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Annual 2005

# Karnaphulir Dak

## The Voice of Karnaphuli

বাংলার মুখ আমি দেখিয়াছি, তাই আমি পৃথিবীর রূপ  
খুঁজিতে যাই না আর : অন্ধকারে জেগে উঠে ডুমুরের গাছে  
চেয়ে দেখি ছাতর মতন বড়ো পাতাটির নিচে বসে আছে  
ভোরের 'দয়েল পাখি-চারিদিকে চেয়ে দেখি পল্লবের স্তূপ  
জাম-বট-বাঁঠালের-হিজলের-অশথের ক'রে আছে চুপ;  
ফণীমনসার রোপে শটবনে তাহাদের ছায়া পড়িয়াছে;  
মধুকর ডিঙা থেকে না জানি সে কবে চাঁদ চম্পার কাছে  
এমনই হিজল-বট-তমালের নীল ছায়া বাংলার অপরূপ রূপ

| জীবনানন্দ দাস

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**THE MAGAZINE**

Chattagram Samity - UK

[www.chattagramsamity.co.uk](http://www.chattagramsamity.co.uk)



The sun has finally put its hat on and we have all gone alfresco !!!  
In this issue we've got lots of interesting articles, pleasure trips, some colourful outdoors, real life experiences, Islam & knowledge and many more.

Young members came boldly with colourful imagination to show creativity in their writings and poems.

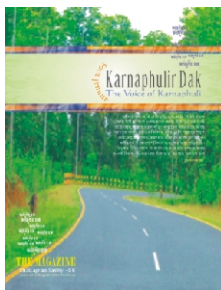
Karnaphulir Dak (The Voice of Karnaphuli) is an independent voice; a place where everyone can share their innovative ideas. It gives members a great opportunity to remind themselves of the aims and objectives of the Samity and reflect upon the past years. It is also designed to provide new and potential members with an overview of Chattagram Samity's history, programs, and organisation, and the privileges that Samity membership confers.

In addition, the magazine contains suggestions for involving members' families in Chattagram Samity and expanding their knowledge of Samity.

I was thoroughly enjoying every moment whilst editing & producing this issue of the magazine. Hope with so much summer excitement 'Karnaphulir Dak' be a relaxing companion beside you.  
Enjoy!

Sadia Jafreen  
Editor Karnaphulir Dak

Cover  
Road to Chattagram, route to natural beauty  
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# What's Inside



14 Trip to Brighton

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The Samity emblem identifies Chittagonians around the world.

The lighthouse, the blue rivers and the lush green hills are typical of the Chittagong area.

## MESSAGE FROM THE CHAIRPERSON

All praises and gratitude is due to Almighty Allah, the Creator and Sustainer of all that exists. And may His peace and blessings be on His messenger Prophet Mohammed (SAW)

The success of every organisation depends primarily on the good relation and teamwork of the members who run it. I am very proud and deeply grateful for the cooperation members have given in helping me to run the Samity.

We have been fortunate to have Mr Alamgir Khan , as General Secretary, Mr Rafique Nizam as a treasurer , Mr Ali Reza Khan, Mr M and Mrs S. Afsaruddin , Mr A and Mrs D Zaman ,Mr Forkanul Quader, Mr Sarwar and Mrs Dalia Sarwar Jamil, Mr Masud Hasnain, Mr Rafique Miah, and also all the other executive committee members.

I hope and am sure you will join me to give my special thanks to my wife Taslima Chowdhury for providing food and snacks in all our management committee meeting at my office.

We pray that Almighty Allah will give us the guidance and the strength to put the Samity to good use, and to continue the excellent work done by our members. It is my sincere hope that our Samity will grow more in strength to help us achieve our aims and objective to serve our community.

May Allah bless you all

Nazmul Huq Chowhury  
Chairperson

## REPORT OF THE GENERAL SECRETARY

Chattagram Samity UK is a non profit making organisation, which was established on April 1995. The organisation was set up to meet and promote the social, cultural and educational needs of the Bangladeshis, particularly Chittagonians living in London and the nearest counties in the UK. The organisation's aims are to bring the community together without discriminating against race, religion, language, sex, nationality, and political and other opinions.

This year is the tenth year of our founding of Chattagram Samity Uk. Many thanks to Allah (SWT) for our smooth sailing. This has enabled us to concentrate a great deal on improving our image and the way we deliver our services. Our main strength is our tremendous support and the teamwork of our executive committee members.

