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Politics devoid of passion now

JP lawmaker tells parliament

STAFF CORRESPONDENT

Jatiya Party lawmaker Kazi Firoz Rashid yesterday told parliament that politics is now just a profession, not a result of passion, as it was in the past.

"Before, people used to do politics for the passion, but it has just become a profession now," he said.

Firoz mentioned that politics is the only way to change one's life overnight. "Earlier, people risked their lives to do politics, because of passion." During the Pakistan era, he recalled that if a man was involved in politics, he could not marry, because he would not get any job.

Besides, he claimed that the parliament has many achievements along with weaknesses.

"Till date, it has not been able to form a commission [on Bangabandhu's murder]. If the nation cannot know who was involved, there is no point in keeping a fragment of history. Bangabandhu was killed through a huge conspiracy; it's not like Dalim, Farooq and Rashid just went and did it [assassinated Bangabandhu]," he said.

Aside from this, Firoz Rashid mentioned that the nation is now divided into two parts. "There is no neutral person. Teachers, doctors, intellectuals, journalists are all divided."

DESIRE FOR FREEDOM LARGELY ABSENT IN JS

Gonoforum lawmaker Mokabbir Khan, in his speech, said the philosophy of the Father of the Nation, spirit of the Liberation War, and the desire for freedom are largely absent in today's parliament.

"Sadly, even today, parliament passes indemnity laws for the corrupt, money launderers, looters. It's a shame," he remarked.

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Ahead of Eid, it seems even vendors on foot-bridges near Dhaka New Market are seeing more business than usual. As the sellers carry on doing business, occupying a large section of the foot-bridge amid the lack of authority's intervention, they cause great suffering for commuters. This photo was taken yesterday.

PHOTO: PALASH KHAN



EMINENT PERSONS ON ZERO WASTE UN chief appoints Prof Yunus in advisory board

UNB, Dhaka

Nobel laureate Professor Muhammad Yunus has been appointed by UN Secretary-General António Guterres as a member of the Advisory Board of Eminent Persons on Zero Waste.

The appointment was made in accordance with the United Nations General Assembly resolution on Zero Waste (77/161) adopted on December 22, 2022.

In a letter addressed to Prof Yunus, Guterres said, "As a board member, I trust

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DHAKA FLOW

Familiarising yoga and wellness

RBR

Your mind and body are very much in sync with the air, water, and land you live in. This means that your inner well-being and peace are directly proportional to the external space and elements you are accustomed to, especially if you want to achieve a healthy lifestyle and want to bring about positive changes within the community to do so.

Thus, when Shazia Omar, founder of Dhaka Flow, a wellness platform says "I need clean air to breathe, pure water to drink, to be in good spirits. Healthy people and a healthy planet go hand in hand", it resonates well with your plan to promote a sustainable lifestyle of self-growth and mindfulness. It has to be a concerted community effort.

Dhaka Flow's most recent programme is a 14-day pre-iftar "Pranayama challenge" that started on April 7 and ends on April 20. It is an online session in which every day at 5:00pm, different yoginis will teach you breathwork from the Facebook page of Dhaka Flow.

"Pranayama or breathwork has many profound benefits for our health. It helps us increase the intake of oxygen in our blood, which in turn nourishes all our cells. The breathwork will help focus and allow you to breathe deeper for the energy you are missing," explains Shazia.

Breathwork like Brahmari, Lion's breath, Chandra Bhedana, Nadi Shadhona, and Dancer's breath will be taught to help you relax. The Pranayama course features 14 different breathing mechanisms from ancient Vedic times. The sessions will

be conducted by 14 teachers, who will help you bring a shift in your outlook toward healthy living and wellness.

After Covid-19, doctors have started suggesting Pranayama techniques to people to help them strengthen their respiratory systems. Athletes regularly practise breathwork, as do mental-health patients to help them achieve calmness and focus, lower heart rates, and reap other health benefits.

"Dhaka Flow: Festival of Yoga & Wellness" in December 2022 brought together over 30 vendors of wellness products, 30 fitness teachers and healers, and 1,500 participants under one platform, to build a community, celebrate health and healing, honour the environment, and elevate the spirit. It was a momentous way of creating demand for mindfulness and helping to meet the demand under one platform.

For example, Dhaka Flow also has a list of vegetarian food vendors to help you eat healthily. Mental-health therapy is a huge sector, and you can initiate your therapy sessions from the Dhaka Flow platform.

Ramadan is the time when everyone thinks about streamlining their bad habits and embracing good practices like living healthy, being energetic, and being conscious of what we eat. Wellness platforms are slowly gaining ground, and Dhaka Flow brings yoga practitioners and groups of people together to work on wellness.

