



# সুস্থ থাকুন

ডা. তামান্না তালাত, এমবিবিএস  
মেডিকেল অফিসার, সিপিএসসিএস

আজকের এই কর্মব্যস্ততাময় যান্ত্রিক জীবন আমরা কাটাচ্ছি অনেকটা যন্ত্রের মতোই। সকাল ৮ টা থেকে রাত ৮ টা পর্যন্ত ব্যস্ত জীবনে সঠিকভাবে বিকশিত হতে পারছে না আমাদের অনেকেরই শারীরিক আর মানসিক স্বাস্থ্য।

ছোট ছোট অভ্যাস, যেগুলো আমরা এড়িয়ে চলি তুচ্ছ ভেবে এনে দিতে পারে আমাদের একটি সুস্থ স্বাভাবিক জীবন। রাত জেগে পড়াশোনা অথবা সামাজিক যোগাযোগ মাধ্যম ব্যবহার করা এই শতাব্দীর মানুষগুলোর বেশিরভাগেরই সকাল শুরু হয় অফিস অথবা স্কুল-কলেজ শুরুর আগে ন্যূনতম সময় হাতে রেখে। তড়িঘড়ি করে অনেকেই মুখে দু টুকরো শুকনো খাবার দিয়ে বেড়িয়ে পড়েন বাড়ি থেকে। সকাল গড়িয়ে দুপুর হয়। এর মাঝে পেট পুরে কিছু জাঙ্ক ফুড খেয়ে তৃষ্ণার ঢেকুর তুলে দুপুরের খাবারের সময়টা পিছিয়ে নেন। তারপর দুপুর গড়িয়ে বিকেল হলে যখন দুপুরের খাবারটা মাত্র শেষ করেন তখন মনে মনে সন্ধ্যার নাস্তার মেনুটাও ঠিক করে ফেলেন। সন্ধ্যার নাস্তা শেষ করতে করতে যখন রাতের খাবারের সময় হয়ে আসে তখন রাতের খাবারটা স্থানান্তর করে ফেলেন মধ্যরাতের ঠিক আগে। আর এই পুরো দিনের রুটিনে বাদ পড়ে যায় আপনার স্বাস্থ্য রক্ষার অন্যতম প্রয়োজনীয় উপাদান পানি।

অথচ আমরা সুস্থ থাকতে পারি খুব সহজ কিছু নিয়মাবলী মেনে চলে:

১। সকালটা শুরু হোক একটু সকাল সকালই, সূর্যাস্তের ঠিক আগে অথবা পরে। যদি একদমই সম্ভব না হয় তাহলে দিনের কর্মকাণ্ড শুরুর কমপক্ষে ১ ঘণ্টা সময় হাতে নিয়ে। অন্যকিছু করার আগে হালকা একটু শরীর চর্চা করে নিন নিজ নিজ বয়স হিসেবে। কিছু না হলেও কমপক্ষে একটু হাঁটুন খোলা বাতাসে। সকালের নাস্তাটা ভারী করেন। দিনের বেশির ভাগ সময়ে আপনার শরীরকে ক্যালরির যোগান দেয় আপনার সকালের আহার।

২। স্ন্যাকস্ ব্রেক এ জাঙ্ক ফুডের পরিবর্তে ফলমূল খান। ফল খাওয়ার উত্তম সময় কিন্তু এটিই।

৩। দুপুরের খাবার খাওয়া উচিত ২:০০ ঘটিকার মধ্যেই।

৪। সন্ধ্যার নাস্তায় ভাজা-পোড়া খাওয়া থেকে বিরত থাকুন।

৫। রাতের খাবার ৯:০০ ঘটিকার মধ্যেই সেরে ফেলুন।



৬। সকালে ঘুম থেকে ওঠার এক ঘণ্টা পর এবং রাতে ঘুমোতে যাওয়ার ৩ ঘণ্টা আগে খাবার খাওয়া ভালো। খাওয়ার ২৫-৩০ মিনিট পর পানি পান করা উচিত, না হলে খাদ্য হজমে অসুবিধা হয়। কখনই 'কোর্স মিল' বাদ দিবেন না। ওজন কমানোর জন্য খাদ্যাভ্যাস নিয়ন্ত্রণে আনার চেষ্টায় আছেন? তারপরেও মিস দিবেন না। প্রয়োজনে কম খাবেন কিন্তু পুরো মিলটা বাদ দিবেন না।