We do many events each year. Last year we organised a week-long trip to Egypt, a day trip to Portsmouth and our traditional Mezban. We also celebrated most of the Bangladeshi National Days; Independence Day, Shahid Dibosh, Bijoy Dibosh and gave reception to notable individuals from Bangladesh. Recently we gave great reception to our famous Mayor of Chittagong, Mr Al-Haj Mohiuddin Chowdhury.

The Mezban was held on 19th Sept 2004 at Merton Hall in Wimbledon. The coach trip to Portsmouth was organised on 26th September 2004. I am very pleased to inform you that on our day trip to Portsmouth, our committee members Mr and Mrs Sarwar Jamil, Mr Forkanul Quader and their family members set up a nice location and arranged a light refreshment for all. It was a real picnic on the seaside. Every one enjoyed their hospitality. On behalf of the Samity, I would like to thank both the families for their thought and brilliant organisational skill.

The Eid reunion party was held at Lahore Dream Restaurant in Tooting on February 2005.

Our forthcoming trip is to go to Bruges in Belgium on the 24th of July 2005. We hope we can organise other programs like this in the near future with your support.

Chattgram Samity is financed by members' subscription and all the events are therefore financed by the members' contribution. To be able to continue with our activities we need your help and support, which we hope our members will continue to give generously.

From the beginning of the establishment of the Samity we were involved with charitable work. We donated to Chittagong Diabetics Association, to the Leukaemia Centre for the sick children in Chittagong Medical College Hospital .In 1998 a charity concert was held for the Bangladesh Flood Victims and money was given to British Red Cross, Bangladesh Prime Minister fund to help the people in Dhaka.

Chattagram Samity donated a Bed at MAA-O-SHISHU Hospital in the name of Chattagram Samity UK in December 2003. The cost of the bed was One Lakh Taka (British Pound £1031.00), price fixed by the hospital regulatory body.

Dr Mansor, a young brilliant doctor from Chittagong who is suffering from Leukemia, came to Britain for his treatment and appealed to Chattagram Samity for financial help. Under the leadership of our Treasurer Mr Rafique Nizam, we collected a donation of £4852.00 from our members and family and relations. We gave this money to Dr Mansor on 16th Nov 2004. May Allah bless every one who has contributed in this appeal?

Over the years our Ladies committee raised significant amount of fund for different charities and also organised most of our events. The management committee would like to thank all the Chattagram Samity members, for their continued support, contribution and hard work. I hope and sincerely believe that members will continue to do the same in the future

May Allah (SWT) grant us all peace and happiness in our life.

Alamgir Khan  
General Secretary

## MANAGEMENT COMMITTEE 2004/05 and 2005/06

Management committee members for two years (2004/05 and 2005/06) elected at the AGM held on 19 June 2004 as per clause 8.1.b of the constitution.



Chairperson  
**Mr Nazmul Huq Chowdhury**  
T: 020 8543 1384



Senior Vice Chairperson  
**Mrs Archana Chakraborty**  
T: 020 8395 5158



Vice Chairperson  
**Mr M Miah Rafique**  
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General Secretary  
**Mr Alamgir Khan**  
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Joint Secretary  
**Mr M A Mannan**  
T: 020 8518 0064



Treasurer  
**Mr B Rafique Nizam**  
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Organising Secretary  
**Mrs Dilruba Zaman**  
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Cultural Secretary  
**Mrs A (Shelly) Nizam**  
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Member  
**Mr Ali Reza Khan**  
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Member  
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Member  
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Member  
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Co-opted Member  
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Co-opted Member  
**Mr S.K.Nizam**  
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Co-opted Member  
**Mr Msud Hasnain**  
T: 020 8527 4235



Co-opted Member  
**Mrs Dahlia Jamil**  
T: 02380579476



Co-opted Member  
**Dr. Sarwar Jamil**  
T: 02380579476

## BECOMING A MEMBER OF CSUK

The Samity is open for its membership to any person aged 18 or over who meets any of the following criteria & confirms that he or she accepts the aims & objectives of the Samity & be a responsible member.

General membership a person can become a member if he or she,

- Is Bangladeshi & of Chittagonian origin residing in the UK, Or
- Is or was resident of Chittagong, or has worked for a considerable period of time or is linked with Chittagong by business or professional interest, Or
- Is linked with a Chittagonian person by marriage or by other legal or social ties, Or
- Hails from any country of the world and has connection either by birth or by descent to Chittagong oriented families & residing in the UK.

Junior membership any person aged 16 to 18 & has similar characteristics as above shall be eligible to become a junior member. A junior member shall have no right to vote but will have a representative to the management committee.

Associate membership may be conferred by the management committee, at its discretion, to individuals over the age of 18 whose contribution in furthering the aims & objectives of the Samity are considered to be most beneficial & outstanding. Associate members will have no voting rights & such member or members may be living outside the areas of benefit.