"We did this to raise awareness. We have to change our unhealthy consumer product-based living and bring back healthy Ayurvedic habits that went unpopular but are coming back now," Shazia Omar explains.

Those interested can visit facebook.com/dhakaflowfestival

The financial struggle of mess residents

Rising cost of essentials makes life harder for bachelors

MD ABBAS

Living in a mess, an accommodation arrangement where individuals share their living space with others, has been a common practice for bachelors in Bangladesh, particularly for those living in urban areas.

The messes have been an affordable option for many, especially for those who are students or job aspirants with limited income. However, with the rise in the prices of all essentials, including food, housing, and utilities, bachelors residing in messes are struggling to make ends meet.

Joy Banik, a resident of Monipuripara in the capital, shared his struggles with The Daily Star.

Joy said that just three years ago, he could cover his monthly food expenses with Tk 2,500. However, now, even after spending Tk 4,000 a month, he struggles to manage. Members of the mess he lives in are forced to cut their consumption of protein due to the rise in food prices.

Just a year ago, they used to consume chicken and fish on every alternate day with meal prices averaging around Tk 40-45. However, now, they have been forced to modify their diet, limiting their meat and fish intake to only two days a week.

Despite the changes in diet, the cost of each meal has gone up to Tk 60-65. As Joy is still jobless, he is dependent on financial support from his acquaintances, but it is becoming increasingly difficult for him.

Nuruzzaman, who lives in a mess on Dilu Road, shared similar experiences, saying that there has been a significant

shift in dietary habits over the past few years. Previously, they used to consume beef or mutton twice a week. However, now, they do not dare to think of consuming beef or mutton even once a month. Nuruzzaman added that they often eat potato, pulse, and eggs as the price of vegetables is also very high.

FALLING ILL FOR PROTEIN DEFICIENCY

Habibur Rahman, a private-university student residing in a mess in Farmgate area, revealed that he has fallen ill on

“The increase in food prices has forced them (mess residents) to modify their diets and cut down on protein intake, leading to protein deficiency. This deficiency can even lead to chronic diseases.”

PROF SK NAZRUL ISLAM
Director of the Institute of Nutrition and Food Science at Dhaka University

at least three occasions after dining there. He even had to be admitted to the hospital once, and the doctor had diagnosed him with protein deficiency. Habibur is still taking medicine.

Sajjad Hossain, a private-sector employee living in a mess in Gulshan area, shared a similar experience, concluding that eventually he had to move to a different mess. He said the

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Exhausted from waiting hours in traffic under the sun, a rickshaw-puller takes refuge in the shadow of a rickshaw in front of him yesterday. This photo was taken in the capital's Shajahanpur area.

PHOTO: SK ENAMUL HAQ

Sultana died due to torture after abduction

Claims Fakhru

STAFF CORRESPONDENT

BNP Secretary General Mirza Fakhru Islam Alamgir yesterday alleged that Sultana Jasmine died due to torture after her abduction.

"Picking up a citizen and also a public servant is a gross violation of law and the Constitution. Under which law was she picked up?" he said at a discussion organised by Jatiyatabadi Mohila Dal at the capital's Dhaka Reporters Unity.

Sultana, a union-level land office employee in Naogaon, died in the custody of Rab in late March.

The BNP leader said Sultana was picked up from the street following an allegation made by a joint secretary. "It cannot happen in a civilised country. Sultana's killing proved that the ruling-

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SAGAR-RUNI MURDER

Deadline to submit report extended for 97th time

STAFF CORRESPONDENT

A Dhaka court yesterday extended the deadline for submitting the probe report of a case filed over the murder of journalist couple Sagar Sarowar and Meherun Runi till May 22.

This is the 97th deadline extension.

Dhaka Metropolitan Magistrate Md Rashidul Alam passed the order after Rab Additional Superintendent of Police Khondoker Md Shafiqul Alam, also the investigation officer of the case, failed to submit the report yesterday, said court sources.

On March 5 this year, the same court asked Rab to submit the report by yesterday.

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BANGABAZAR FIRE

Hijra community donates savings to traders

STAFF CORRESPONDENT

In a gesture of kindness, a group of around 100 members of the hijra community visited the site of Bangabazar Shopping Complex yesterday to hand over Tk 20 lakh to the affected traders. The community raised the funds from members across the country, saving money from their Eid expenses.

Kashmiri Dipali Hijra, president of Bangladesh Hijra Development Organization, said that they have been collecting money from Bangabazar traders for the past 40 to 45 years and are happy to have stood beside them in their time of crisis.

Another hijra leader, Bakul Haji, said that they are not buying any new clothes for Eid to show their solidarity with the traders.

She also said that they would have collected

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