৭। দিনে কমপক্ষে ২ লিটার পানি পান করতে হবে। সুস্থ কিডনির জন্য এটা খুব দরকার। অতিরিক্ত ঝাল অথবা তেল জাতীয় খাবার খেলে এসিডিটির সমস্যা হতে পারে। সে ক্ষেত্রে অতিরিক্ত পানি পান করলে সমস্যা কম হবে। পর্যাপ্ত পানি পান আপনাকে বিভিন্ন রোগ থেকে দূরে রাখবে, বিশেষ করে প্রসাবে ইনফেকশনজনিত সমস্যা থেকে।

৮। দিনে দুইবার ব্রাশ করা জরুরি, রাতে এবং সকালে। খাবারের কমপক্ষে ৩০ মিনিট পর ব্রাশ করা উত্তম।

৯। পর্যাপ্ত ঘুম একটি সুস্থ সবল জীবন যাপনের জন্য অপরিহার্য। শরীর সুস্থ রাখতে রাতে ৮ ঘণ্টা ঘুমানোর অভ্যাস করতে হবে। সকালে তাড়াতাড়ি উঠতে হলে রাতে অবশ্যই আগেভাগে ঘুমিয়ে পড়তে হবে। আমাদের লিভার রাত ১:০০-৩:০০ টা পর্যন্ত সবচেয়ে বেশি কাজ করে। তাই এ সময় শরীরকে সম্পূর্ণভাবে বিশ্রাম দেওয়া উচিত। আর লিভার দুপুর ১:০০ টা থেকে বিকাল ৫:০০টা পর্যন্ত সবচেয়ে কম কাজ করে। তাই এসময় ভারী কাজ করা উচিত। এক্সারসাইজ এর জন্যও এটা ভালো সময়। অবশ্যই খেয়াল রাখতে হবে খাবারের ঠিক আগে ও ঠিক পরে এক্সারসাইজ করা উচিত না। আপনার স্বাস্থ্য আপনার হাতে। আজকের ভালো অভ্যাস আপনার আগামীর পথচলা মসৃণ করবে। উদাহরণস্বরূপ, ধরুন কোভিড-১৯ মহামারীর পরবর্তী সময়, এসময়ে গড়ে ওঠা আপনার দুইটা ভাল অভ্যাস হতে যাচ্ছে মাস্ক ব্যবহার করা ও বাইরে থেকে এসে হাত ধোয়া। এই মহামারী পরবর্তী সময়েও এই অভ্যাস দুটি ধরে রাখার চেষ্টা করলে আপনি প্রস্তুত থাকতে পারবেন পরবর্তী সকল আসন্ন মহামারীর বিরুদ্ধে।





## FLASHBACK

**Year 2020:** The students of Cantonment Public School and College, Saidpur are very excited. They are going to meet an eighty six year old woman Jinia Jeba, in the college auditorium. Jinia Jeba arrived at right time and all the students stood up to show their respects to her. At the end of the formality, she began to speak.

**Jinia Jeba:** Glad to see you all! I have studied in this institution for a long time. It made me proud to come to my school as a guest today. Do you know I have come to you to talk about the latest world pandemic COVID-19? Are you all interested?

**Students:** Yes, mam.

**Jinia Jeba:** The time was 2020. My SSC Exam was over on 5th March. I was thinking how to spend the holidays. Do you know besides world pandemic why year 2020 was significant?

**Students:** Yes mam. It was 100th Birthday year of Bangabandhu Sheikh Mujibur Rahman and it was called Mujib Centenary.

**Jinia Jeba:** You are right. Mujib Centenary celebration was going on all over the country. Corona virus was then the headline of different countries of the world. Every day I would watch on TV the news of the corona attack of China, Italy and other countries. An outbreak of novel (new) corona virus was first reported in December, 2019 when cases of viral pneumonia with unknown origin were confirmed in Wuhan, Hubei province, China. As the virus could be transmitted by an infected person not showing symptoms of illness, it was important to stay at least two meters (six feet) apart.