Life membership may be conferred by the management committee to any individual who donate at least £100 or over.

The decision of the management committee shall be final & conclusive on the question of residence or links with Chittagong for the purpose of ascertaining eligibility for membership.

### **How to apply for a Membership ?**

CSUK has its own Membership Form. An annual fee per family is £15 (New Members), renewal fee is £10 per annum. Youth/Students/OAPs/Unwaged: £4 and Life Membership fee is £100.

Apply in Person or via Post:

Interested person can collect the Membership Form directly from the Samity Office or contact via telephone to receive the form in the post.

### **Chattagram Samity UK**

183, Garrett Lane, London SW18 4DP

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url: [www.chattagramsamity.co.uk](http://www.chattagramsamity.co.uk)

## ACTIVITIES & CONTRIBUTIONS

As you all know, Chattagram Samity had made a wonderful donation to Maa- O-Shishu Hospital in Chittagong in **December 2003**. Many of you may already know quite a bit about this hospital, but I am sure there are others who probably know nothing or very little, so I thought I would take some time to write and enlighten our members about it.

### A brief outline about Maa-O-Shishu Hospital in Chittagong



In 1979 a group of social workers of Chittagong started the hospital in an unfinished dilapidated government building in Agrabad, as there was no hospital for children in Chittagong.

The founder members were Late Dr. A.F. M. Yusuf, Prof. F Karim( current President)Col. Mohsin, Prof. Nurun Nabi, Mrs Fahmida Amin, Mrs Wasifa Rustum, Late Mrs Marzina Karim (of Al-Karim paints) and others.

Thus, the first footsteps of the walk were put forward. The WALK began, continued and has been continuing since by the grace of Allah.

It started on 1 January 1980 as an outpatient hospital only. Gradually it grew, and in 1985 it became a 10-bed hospital in addition to its OPD.

Since then it has been growing steadily under the leadership of its 3 Presidents (so far) Late Dr A. F. M. Yusuf, Engineer L.K. Siddique and the present incumbent Prof. Dr F. Karim. It is now a 200 bed hospital for mothers and children.

The hospital has already sponsored a Nursing Training Centre and from January 2004 is also sponsoring a Medical College.

Basically the hospital is of charitable nature with free services to the very poor and indigent, small fee is charged from the low-income group and moderate charges for the paying of special rooms from the affluent class of people.



The hospital's expenses are met through donations in various ways- the important ones being;

- A) Life membership at present Tk 2,000/
- B) TK 1,00,000/ (one lakh) for a BED in the name of somebody of the donor's choice
- C) Any amount in the Zakat fund
- D) Poor patients' Welfare fund
- E) Donations in kind e.g. medicines, equipment etc



The President of Maa-O-Shishu Hospital, Dr F Karim arranged for the BED donation ceremony on **6 December 2003**, which Mr Akhteruzzaman, Mr B R Nizam, Mr Afsaruddin and myself attended. We were taken around the hospital and shown the BED bearing the name of Chattagram Samity UK. By doing this, the Chattagram Samity members will be providing medical services to innumerable mothers and children who will use that BED for years to come.

The hospital needs ongoing help and support from everyone who can afford and desire to do so. I hope our members will continue to give donations to the Maa-O Shishu Hospital through the various ways mentioned above either individually or collectively through the Samity. May Allah bless us all and give us courage to be a Tower of Strength to Institutions like CMOSH.

Mrs. Shahana Afsaruddin  
*(Chairperson 2003)*

## Other contributions



Mr Ali Reza Khan was paid tribute for his invaluable contributions to the Samity, for its survival and its success at the AGM held on 19 June 2004. He was praised for all the hard work and his excellence in keeping link with members as well as newcomers from Bangladesh, which is so important in community work.

As a mark of respect, gratitude and long outstanding contribution to the Samity, the Chairperson Mrs Afsaruddin on behalf of the Samity presented Mr Ali Reza Khan with a plaque.

### Glimpse from different occasions



Chattagram Samity's Executive Committee members handing over a cheque to Dr Mansoor (second from right).

Appeal to contribute for the treatment of Dr Mansoor was made at our last Mezban gathering on 19 September 2004. Mr B R Nizam took the main lead in telling the members about him and introducing him to them. Members came up with excellent generosity towards this appeal. Collection for this continued for the next two months where others members who were present at the Mezban made their contribution. So did a lot of relatives and friends of members, who came up with large amounts of contribution. The final collection was £4852/ (Four thousand eight hundred and fifty two pounds), which was handed to Dr Mansoor by the Chairperson Mr Nazmul Huq Chowdhury on behalf of Chattagram Samity on 16 November 2004.

