



Star HEALTHLINE

Hours of sleep how much DOES AN ADULT REALLY NEED?

STAR HEALTH DESK

Human beings spend around a third of their lives sleeping. Many might wonder if we really need that amount of sleep or if it's just a waste of time.

However, the truth is, sleep is essential. It bears grave importance for our physical wellbeing, just like healthy eating or exercising does.

But how much sleep do you really need to function properly? The amount of sleep you need per night is generally determined by your age.

If you are an adult aged over 65, you require approximately seven-eight hours of sleep every night.

If you are aged between 18-64 years, seven-nine hours of sleep every night will keep you healthy and functioning.

The amount of required sleep is different for those under the age of 18.

When you are asleep, your body remains active and rebuilds its capacity. There are many reasons why one should get recommended hours of sleep.

Sleep rebuilds worn out muscles. Deprivation of just one night's sleep can increase negative emotional response by 60 percent, according to experts.

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Two-and-half year old Rafa's grandmother helps her spot her grandfather at a window of Chattogram Central Jail yesterday. He has been there for the past three months. People gather at a spot across from the jail to see their loved ones from the windows, as the official meetings with prisoners last only three to five minutes, that too after every 15 days. Inset, a prisoner trying to draw the attention of his relatives on the other side of the road.

PHOTO: RAJIB RAIHAN

EVIDENCE ACT AMENDMENT

Cabinet okays it in principle

Draft allows digital evidence to be admissible in court

STAFF CORRESPONDENT

The Cabinet Division has approved the proposed Evidence (Amendment) Act 2022 in principle, keeping the provision that makes digital evidence admissible in court.

With this amendment, digital evidence will be acceptable in trial, said Cabinet Secretary Khandker Anwarul Islam during a briefing after the cabinet meeting at the Secretariat yesterday.

Maintaining decency while cross-examining a victim in the courtroom has also been incorporated in the proposed law. "The court can decide what kind of questions a victim should be asked," he said, replying to a query.

The Cabinet meeting was chaired by Prime Minister Sheikh Hasina, who joined it virtually from her official residence, the Gono Bhaban. Other Cabinet members were connected from the cabinet room at the Division.

The practice of submitting evidence online began with the inception of virtual courts amid the Covid pandemic. But there is nothing specific about "online or digital evidence" in the existing Evidence Act, said the cabinet secretary.

With the current law in place, legal complications might arise if any aggrieved person files a petition with the higher court, challenging the verdict of the lower court that had accepted such evidence during virtual trials, he explained.

The draft of the new law has kept a provision for forensic examination of digital evidence. "If the court finds it necessary, or any party of the case questions the authenticity of such evidence, there

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Brothers attacked in Pabna, one dies

Former municipal mayor, sibling picked up for questioning

OUR CORRESPONDENT, Pabna

A man was hacked to death and his brother critically injured when the two were attacked on their way back home after testifying at the trial of a criminal case in Pabna Sadar upazila's Sadullapur area yesterday.

Md Al Amin, 27, an employee of Sujanagar municipality, died while being taken to Pabna General Hospital. Md Rajab Ali, 37, member of Sujanagar AL, was undergoing treatment at Rajshahi Medical College Hospital.

Sources said the attack, which took place near Pabna Sujanagar Road around noon, may have been carried out by a rival group of AL men.

Jalal Uddin, officer-in-charge of Ataikula Police Station, said, "We think a past feud might have led to the attack. We are trying to find who the attackers were."

In the afternoon, police picked up Tofazzal Hossain Tofa, former Sujanagar municipality mayor, and his brother Jewel Rana, secretary of the municipal Juba League, for questioning as the case Al Amin and Rajab were witnesses in was filed against Tofa's men.

Speaking to The Daily Star, Shahinuzzaman Shahin, chairman of Sujanagar Upazila Parishad and president of the upazila AL, alleged the attack was led by men loyal to Tofa.

"Rajab and Al Amin had a long-standing feud with Tofa and had earlier even filed a case against his men. Tofa's men attacked them on their way home as a show of power."

Rejaul Karim Reza, current Sujanagar municipality mayor, said, "Recently, the two were involved in property-related issues with Tofazzal's men. They may have

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2 Bangladeshis get out of Ukraine

Bangladesh embassy in Warsaw intervenes to get them out of camp

MUNIR MOMOTAJ

The Bangladesh embassy in Poland has been able to get two Bangladeshis freed from a "detention" centre in Ukraine. The two are now staying at the mission's shelter centre in Poland.

The Daily Star talked to the duo over Whatsapp yesterday.

One of them is Jahirul Islam while the other preferred not to be named. The two described the long ordeal of travelling from Ukraine to Poland.

They were among 60 people stuck in the camp in Ukraine's Mykolaiv. Another 120 people, including five Bangladeshis, were stranded at a "detention" camp in Juravis town of the European country, the duo said.

Sultana Laila, Bangladesh ambassador to Poland, told The

Daily Star that they got the two Bangladeshis freed and were making efforts to have the five other Bangladeshis released.

She said they were in regular

Another 120 people, including five Bangladeshis, were stranded at a "detention" camp in Juravis town of the European country.

contact with the Ukrainian authorities over phone and email.

The Bangladeshis who sought to remain anonymous said they were stranded in Mykolaiv region, some 800km off the Ukraine-Poland border.

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DGDA clears Napa syrup

Reason for 2 kids' deaths still unclear

STAFF CORRESPONDENT

The drug administration authorities did not find anything harmful in the Napa Syrup samples that could cause the deaths of the two siblings in Brahmanbaria.

The Directorate General of Drug Administration yesterday came up with the statement after lab testing three Napa Syrup samples of three batches, including the one in question.

At a press briefing, DGDA Director General Mohammad Yousuf said, "We found nothing harmful in the samples in the lab test results. The quality of the medicines was good. We can't say Napa Syrup is harmful. However, we are

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NORTH SOUTH UNIVERSITY

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NSU Students Welcome Back to Campus

North South University warmly welcomes the students to on-campus classes after two years of online classes due to the COVID-19 pandemic

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- NSU has a strong alumni network with 31000* alumni. Many have placed themselves in internationally reputed organizations like Google, Facebook, Microsoft, NASA, Amazon etc.
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- NSU credits are transferred & accepted by the top Int. universities of USA, Canada, UK & Australia
- NSU implemented reputed CANVAS Learning Management System for the first time in this region
- NSU has launched 'Bangabandhu and Liberation War Corner' & published a book on the life and works of the Father of the Nation Bangabandhu Sheikh Mujibur Rahman on his birth centenary
- NSU allowed 1425 freedom fighters' children with full scholarship to study at NSU
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