**One of the students:** What was the situation of Bangladesh then?

**Jinia Jeba:** Corona patients were first identified in Bangladesh on 8th March. The number was increasing day by day. In order to protect the population, the government declared 'Lockdown' throughout the nation from 23 March to 30 May. This started to settle down. Schools, colleges, offices, courts, mosques, tourist centers, shops were closed. My elder brother was brought home from Rangpur. Everywhere we were instructed to wash our hands for 20 seconds every hour. It was also forbidden to go out of the house. Mask, hand sanitizer, social distance, COVID, quarantine, isolation etc were the words ringing in the



Jeba Fatema Jinia

Class: XI (Humanities)

Roll: 15

ears. The procession of death seemed to be telling us our helplessness over and over but we were being inspired all the time on TV- "Don't panic, stay at home". The situation was being solid. So, the general leave was extended in several stages.

**Another student:** No one was allowed to go out of the house! How is it possible?

**Jinia Jeba:** Good thinking. In that difficult time, people of three professions could not move away from their duties. First of all, the journalists risked their lives to get the news to us. Secondly, the members of the Army would deliver food and medicine to the victims' home and identify the victims by hanging red flags in front of their houses. They also assured maintaining social distance in the market. And thirdly the doctors, nurses and pharmacists' sacrifice begged description. They tried their best. Many people of all these sectors were attacked with corona virus and passed away.

**One of the students:** Did anyone in your family get infected then?

**Jinia Jeba:** Yes, my uncle. At home he was kept very carefully apart. After he was attacked, everyone in our house got tested COVID-19 and we got negative result after seven days.

**One of the students:** What did the students do at that time?

**Jinia Jeba:** After a while despite everything was slowly declining, the government didn't have courage to open educational institutions. At that time, huge changes were brought in the education system. HSC candidates got auto pass. Also all exams were cancelled. We were the first students in the college to start our class online.

**Another student:** How did you feel on the day Bangladesh declared COVID free?

**Jinia Jeba:** We all were very excited and everything once again started as usual. We passed a long panic time by fighting this virus and got relief from it at last. It was really a moment of joy. No more today. Thank you all.

**Students:** Thank you so much for sharing your pretty experience you have gone through the time of pandemic of COVID-19. See you again.



**Joyta Roy Kethi**

Class: XII (EV), Roll:18

# NOT WITH EACH OTHER

Here I sit,  
 In complete isolation.  
 Looking around I see these walls;  
 These dull green walls,  
 These four shape walls,  
 Cause a simple virus  
 Has done the unthinkable.  
 The death troll rises,  
 And hope decreases.  
 What to do?  
 These lonely but united walls,  
 So constricting yet so welcoming.  
 It reminds me;  
 Reminds me of those days  
 When I skipped through the grasses,  
 And wasn't looking  
 through stained glasses.  
 It reminds me of the time  
 I didn't spend alone,  
 When these walls around me  
 Didn't keep closing in,  
 When the sky and the nature  
 Were also mine.  
 But I believe we will get through this together;  
 We will get through this,  
 Just not with each other.



**Ambika Sarker Spreha**

Class: VIII (EV), Roll: 01

# WISH

COVID-19,  
 The Pandemic  
 Brought the whole world to a standstill  
 And locked us altogether.  
 The weeks go by, the fourth, the fifth,  
 And normalcy becomes a myth.  
 I want to hug, I want to hold,  
 I want this deadly scourge controlled.  
 I want to walk amidst a crowd,  
 I want to lift this morbid shroud.  
 I sit, sequester myself in my home  
 And yearn to mingle, travel and roam.  
 My energy is out of whack,  
 I want my normal life back.







**Shafquat Saadia Ahmed**

Class: IX(EV), Roll no:15

The most common phrase we heard in 2020 is Corona-virus or COVID-19. It is a small virus which took the shape of a dangerous global pandemic. Due to COVID-19, the daily activities of people got disrupted. In one word, the whole world got stopped. As situation is getting better day by day, the world is getting back to her previous form.

But if we sit and think about the initial days of the pandemic, many things will cross our mind. Among them, one would be- how our mothers and other women managed the whole house!