The Chairperson Mr Nazmul Huq Chowdhury on behalf of the Samity would like to like to thank all the members, their relatives and friends who had come up with such kindness and generosity in contributing towards this appeal. Our prayers are for Dr Mansoor always. May Allah bless you all.

## TOURS & TRIPS Summary of trips made by members 2003/2004

### Day trip to Paris 26 July 2003

Both members and children enjoyed the first trip abroad, organised by Chattagram Samity to Paris, especially the ferry crossing which was an hour and half each way.

Executive Committee members on the trip took a lot of effort to make the journey pleasant and comfortable for members and friends.



on the Ferry

However, though it rained on the day, it did not stop members from enjoying the sightseeing, browsing in the shops and having their meals together in the French restaurants and enjoying themselves.

Everybody had a lovely time on the coach where members took turn in saying jokes, singing songs, and participating in the quiz programme, which was enjoyed by all. A prize, which was a compass bought on the P& O ferry was given to the winner on the way back home.

### Trip to Brighton 10 August 2003



enjoying the sun

The trip to Brighton went very well. The coach was new, the service excellent and everybody enjoyed it all the way. It was a lovely day and members got in their groups, some staying in the beach having lunch there, while others went towards the pier, and some on much longer walks exploring the place. Every now and then members would meet each other in their rounds and have their fun and laughter with each other.

On the way back, the programme in the coach was conducted by Mrs Fauzia Shelly Jamaluddin in an excellent manner and enthusiastically participated by members and guests.

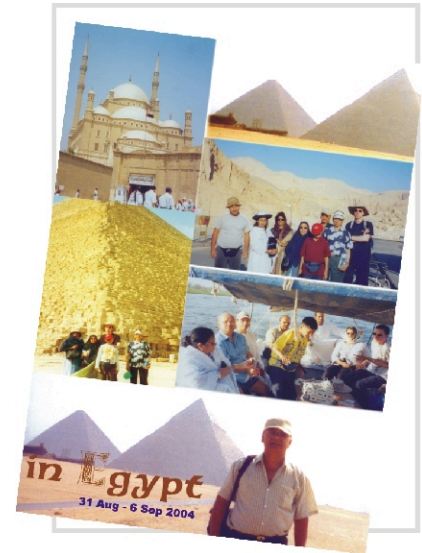
## Trip to Luxor, Egypt 31 August - 6 September 2004

It was a small group of ten members who went on this trip to see the ancient marvels of Egypt. The hotel was on the banks of the river Nile, with every room overlooking the Nile. This was a luxury in itself!

All the guided tours were sorted out from here on the Internet, so there was no time lost in trying to sort out where to go. In the one week lot of tours were covered.

Briefly, all the ancient sites in Luxor were visited i.e. the Luxor temple, the Valley of the Kings and Queens etc. Then an overnight train was taken to go to Giza to see the Sphinx and the Pyramids. After that visit to the Mohammad Ali mosque in Cairo was made and from there to the famous Khan-o Khalili bazaar. Left Cairo, and next day early morning saw the ancient Abu Simble temple and then carried on to go to Aswaan to see the famous Aswaan Dam. On the way back went to the island of Philie and then to another island with the beautiful botanical garden. Lot of boat trips or 'faluka rides' were made on the river Nile to go to different places. On the last day in Luxor, everybody went for the experience of 'Tanga ride', which are comfortable horse driven carriages, and had a great time.

All the members who went to the Egypt trip said that it was the most enjoyable trip and looking back wondered how they had managed so much in so short a time!



## Trip to Portsmouth 26 September 2004



The trip to Southampton was organised well and everyone came in with a lot of enthusiasm. As soon as our coach reached the seaside area, we were greeted and welcomed by the Chattagram Samity Committee members Mr and Mrs S. Jamil and Mr F. Quader who are the local residents of Southampton. They were all ready for us with their tea urn, cakes, biscuits, and 'moori bhaja', which everyone thoroughly enjoyed after the long coach drive. The rest of the afternoon was left to members to go about

in their own way exploring the place and enjoying the seaside area. A lot of them also went on guided boat rides where they gave running commentary of the history of the different kinds of ships anchored there.

On the way back members were entertained with some hilarious jokes by one of our guests, and there were other participants from the members as well, who entertained everyone with songs and Chittagonian jokes.





