the expropriation of land by Israel yesterday.

PHOTO: AFP

Dinajpur girl

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The father said someone tried to kill his daughter after raping her.

Hospital sources said there was evidence of rape and the girl was still unconscious.

Fakhrul Islam, officer-in-charge of Birol Police Station, said police were trying to arrest the suspect.

A case was being filed, he said, adding that a 25-year-old man had been detained for interrogation.

Tigers hope

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wicket haul in the port city.

Along with Shakib, the return of Taskin Ahmed also made the Tigers' bowling attack more potent. However, Taskin, who returned after a finger injury, will be assessed in the morning today before the team management makes their final call regarding including Taskin in the playing eleven.

However, the nature of the Mirpur pitch once again remained in focus yesterday during Mominul Haque's press conference. Captain Mominul said he was hoping for a flat track and not a usual spinning top.

Asked if his team were up for improvement in the second Test and looking to get a result, Mominul dictated it was important to start well.

"Ofcourse [looking for a good result]. In Tests, the first hour is very important. Batting is our strength and if we can bat six sessions, we can comeback in the game."

UAE buys record 80 French fighter jets as Macron starts Gulf tour

AFP, Dubai

The United Arab Emirates signed a record 14-billion-euro contract for 80 French-made Rafale warplanes and committed billions of euros in other deals as President Emmanuel Macron kicked off a Gulf tour on Friday.

The biggest international order ever made for the Rafale jets came as Macron held talks with Abu Dhabi Crown Prince Sheikh Mohammed bin Zayed at the start of a two-day trip which will also take in Qatar and Saudi Arabia.

The resource-rich UAE, one of the French defence industry's biggest customers, also inked an order for 12 Caracal military transport helicopters for a total bill of more than 17 billion euros.

"This is an outcome of the strategic partnership between the two countries, consolidating their capacity to act together for their autonomy and security," the French presidency said in a statement.

Abu Dhabi's Mubadala sovereign wealth fund also pledged eight billion euros in investments in French businesses, while the licence of the UAE capital's branch of the Louvre art gallery was extended for 10 years to 2047.

The Emirates was the fifth biggest customer for the French defence industry with 4.7 billion euros from 2011-2020, according to a parliamentary report.

France has faced criticism after some of these weapons were used in Yemen, where a Saudi-led coalition is fighting Iran-backed rebels in a war that has created one of the world's worst humanitarian crises.

The Rafale order signed on Friday, while Macron met with Sheikh Mohammed at Dubai's Expo site, is the biggest made internationally for the aircraft since it entered into service in 2004.

French Defence Minister Florence Parly called it a "historic contract" which will contribute "directly to regional stability". The F4 model Rafales, currently under development, will be delivered from 2027.

By snapping up the fighter craft, built by Dassault Aviation, the UAE is following the lead of Gulf rival Qatar, which has bought 36 of the planes, and Egypt which ordered 24 in 2015 and 30 earlier this year.

Send Khaleda abroad for treatment

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said those words out of emotion. But as a prime minister of the country, she cannot be driven by emotions It was a violation of her oath."

At the press briefing on November 17, Hasina talked about several attempts on life when she was in the opposition and also how Khaleda gave "promotions" to the accused in the Bangabandhu killing case.

Nagorik Oikya Convener Mahmudur Rahman Manna said Khaleda is a three-time prime minister. "She is now fighting for life. Can't the government change the law for her?" he asked.

Gonoshasthaya Kendra founder Dr Zafrullah Chowdhury suggested that BNP Senior Vice Chairman Tarique Rahman should request civil society members and political leaders over phone to create a mass movement seeking Khaleda's treatment abroad.

CALL FOR UNITY
The leaders and activists of Gonoforum will work together to restore democracy and the rule of law in the country, stated party President Dr Kamal Hossain.

"I've always stressed unity," read a statement from Dr Kamal, one of the founders of Gonoforum. The political party was established in 1992.

Due to illness, Dr Kamal could not attend the council yesterday.

Urging unity among political parties, Jatiya Samajtantrik Dal-JSD President ASM Abdur Rob said it was the solution to the ongoing anarchy caused by the ruling party.

Dr Zafrullah said a country cannot run well without democracy and rule of law. "I believe those will return soon," he said.

"We fought for the right to vote in 1971. After 50 years of independence, we'll have to fight for it once again," said Saiful Huq, RWBSB's general secretary.

GONOFORUM 'SPLITS'
In the council yesterday, Mostafa Mohsin Montu and advocate Subrata Chowdhury were picked president and general secretary of Gonoforum.

After 29 years of its formation, the party has apparently split.

Contacted, Gonoforum Joint General Secretary Moshataq Ahmed said using Gono Forum's symbol, Montu and Subrata formed their own party.

Moshataq said they would hold another council soon.

Mohsin, a former general secretary of the party, however, claimed that the party has not split.

Replying to a question, he said, "He [Dr Kamal Hossain] wished to retire from the party due to illness. He has made it clear in a letter ... He can remain as an advisor."

Asked if it was mentioned in the letter, he said he was not able to discuss the matter right now and he would explain it later in a press conference.