They helped us survive in the lockdown and fought against this unseen enemy. They not only took care of our food but also brought about our safety. They cared us in different forms, sometimes as mother, sister, teacher, doctor, police, nurse, scientist & even as maid. The whole world stopped and started working from home but they worked not only from home but also for home. They supported the family emotionally, mentally and physically. They tolerated all our tantrums. Apart from home, many of them also worked in fields as police, doctors. Those, who are teachers, conducted online classes. Still they didn't complain a word. Rather, they did them whole heartedly.

After all their efforts, what did we give them? We haven't, probably, given them the proper love or respect.

From the statistics, we can see that the increasing rate of domestic violence towards women and girls in lockdown is very high. Domestic violence and dowry related cases got increased by 2.0 percent. Barishal and Rajshahi Division reported the highest numbers of domestic violence cases throughout the country. Bang-

## ROLE OF WOMEN IN COVID-19

ladesh Peace Observation (BPO) revealed that 202 women got killed in Bangladesh during COVID -19 from January to July. A local survey shows that 4249 women and 56 children were found to have been subjected to domestic violence. In most of the cases the violence was done by their husbands.

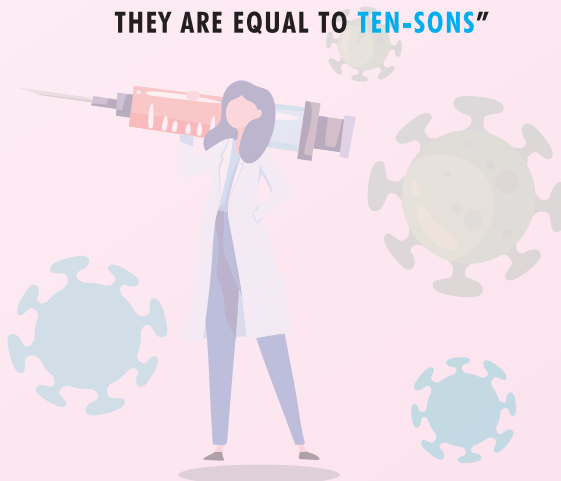
Besides domestic violence, rape, child abuse, sexual assault, torture etc have also increased in Bangladesh. From January to September, 975 rape cases took place in the country. Among them 208 were gang rapes and more than 40 women died. More than 13 new rape victims are found in Bangladesh every day.

Bangladesh has the highest prevalence of child marriage among the south Asian countries, according to UNICEF. More than 5,00,000 girls are at risk of being forced to child marriage. All these happen because we still consider girls as burdens.

It's high time now we stopped violence against women and treated them with love and respect. Women are not any object, they are humans. Let's all come forward and stop these oppressions towards women.

I thank all the women for their tireless and selfless works and also for their unconditional love. And we should start understanding-

**"DAUGHTERS ARE NOT TENSIONS,  
THEY ARE EQUAL TO TEN-SONS"**





## IS 2020 THE WORST YEAR OR THE YEAR OF LEARNING?



**Anannya Katerina Hasdak**  
Class: X (EV), Roll: 22

### 2020: The Worst Year

Pretty sure, you've heard that before, haven't you? How's your 2020 been? Probably you have been spending all days at home quarantining. Why? Because of pandemic. Pandemic is (of a disease) prevalent over a whole country or the world. At least that's what the google says. In my words pandemic is a time when a disease is being spread over the country or even the whole world. Yep, the whole world is in pandemic. COVID-19 has spread around the world in a very short time.

We used to go to school carelessly, learn and have fun at the same time. We never worried about keeping distance. We used to hug, play and sit close to each other without hesitation. But all these were before the pandemic. Now we have to keep ourselves 6 feet apart from each other and wear mask wherever we go. And most importantly with hand sanitizer, we have to wash our hands more often than usual.

The pandemic has changed every single moment of our lives. People have lost their loved ones, their jobs and much more. So, for our own safety and for our loved one's safety, we have to keep our distance.

