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Avoiding heat stroke: Do's and Don'ts

MOUDUD AHMED SUJAN

As a heatwave is sweeping across different parts of the country, physicians have advised people to avoid activity in direct sunlight to stay safe from heat stroke.

"The elderly and the children are the most vulnerable to heat stroke," said Prof Md Khalequzzaman, associate professor at the Department of Public Health and Informatics at Bangabandhu Sheikh Mujib Medical University.

He advised adding fruits like watermelon and drinking adequate water during iftar and sehri to stay sufficiently hydrated.

During a heatwave, if anyone feels dizzy and experiences intense thirst or headache, they must move to a cool place immediately and rehydrate. The same protocol applies if one experiences painful muscular spasms (particularly in the legs, arms or abdomen).

One must also avoid strenuous physical activity. If unavoidable, they should be completed in the morning between 4:00am and 7:00am. Children or animals should not be left in parked vehicles.

INFERNOS IN APRIL

- APRIL 04, 2023: BANGABAZAR**
Bangabazar Shopping Complex and adjacent markets; **3,845** shops burnt down
- APRIL 11, 2023: CHAWKBAZAR**
Ceramic warehouse on fourth floor of a multi-storied building near Bismillah Tower gutted
- APRIL 13, 2023: NAWABPUR**
At least **20** shops and warehouses at Nawabpur Mohammadia Market burnt down
- APRIL 15, 2023: DHAKA NEW MARKET**
At least **280 to 300** shops at Dhaka New Market gutted



DHAKA NEW MARKET



NAWABPUR



CHAWKBAZAR



BANGABAZAR

SOURCE: DHAKA SOUTH CITY CORPORATION AND FIRE SERVICE AND CIVIL DEFENSE

Dr Zafrullah Chowhdury laid to rest

OUR CORRESPONDENT, Savar

Freedom fighter and Gonoshasthaya Kendra founder Dr Zafrullah Chowdhury was laid to rest inside Savar Gonoshasthaya Kendra on Friday.

Following his last namaz-e-janaza at the PHA field around 2:30pm, he was buried beside the Suchona building on the Gonoshasthaya Kendra premises.

After the burial, Abdul Jalil, imam of the Central Jame Mosque of Ghorapir Mazar, offered prayers seeking eternal peace of the departed soul around 3:22pm.

Dr Zafrullah was taken to Gonoshasthaya Nagar Hospital in Dhanmondi, after he fell ill on April 5 this year. He was put on life support on April 10 and breathed his last on April 11 at the age of 81 years.

Zafrullah had been suffering from kidney and liver dysfunction along with other health complications for some time.

Md Enamur Rahman, state minister for disaster management and relief; Bangabir Abdul Kader Siddique, president of Krishak Sramik Janata League; Benazir Ahmed, Dhaka district Awami League president; Dewan Salauddin Babu, family and welfare affairs secretary of BNP central committee; Jonaid Saki, chief coordinator of Gono Songhoi Andolon; Ishtiaq Aziz Ulfat, president of Nationalist Freedom Fighters Party; freedom

SEE PAGE 4 COL 2

Teach kids to swim to prevent drowning: Experts

STAFF CORRESPONDENT

To prevent child drowning, speakers at a press conference yesterday emphasised that every child should start learning to swim when they turn 6 years old.

They also urged to improve the CPR (Cardiopulmonary Resuscitation) training at the community level.

The event, titled "Celebrating the Eid-ul-Fitr 2023: Keep Watching to Save Your Children From Drowning", was organised by National Alliance for Drowning Prevention (NADP) in the capital's Segunbagicha.

The conference underlined the Bangladesh Inland Water Transport Authority's (BIWTA) data that 87.8 lakh people travel by water in the country each year.

Sadrul Hasan Mazumder, NADP convener, said, "Many people travel by launch or ferry during the Eid holiday, where a lack of appropriate caution could result in many fatalities during such joyful times"

The conference indicated that the bulk of child drowning deaths occur in water bodies nearest to the house such as ponds (66 percent) and open water bodies (16 percent), which fall approximately 40 steps away from the houses.

Between the hours of 9:00am and 1:00pm, when family members, particularly mothers, are occupied with regular domestic tasks, roughly 60 percent of these unintentional deaths take place.

Gender and women rights activist Selina Ahmed Ena said, "Even though the majority of children drown due to lack of swimming ability, society and the family tend to blame mothers for their clumsiness."

Sonia Parvin, mental health specialist and founder of Esho Nije Kori, said, "Post Traumatic Stress Disorder (PTSD), anxiety, and terror that drowning survivors experience throughout their lives make the person, family, and community psychologically vulnerable."

The speakers recommended constructing fences around the ponds and reservoirs in rural regions. They also recommended that children between the ages of one and five should be constantly watched.

RECOMMENDATIONS

- Improving CPR training at community level
- Covering waterbodies around personal property
- Constructing fence around ponds in rural regions
- Supervising kids aged between one and five

3 fatally run over by trains in Dhaka

UNB, Dhaka

Three people were killed after being hit by trains in separate places in the capital on Friday.