**KARNAFULIR DAK 2005**

# Articles

From our Members



**KARNAFULIR DAK 2005**

# 'Samities'

why bother ? By: ASIF AHMED

**A** while back I was playing a familiar party game with Tasneem – word association. It is a game where we had introduced a slight twist – instead of just coming up with a new word, the players had to make a small speech on the subject associated with that word. The next player had to pick up on the last word of the previous player. The player who stops talking before the set time loses a point. It was on the fifth round that I was stuck on the word 'Family'. The subconscious rambling that followed made me stumble on the realisation of why we bother with societies or Samities.

I will be the first to confess that, not unlike most of my generation, I have had to attend society function under EBM – Emotional Blackmail. It started very young with my parents, when I was dragged in to these 'talk shops' because otherwise I would lose my TV privileges. As a grown up, the EBM was much more subtle, 'what will so and so think' or my aunt/ uncle/ sister/ brothers' father in law's business partner will be very disappointed if I failed to attend. Yet, in my subconscious, as I now realise, I was actually forming a bond. Much like an extended family. This needs considerable elaboration – for you are, as I am, a product of Generation X – born to be cynical of all such highhanded claims. Please then, follow the logic of the argument that I presented to my self that night when I was stuck on the word 'Family'.

First, what is the definition of a family? Blood connection, or by marriage cannot be sufficient since we all have such relatives for whom we care less than we do for the guy next door. Conversely, the friend I grew up with since the age of 11, the one with whom I share so many misdeeds and therefore memories – well, for him I am willing to die if need be. So obviously the simple definition of family in our complex 'global village' era needs to be re-examined. I propose that family is those people with whom you share common values and to a lesser extent – memories. This is based purely on personal examination. I suggest the reader performs similar scrutiny of his or her own definition.

Second, why do we need a family? For shelter – the state can provide that – some times better. For guidance? Plenty of misguided kids around from perfectly balanced families. For emotional support? Friends can provide that. As a lender of last resort? Maybe. As our conscience personified by the constant nagging?

Well yes, assuming you have a lousy conscience. So there is a need for a biological family – but only to cushion you from getting hurt from all of life's potholes! That's a cynical picture indeed.

And yet, we are always drawn to our families in good times and bad to share our bitter sweet memories – and perhaps to make some too. Perhaps the need for a family has never really been for the self-centred reasons I mentioned above. Perhaps it is something much more primeval. The pack behaviour has ensured our species has survived through all the trials of a million years of evolution.

By acting as part of a cohort we have managed to initially gather, then hunt and ultimately walk on the moon. Being a part of a greater social body is how we identify ourselves. It is the relative coordinate we use to judge our own relevance to the world around us. Originally this cohort was just around the biological family, then the city, then the nation. Now, in a world where the boundaries of nation, race, and family are irrevocably interwoven, we substitute this need to belong by finding 'surrogate' families. Often they overlap – like being part of the football team at work. The work mates are part of the 'coordinate giving family' as are the members of the football team. By being part of one set of cohort or another we are expressing our basic need to express ourselves, to be accepted for the history and the perspective that we bring with us, and at its pinnacle, to give something back to society.

The reason I have stuck with Chattagram Society (even when I am not a Chittagonian, am totally lost when some one speaks in Chittagonian, would swap French cuisine for beef curry made red by chilli powder any day) is because there is an element in the society with which I identify myself. Unlike other such societies, it is not stubbornly trying to preserve a part of 1960's Chittagong in Greater London. Like me, it is trying to etch out a hybrid culture in the midst of a soup of cultures. And it is inviting the next generation to define what it should be. In a way this Samity is accepting its limitations and is asking for help – from our generation X. It has taken me good part of 30 years to learn my limitations and leveraging on cohorts like this one, I can take the initial steps to climb out of that hole.

Using EBM is a convenient excuse. I actually have a lot of respect for that brother's father-in-law's business partner who has faced up to his shortcomings and has taken positive steps to tackle them. What's your reason for holding back?

## shattered

*Pieces of His shattered heart,  
Lay below His feet,  
Now a sour boy,  
Who once used to be sweet*

*Time is man's best friend,  
They say,  
For Him,  
Time is only  
but his worst enemy  
His pain is too strong,  
To heal Him,  
His scars are too deep,  
To leave Him*

*Awoken from a world  
Full of light,  
He now lays stranded  
Surrounded by darkness*

*He walks the path,  
As lonely as can be,  
His tormented soul,  
Seeking for a little serenity*

*He lives each day,  
Waiting for tomorrow,  
Hiding His tears,  
Hiding His sorrow*

*No shoulder to cry on,  
No ears to speak to,  
Pen and paper,  
His only friends to turn to.*

By: REEMA SOBHANI



my *Affair* By: FORKANUL QUADER

I pause to gaze out the window at our vibrant garden, where hanging violet shrubs overflows the red-brick border. Over the summer I have watched its colour change from dusty red, to green and violet. With each change, I have marvelled: I do not remember intently observing those changes last year. And each time I have thought, I am so glad to be entwined in a new affair.