"The worst year" is not worst only because of the pandemic but for more. On 25th May 2020, a blackman named George Floyd was killed by a police officer in Minneapolis, United States. On that day a store employee called 911 (American police) and told the police that Mr. Floyd had bought cigarettes with a counterfeit \$20 bill. After a while the police arrived. George Floyd was unconscious and was pinned on the ground with 3 officers on top of him. Then the officers started taking a series of actions, leaving George

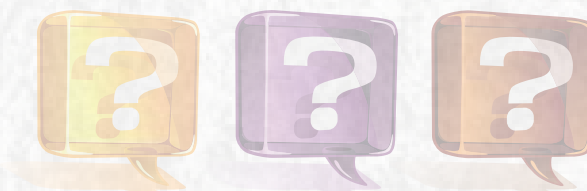
Floyd unable to breathe, even as he and onlookers called out for help. One of the officers, who is white, kept his knee on George Floyd's neck for at least 8 minutes and 15 seconds. The video investigation shows that the officer did not remove his knee even after George Floyd lost consciousness for a full minute and 20 seconds after paramedics arrived. George Floyd's death led almost the whole world in protest especially America. The country was shaken and this is one of the reasons why 2020 is the worst.

Then again on 4th August, 2020, Beirut explosion occurred. There was a devastating explosion in the port of Beirut, Lebanon. The explosion killed at least 200 people and more than 5000 people were injured. The blast caused excessive damage to the whole city. So, more than two million people's houses were damaged and out of two million 300 thousand people were temporarily homeless. All the hospitals were overloaded. This is another reason why 2020 is the worst year.

All these things happened in 2020 led me to thinking, "Is 2020 cursed?" How can we have hope in the midst of worst experience?

Hope provides us a positive vision for future. 2020 might be the worst year but world has been changed in a good way. During pandemic, students have got better idea about technology. The pandemic has taught us various life lessons. For example: It taught us that we didn't treat nature as it should be treated.

Because of Floyd's death, many people's heart has been touched. And people now know all lives matter whether they are white, black or brown. 2020 helped us all with friendship between different faiths, colours, cultures and nations.





**Md. Hafizur Rahman**  
Assistant Teacher (Islam & Moral Education)



# CORONAVIRUS AND ITS REMEDY IN THE LIGHT OF ISLAM

With the Coronavirus pandemic being classified as a 'global pandemic' by the World Health Organization (WHO), and an increase in confirmed cases across all over the world, it's understandable that many of us feel anxious and lost as to what to do.

In times of crisis and uncertainty, we must remember to look after ourselves and each other. As brothers and sisters in humanity, Allah (SWT) obliges us to protect and care for ourselves and one another.

Here are four ways how you can look after yourselves and others during the coronavirus pandemic.

## 1. Prevent the spread:

In terms of everyday contact, it's important to protect yourself and others – especially those who are elderly, cares of the elderly or those with underlying health conditions—from contracting the virus.

Here's some must-know advice.

### ● Practice correct hand hygiene:

When out and about use hand gel and/or wipes, you could also wear disposable gloves or normal gloves.

In terms of washing, as soap and hot water is more effective, be sure to wash your hands once you arrive at your destination/home.

### ● Ensure cough etiquette:

If you need to cough, use a tissue and dispose of it immediately.

If you don't have a tissue to hand (always keep a packet in your bag!), use your elbow (do use a cleansing wipe later!).

### ● Avoid touching your face:

When you're outside the house, avoid touching your eyes, nose, and mouth with your hands.

### ● Maintain social distance:

Put distance between yourself and other people if coronavirus is spreading in your community – the recommendation is to stay six feet away.

Don't shake hands, hug or kiss on the cheek. Show affection in other ways by an "elbow handshake", a tap of the feet or by placing your hand on your heart.

### ● Self-isolate if necessary:

If you are at risk – over 60 years old, have an underlying health condition or are otherwise vulnerable – self-isolate at home. Ensure you have enough food and toiletries at home for two weeks and keep connected online/via telephone with loved ones.

If you're showing symptoms of coronavirus, stay at home. Stay at home for two weeks if you have flu-like symptoms (a cough, difficulty breathing and/or a fever) or if you've come into contact with someone diagnosed with the coronavirus.

Check on others around you. With social media and telephones to hand, send a text, make a video call or tweet to see how your friends, family and colleagues are getting on!

## 2. Look after your community:

In times such as these, it's incredibly important that we remember those around us who need extra support. This is where showing community spirit is crucial:



### ● Don't add to the panic:

Reassure and remind those around you (online and offline!) where to focus your energy. Don't share unverified information which can cause panic and increase people's anxiety.