AL again picks Ivy for N'ganj mayor

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mayor of the erstwhile Narayanganj municipality.

The maiden election to NCC was held in a non-partisan manner in 2011. In 2016, Ivy was reelected as the AL candidate as the mayoral election was held using party symbols, unlike the councillor elections to the city corporation.

On November 30, the Election Commission announced schedules for NCC election and Tangail-7 by-polls. The parliamentary seat fell vacant following the death of AL MP

Akabbur Hossain on November 16.

According to the schedules, the deadline for submission of nomination papers is December 15, while the last date for the scrutiny of nomination papers is December 20 and the last date for withdrawal of candidature is December 27 in the NCC and Tangail-7 by-polls.

The third election to NCC will be held using electronic voting machines (EVMs) instead of traditional ballot papers.

Besides, yesterday's meeting finalised the names of AL chairman candidates for the union parishads

under Parbatipur upazila in Dinajpur as well as the UPs in Khulna and Barishal divisions, as the local bodies will go to polls in the fifth phase on January 5.

A total of 707 unions will go to polls in this phase in 47 districts.

According to the polls schedule announced by the EC, the deadline for the submission of nomination papers is December 7, while the date for the scrutiny of nomination papers is December 9 and the last date for withdrawal of candidature is December 15.

'We need to be watchful'

FROM PAGE 1
"The economic growth studies show that episodes of rapid growth are quite common among the developing countries, but the growth is rarely sustained. That is why we need to be watchful," Prof Wahiduddin said at the event organised by Bangladesh Institute of Development Studies (BIDS) at a city hotel.

He also mentioned the challenges in the post-Least Developed Country (LDC) era, land scarcity, and challenges of governance.

He credited diversification of rural economy as a major driving force for the Bangladesh economy and suggested focused attention to materialise Bangladesh's aspiration to become an upper-middle income nation by 2031 and a developed country by 2041.

"The present danger is that this socio-cultural infrastructure of the market economy may be at the risk of being undermined by political polarisation, ethnic and religious strife and replacement of trusted village elders by politically powerful party cadres."

Prof Wahiduddin said development discourses have spent efforts on how to imitate the success stories of the so-called East Asian tigers. In contrast, the contemporary development literature has given relatively less importance to the example of Japan, which followed its business model tied to workers' welfare and loyalty.

"And it may not have occurred to many as to why Japan has many rich people, but few billionaires," he said, adding that Japan has only 25 billionaires against America's 675 and India's 153.

"Notice that Bangladesh is also now cited as a country producing billionaires, which means we are achieving high economic growth, but it also means that growth has become increasingly unequal," said Wahiduddin, now chairman of Economic Research Group.

He said all success stories have some common elements, like providing an enabling environment for fostering economic entrepreneurship that

is also compatible with creating a welfare society. But creation of an enabling environment depends on the country-specific context.

"An immediate concern is the challenges to be faced in the post-Least Developed Country (LDC) era. We have to start preparing ourselves regarding how we shall negotiate our way in the global economic order without the preferential treatment that we have been enjoying," he said.

Most of our trade competitors have already become part of one or more regional Free Trade Arrangements (FTAs), he said, suggesting developing expertise to negotiate FTAs.

Another issue, he said, is Bangladesh's extreme land scarcity. This makes it extremely difficult to have urbanisation and industrialisation without impinging on agricultural land or whatever environmental resources like forests and water bodies Bangladesh is left with.

"If we become even a high-middle income country, we shall have to imagine an environmentally sustainable configuration of land use where we shall be producing GDP per square kilometre that will be higher than most of today's industrialised countries."

He cited findings of a study on economic cost of Dhaka's overgrowth and suggested formulating a strategy for dispersed urbanisation and industrialisation.

The economist said higher public spending and better service delivery will be important to retain gains in social indicators.

He said Bangladesh needs to create the needed skills and capabilities of the increasing labour force with enough employment opportunities as a large number of secondary school graduates remains unemployed.

Wahiduddin, a former professor of economics at Dhaka University, said demographic dividend is a factor fuelling the current economic growth.

This opportunity may last for another two decades. After that the growth of the labour force will slow down due to the aging population, he noted.

Depression

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sustained wind speed within 54 km of the cyclone is about 62 kph rising to 88 kph in squalls, the bulletin added.

"All boats and trawlers in the North Bay and deep sea have been advised to remain close to the coast and proceed with caution until further notice," it added.

Post-conquest

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lives and of their civilization," the culture ministry said in a statement.

The interior patio where rituals took place is about four meters (13 feet) below ground level, according to a team of archaeologists who spent three months analyzing the site.

A year on, now it's all

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see better days."

Bhasan Char island has 120 brick-built cluster villages and 120 cyclone shelters. There are flood protection embankments, facilities for education, farming and fishing, hospitals and playgrounds. Buildings for the aid agencies were also constructed there.

A high-level team of the UNHCR visited the island on Thursday and spoke to the Rohingya. However, the team declined to talk to the media.

Once a quiet and calm island with a few shops, Bhasan Char has seen a massive change with around hundred small shops being set up by the refugees.