The victims were army sergeant Abdul Jalil, 42, an unidentified 35-year-old man and another unidentified 60-year-old woman.

Sub-Inspector Ali Akbar of the Airport police outpost under Dhaka Kamalapur Railway Station said Sergeant Abdul Jalil died on the spot when he was hit by a train as he was trying to cross the level crossing in Zoar Sahara area on Friday evening.

A 35-year-old was killed being hit by a train in Kuril Bishwa Road area.

An elderly woman was fatally run over by a train while she was trying to cross a level crossing between Ashkona and Kawla area around 11:00pm, said SI Ali Akbar. He also said the bodies were sent to Dhaka Medical College hospital morgue for autopsy.

CAAB driver held at airport with gold bars

BSS, Dhaka

Airport Armed Police Battalion yesterday arrested a car driver of Civil Aviation Authority of Bangladesh (CAAB) and seized his vehicle, along with gold bars and chains worth around Tk 82 lakh at Hazrat Shahjalal International Airport.

The detained driver is Salehkuzzaman, confirmed Airport Armed Police Battalion ASP Mohammad Ziaul Haque Zia yesterday.

He said Salekuzzaman entered the terminal using Gate No-21 at the airport around 11:00am.

Later, he collected five gold bars and 50 gold chains from an airport toilet.

Salehkuzzaman was arrested while he was crossing the green channel area of the airport, he added.

'Air Pollution Control Rules serves business interests'

Speakers tell seminar

STAFF CORRESPONDENT

The recently enacted Air Pollution Control Rules-2022 has been adopted to protect the interest of the businesses that are responsible for polluting the country's environment, speakers told a seminar yesterday.

The seminar was organised by Centre for Atmospheric Pollution Study (CAPS) of Stamford University and the research-based platform Barcik at Jatiya Press Club.

Environmentalists and academicians also urged the government to revise emissions standards following World Health Organisation's (WHO) standard to reduce the perennial air pollution taking a toll on the country's economy and public health.

Addressing the seminar as the special guest, Advocate Manjil Morshed said how the rules or law will take shape solely depends on who is involved in formulating the law or rules.

"Businessmen lead our parliament. So, it is not out of the ordinary that the law or rules will be formulated keeping their interests in mind," he said.

Sharif Jamil, general secretary of Bangladesh Paribesh Andolon, said globally, laws are enacted to protect people's interests and health. But in Bangladesh, the law

SEE PAGE 4 COL 4

From Shahbagh to Times Square

Pahela Baishakh celebrated worldwide

STAFF CORRESPONDENT

From the heart of the capital to the famous Times Square in New York, Bangalees of all ages and backgrounds came together on Friday to celebrate the beginning of a new year, filled with renewed hope and good fortune.

The scorching heat failed to dampen the spirits of Bangladeshi people as they celebrated Pahela Baishakh with customary fanfare and festivity.

They decked themselves in traditional colourful attire and poured into the streets, parks, and open spaces across the capital and elsewhere in the country to welcome the Bangla year 1430. Young women wore white saris with red borders, adorning themselves with bangles, flowers, and tips, while men wore white panjabis, pyjamas, and kurtas.

However, due to the ongoing holy month of Ramadan, celebrations were limited in scale.

CELEBRATIONS START WITH CHHAYANAUT

For the last six decades, Chhayanaut, the country's esteemed cultural institution, has taken the lead in welcoming the Bangla new year through cultural programmes.

Chhayanaut kicked off the festivities this year at 6:15am under the Banyan tree at Ramna Batamul, as the artistes performed Rabindranath Tagore's song "Esho he Baishakh."

Different cultural organisations and popular bands performed at the venue, attracting more people throughout the morning.

In 1967, Chhayanaut organised its Pahela Baishakh programmes in protest at the then-Pakistan government's blatant suppression of Bangalee culture.

After independence, the festival became a symbol of the country's nationalist movement as well as an integral part of people's cultural heritage and identity.

THE RALLY OF HOPE

Meanwhile, the Faculty of Fine Arts of

SEE PAGE 4 COL 6



Fully adorned in red and white, the colours of Pahela Baishakh, a family walks towards Ramna Batamul to catch Chhayanaut's performance early in the morning -- a tradition for many bangalees to start the celebrations. *Inset*, renowned Dancer Laila Hasan performs solo at Times Square in New York, where several hundred Bangladeshi expatriates celebrated Pahela Baishakh for the first time.

PHOTO: PRABIR DAS, COLLECTED



PRAYER TIMING

APRIL 16

Fazr	Zohr	Asr	Maghrib	Esha
AZAN 4:18	12:45	4:45	6:24	7:45
JAMAAT 4:28	1:15	5:00	6:34	8:15

SOURCE: ISLAMIC FOUNDATION

SEHRI, IF TAR TIMING

RAMADAN	APRIL	SEHRI	IF TAR
24	16		6:24
25	17	4:12	6:24
26	18	4:11	6:25