Sometimes it's best to ignore social media posts on the subject, unless you know the post is written by a reliable source.

### ● Check in on those who are vulnerable:

Ensure that elderly relatives and parents with young babies have the support they need. Check on your neighbours too by calling to see if they need any assistance. Many elderly people can't go to the shops and for young families, getting supplies for baby milk, nappies and wipes are proving tricky. Communicate and check on people to see they've got the things they need. Offer a friendly word in a period that can be very isolating and worrying.

### 3. Don't stockpile:

With people panicking across the UK due to the Coronavirus pandemic, supplies are low of certain items in shops. PLEASE DON'T panic buy.

We all need to eat and many vulnerable people can't get to the shops easily. For families with young babies too, they need certain items such as nappies and baby milk.

We must share and look out for each other. Plan ahead, but do not stockpile. Only buy what you need.

Ensure that the people around you (neighbours, loved ones) have what they need by offering to go to the shops for them or order online for the items you, or they, need (note: for online shopping, there are long waiting times!)

### 4. Help humankind:

In these times the people who are already most vulnerable, are at greater risk.

With physical, emotional and financial insecurity, people living in refugee camps, suffering from ill-health and in conflict zones, are critically in need of our support.

The vast disparity of wealth and privilege in our own communities and around the world is in stark contrast to communities who cannot self-isolate, buy medicines, fill their cupboards or work from home.

Send your support to strengthen our emergency response in these areas and help supply hospitals that are already experiencing severe shortages of life-saving medicines and equipment.

Reflect on how our positive – and negative – actions can impact humanity at large and ensure that what you do has a positive impact on others.

Let this test be a reminder that nations, companions, and even prophets before us have gone through unease and fears – we are not alone. In times like these, it's our sense of community that will help us through. Let's remember the words of Prophet Muhammad (SAW):

"Those who are merciful will be shown mercy by the Merciful. Be merciful to those on the earth and the One above the heavens will have mercy upon you."

So let's come together with wisdom, mercy towards each other, and hope in our Creator.

Please recite the following du'a (Duaa for protection from illness): "Allahumma inni auju bika minal barasi wal zununi wal zujami wa min sayyi-il asqaam" O Allah, I seek refuge in you from Leucoderma, Insanity, Leprosy and evil diseases.





**Muhammad Mohaiminul Kabir**  
Senior Teacher (English)



# **POST-COVID-19 ECONOMIC RECOVERY FOR BANGLADESH**

Bangladesh has been a rising star in the overall economic growth over the years owing to its forward looking export markets and the remittances sent back by the Foreign Bangladeshi residents. Pre COVID-19 scenarios were thriving in most of the sectors with a GDP growth of about 5.6%, creating some record levels in the developing nations. COVID-19 like many other countries has slowed down our economic growth serving a great blow to the RMG Sector and foreign remittances. Although most of the economic forecasts have been quite lean, Bangladesh has one of the greatest opportunities in the post COVID-19 era. The greatest opportunity lies in the Pharmaceuticals sector, where Bangladesh can be a partner with one of the vaccine companies of China or Russia to mass produce the COVID vaccines for most of the countries in dire need for mass vaccination. This will be an added market to the existing sectors that will take a short time to revive in the post COVID scenario. The Pharma companies have a tremendous opportunities in the Western and developed countries where the produc-

tion costs are quite high compared to those in Bangladesh. The expanded Pharma Markets will make up for the shortfall of the RMG Sectors. Secondly, agriculture sector will also offer a golden opportunity for Bangladesh that has shown steady growth over the years. The agriculture sector shall require a total restructuring in the post COVID set ups. Bangladesh can expand the export markets of the agriculture sector by applying some paradigm shifts in the way we produce our agricultural crops. Emphasis should be given to export oriented products that the world markets have the shortfall including the vegetables, especially the mushrooms, and the Zucchini, and the flowers. These are high paying exportable items that can bring in some 300% return on the investments and the export markets are readily available and these products have expected high production in Bangladeshi alluvial rich soil. Thirdly, in the remittance sector, Bangladesh has a golden opportunity in the Personal Support Worker Sector that has critical shortages in the developed world. Millions of PSW Jobs are available