This started as soon as we moved in this new town that yields warmth under sunshine. Within a week we had an introduction to our most coveted friends. It was through them that I came across and found my new love. It could not have been love at first sight as I had experienced that a long time ago with my first & last love - my better half. This was very different. I reflect, absolutely nothing in the world feels as perfect as clinging to this vibrant love, Shirin was worried at first as I got involved deeper and deeper. For keeping a date, once I drove after my office hours to London, through the unknown streets - just to be there at the meeting place. Other times, when we met, there was laughter all around - a feeling of absolute happiness.

The occasions used to take my breath away as those reminded me of my childhood events, days and those wonderful thoughts.

This was as though a river has just found its destiny -the ocean of love & fellowship. Looking back, I thought how this could have happened. This is like perfect homecoming after those long workaholic years. The year was 2003.

The year before, I was contemplating ways to end our loneliness through early retirement that would cause the least collateral damage to my children and loved ones.

However, it is one thought borne of desperation and hopelessness of not finding a challenging job. Hardly a month gone by after I have joined the new post, I have started my affair- extramarital perhaps. It is as though crystal drops of cultural dew trying to revive the dry flowerbeds. In memory of this affair, I dedicate these words of a little known writer.

*Why now do I hear birds' songs, notice the flowers, watch children laugh,  
see the intricate beauty of this wonderful world?*

*Why at this time does creative energy grow within that wishes,  
demands expression?*

*Why do I have confidence that time will bring some wonderful events,  
some moments to share, and, of course, some laughter  
and not wish to flee away but to stay, and to live?*

*What is this world that I behold, wrapped in golden light?  
What this sense of joy that slowly arises in my heart  
and spreads throughout my being?*

*What is this new surge of life, new yet old, vaguely remembered  
yet earnestly sought for?*

*What is this myself of life that wells up within,  
that appears when we meet and does not fade with the day?*

*Whether the lonely years will return or not, I cannot know.*

*All that I can do now is to faithful,  
faithful in my affair with this newfound love I need,  
faithful in trusting that life has a meaning and purpose for us,  
When thoughts of parting from roots lifts, life returns.  
With life welling up within once more, the eyes look outward again.*

*The loveliness of others is recognized. The sweet smile of that friend.  
The infectious laugh of that stranger. The grace of the unknown bride.  
Once again light pervades the world"*

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This is the tale of my true love affair with Chattagram Samity  
By: FORKANUL QUADER

# A view of Bangladesh from Scotland

By: ALEXANDRA CADZOW



I

If I could make one comment – I do feel that one of the most sensible things anyone in any culture can do today (if he or she is under 100), is to give 'ear' to the wisdom of their elders. That is acquired 'wisdom' – as opposed to perhaps mistaken viewpoint!! (perhaps based on mistaken facts!). From the photograph and books, I have seen of Bangladesh – the beautiful greenery, flowers, etc. - have to say, what really beautiful parts of the world our families come from!!!

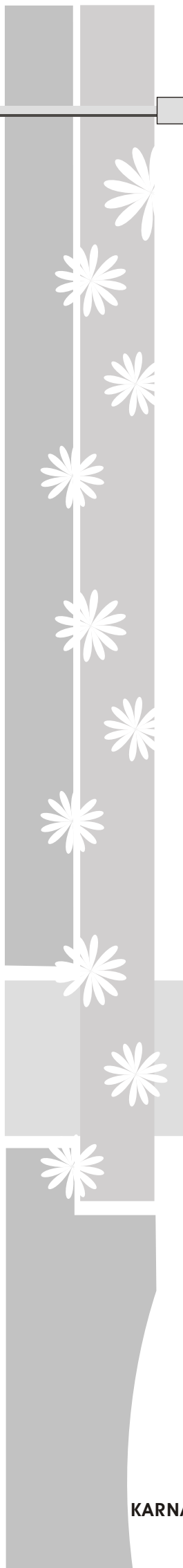
Although I am not of the Asian community, I have long admired the closeness and loyalty there appears to be in the Asian community, particularly in Bangladesh – both within their community, and within their families. Sometimes I am reminded of the loyalty and closeness of the community that my parents belonged to in The North West of Scotland (the North West Highlands) – the Isle of Skye to be precise! When many members of that community began moving down to the larger cities, eg Glasgow, Edinburgh to study and at colleges / universities, and to work, they were careful to maintain their own traditions of helpfulness, and strong loyalty to each other. Their habits are kept up to this day, helped along by a strong appreciation and awareness of the great differences in their own language, culture and character, traits, from those in other areas of Britain. - Miles better! - I am only joking – (I think!!!). Not only that they themselves have a sense of identification, of different norms and societal values, and of their own history and traditions unparalleled in Great Britain but also they exist in a colourful part of Scotland.