The refugees now earn a living by engaging in farming, fishing, shopkeeping, rickshaw pulling and other occupations.

"If we find work, life will be more joyous and more people will be interested to come to Bhasan Char because it is safe here and everyone has a home. We moved here in search of peace and we got it," said Jamila Khatun, a mother of five.

There are even shopping malls in Bhasan Char. On the ground floor of Island Mall, there is a super shop, modern salon and laundry service. There is a restaurant on the first floor and rooms are being constructed on the second and third floors.

Abdul Hannan, manager of the mall, said, "Our business is getting better. We started just three months ago."

Anowarul Kabir, deputy director of Bhasan Char development project, said the attitude and mentality of the Rohingyas have changed a lot in the last one year.

Initially, they engaged in criminal activities due to resource shortages, but now they are finding proper ways of making a living, he said.

The project, funded with public money, was taken after some 750,000 Rohingyas fled a brutal military crackdown in Myanmar's Rakhine and took shelter in Cox's Bazar in the months following August 2017. They joined some 300,000 other Rohingyas, who had fled previous waves of violence in Rakhine.

The project was approved in November 2017.

My aim is to make Pakistan

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offensive "is not to cause unnecessary damage to the infrastructure of Bangladesh, which I think is quite right," added Aurora.

PAKISTAN HEADED FOR TOTAL DECIMATION
By committing aggression against the entire people of India and Bangladesh, the military junta of West Pakistan only paved the way for its own total decimation as a power base, said Hossain Ali, high commissioner of Bangladesh in a statement today.

Referring to the declaration of war on India by Pakistan, Hossain Ali expressed the hope that this war would be "the final war" as Pakistan President Yahya Khan had described it.

"The 75 million people of Bangladesh stand today solidly by their Indian brethren in their hour of peril," added the Bangladesh high commissioner.

YAHYA VOWS TO CRUSH FOE
Yahya accused India today of having launched a full-scale war and told his countrymen it was time "to give a crushing reply to the enemy."

"We are fighting for our country's integrity and honour," he said in a broadcast. "God is with us in our mission."

"Our enemy has once again challenged us -- India's government has launched a full-scale war on us," he said.

Speaking in Urdu, although he normally addresses the nation in English, Yahya said India's "hate and enmity" toward Pakistan were known to "the whole world".

"India has always tried to weaken and ruin Pakistan -- this is India's biggest and final war against us," he said.

He addressed his countrymen as "120 million Mujahids", followers of Islam. "The time has come for the heroic

Mujahids of Pakistan to give a crushing reply to the enemy," he declared.

CHINA DENOUNCES INDIA
China's Acting Foreign Minister Chi Peng'fei denounced India today for what he described as India's continued expansion of "armed aggression against Pakistan" and implied that India was acting with the support and encouragement of the Soviet Union.

NIXON-KISSINGER TELEPHONE CONVERSATION
In a telephonic conversation, US President Richard Nixon discussed today the possible US response to Indo-Pak crisis with his Assistant for National Security Affairs Henry Kissinger. As to Nixon's query about taking the issue to the Security Council, Kissinger commented, "At the Security Council, the Indians and Soviets are going to delay long enough so a resolution cannot be passed. If it was, the Soviets would veto. UN will be impotent. So the Security Council is just a paper exercise -- it will get the Post and Times off our backs. And the Libs will be happy that we turned it over to the UN. The damage won't show up for a few years. At the moment we retrench around the world, this proves that countries can get away with brutality."

Kissinger rather suggested that the economic aid to India should be stopped as a measure to squeeze the country.

Nixon agreed to this plan and added, "Let's get some PR out on them -- put the blame on India. It will also take some blame off us. Our story about getting off militarily didn't get much play. They will feel the economic one. We have got to help rebuild Pakistan."

Shamsuddoza Sajen is a journalist and researcher. He can be contacted at sajen1986@gmail.com

Asked if it was mentioned in the letter, he said he was not able to discuss the matter right now and he would explain it later in a press conference.



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Director of Planning, Development and Works, JUST

No.JUST/PD/Ac/144(21)/2159 Date: 30/11/2021

Invitation of E-GP for Re-Tender

Procurement Method		Open Tendering Method of Lab Equipment	
Tender ID- 633643	JUST/PD/Ac/144(21)/2159 Date: 30/11/2021	Tender Published 5/12/2021 at 14.00 PM	
Tender ID- 633644	JUST/PD/Fem/144(21)/2160 Date: 30/11/2021	Tender Published 5/12/2021 at 14.00 PM	
Tender ID- 633645	JUST/PD/Mal/144(21)/2161 Date: 30/11/2021	Tender Published 5/12/2021 at 14.00 PM	
Tender ID- 633648	JUST/PD/TSC/144(21)/2162 Date: 30/11/2021	Tender Published 5/12/2021 at 14.00 PM	

This is an online Tender, where only e-Tender will be accepted in e-GP portal and no offline and hard copy will be accepted. To submit e-Tender please register on e-GP system (www.eprocure.gov.bd) or contract helpdesk 01762-625528-31

(Paritosh Kumar Biswas)
Director
Planning, Development and Works, JUST, Jashore.

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