Like Bangladesh, Isle of Skye is situated in between the hills and the sea and has the wonderful settings in the North West of Highlands. This and other several hundred islands form one of the last beautiful part of Europe – mile after mile of great wild country, mountains, glens and moorlands probed by the long fingers of sea lochs. I have noticed, this is why,



Bangladeshi community feel they are at home here in Scotland. There is so much to see and enjoy in the Highlands of Scotland. The magnificent scenery of mountains, lochs and glens, that anyone could spend a lifetime exploring it – attracts attention of many English and Scots now-a-days who come to the Highlands of Scotland on weekends.

Perhaps every Bangladeshis are not aware in which the Scots relinquished their independence (1707) but I am sure every Bangladeshis are aware that there exists a country called Scotland (through personal interviews with some Bangladeshis). Indeed it is surprising how Bangladeshis are still familiar with the name 'Robert the Bruce' – the champion of the Scots- because of his unique characteristic feature – perseverance. Sometimes I ask myself: why do people come to the Western world from Bangladesh? I understand, flood is a chronic problem facing the country every year.



Illiteracy is also a big issue in Bangladesh, no doubt. Hunger, malnutrition, diseases are taking hundreds of thousands, possibly millions of lives away in Bangladesh every year? This is a negative side of the country. But, of course, there is still a positive side of the country to be discussed in order to make a prosperous future of the country. For example, closeness and loyalty within family, wisdom of elders, romanticism, and so on.

In Bangladesh today, members of a family are still very much united together. Despite the fact that most families in Bangladesh today do not just live jointly that they used to 30 - 40 years ago, they still maintain their loyalty and closeness to families through marriage, kinship relationship, and so on. Arguably, younger generation may not be motivated by this sense of unification and loyalty because of their privileges and access to the world culture. But, of course, their elders still play a supremely important role in keeping their family norms and values up. Still family decisions are by and large influenced by the wisdom of elders. Still arranged marriage is very popular in Bangladesh despite the fact that fundamental questions are being raised/asked whether or not that kind of marriage is successful.

Of course, there are both positive and negative sides of that kind of marriage. Apart from all of that, what I believe is that there are lessons to be learned from every culture no matter how old that culture is.

Bangladeshis seem to be very romantic, rhythmic and artful in mind and expression. The country's beautiful design of clothing and jewellery, its' art and literature, history and traditions and festivities clearly indicate that people are guided by the sense of beautification and the arts, emotion, simplicity and romanticism.

What I have perceived and understood from beautiful photographs on Bangladesh and its' geography, culture, society, politics, economy, science and technology is that it is really a colourful country. It is a country which has a modern look. It is a country which believes in democracy and has given its' government an appearance of democratic legitimacy.

It is Bangladesh where formal structures and procedures for government are in place. And, of course, it is a country whose people are very generous and kind. Where is problem then? Every country in this world is running into problems.

Bangladesh is not an exception. When I speak to Bangladeshis in Scotland I know how pride they feel for their country. I also understand how difficult it is for them to cope with the pain and sufferings of the rural poor when they see that the country is hit by natural disasters, such as flood. Apart from flood, the country is experiencing so many problems

But it is important to remember that every one is to be united together to fight against all these problems. As it is true for a member of a family that his/her loyalty lies to his/her kin and family members similarly on national issue his/her loyalty should also lie to the national interest first.

It is their country, and obviously in their interest to make it as prosperous as possible for future generations.



## my Personality

By: RAGIB CHOUDHURY - 12 yrs

### Everybody has a character. Yes, even YOU!

The most cheerful and energetic (e.g. Sundaresan), to the most grumpy and boring people of all (e.g. Konstantin). They all have their own special character which makes them unique. It makes us all unique, and here are the things that I think make me unique... (I hope)... (Well, I won't say everything that makes me unique... Then the list would go on forever! .....I wish...)

First of all, I think I'll mention my most noticeable character... My humour... I think that I'm quite a funny person... Bah, who am I kidding? I'm the best of best in entertainment!... Sorry, sorry... Just getting a little bit too full of myself... Anyway, It's not too hard for me to make someone laugh... But I absolutely hate it when after telling a joke there's that long, awkward and uncomfortable silence.....you know?

But otherwise, I think that being funny makes up most of my personality... I'm a dude!.....And there's your awkward silence... Oh yeah! I forgot to mention I'm not just funny... I'm also funny... looking... ha ha ha ha ha... Okay maybe not so funny... but give a girl a break man!... I mean a boy a break!... I mean... oh, forget you get the picture... I also think that I'm quite a happy and cheerful person.

However, sometimes I can be a complete cow and just be lazy, sitting around all day in front of the telly, eating my pot noodles and doing absolutely nothing... And I'm not even afraid to admit it, because I'm an honest person.....Some of the time.....Putting that matter swiftly aside... I still think that even though this may be, I'm still quite cheerful and always happy to bring smiles to peoples faces...(hopefully)... It's what I do!

I'm also quite proud of myself and I think that I'm quite successful. My test results from the eleven plus and S.A. Ts are definitely above average and I didn't really struggle in the C.A. Ts. I'm proud of my intelligence and education but not so proud of my appearance. This is mainly because I'm real butters... If you're a teacher who is reading this you might not know what that word means... And to be honest... You're better off not knowing...! I'm as proud as a peacock!

Another thing I'm proud at is of my athletic stage. I'm absolutely useless in football. A blind worm with hair covering it's ears and with broken legs would probably have better chance at kicking the ball than me ( Even though worms don't even have legs...)... But you get the idea.



I'm alright at other sports and I'm especially talented at badminton and a great fan of basketball. But, I'm probably best at running. I am very, very fast Speed is my most powerful point in sports and I'll be happy to race anyone, anytime, anywhere. But...and it's a big butt...I'm not the fastest...Haseeb is the fastest...But you watch! One day, I will beat him! Muhahahahahah! Muhahah...(cough cough)...Oh man, I got to stop doing that...

Well they are the things that I think make me unique. My hands are hurting and I want to play on my Playstation so I guess I'll end it here. Thanks a lot for reading this part of my auto-biography. I enjoyed this part most. I'm sure you did too. So, I'll see you on the next page and remember, you're all unique...but maybe not as much as me...Joking, joking...Not! **Peace man, spread the love...**

## HENMAN'S STORY

England versus Spain  
But always did it rain  
Wimbledon as usual  
But joy was never full  
Hemnan's First Set in despair  
But was it at all fair



Hemnan comes back as always  
And Helguara Pays  
The game reached a 4 set thriller  
And Hemnan was the killer  
2nd Round against France  
And Henman gave no chance  
A victory in three sets



Hemnan was treated like a pet  
Phillopousis was his next victim  
But it was only by a trim  
A set of Henman was lost,  
But hardly did it cost .

Next Mario Ancic  
who had not been heard  
A tall lad as it occurred  
A serve and vollier up to the net  
And it cost Tim the first set  
Second set Tim got weary  
As Mario Ancic got more Fiery  
And finally the break came

Tim Henman was losing fame  
Third set was urgent for Tim  
And Tim's Wimbledon was at it's  
ruin

Ancic won without a fight  
But it will be all right

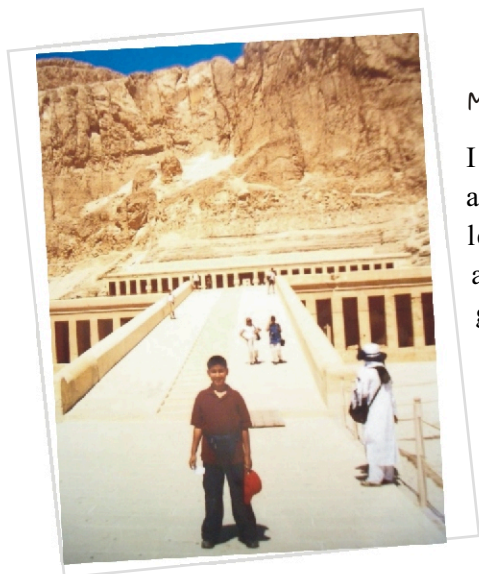
Next Year when Wimbledon  
comes

Up will go the thumbs  
So fans keep your cool  
Next year he'll have the tool

By: MAROOF AHMED -11 yrs

# My trip to Egypt

By: NAVEED RAFIQUE - 10 yrs



*Monday 30th August 2004:*

I woke up at 6.00am in the morning. I was so excited about going to Egypt, but I was also sad because I had to leave my mum for a week. We left our house to go to the airport. I said "bye" to my mum as I passed through the gates of the departure gates.

When we were on the plane, I was the youngest on board and they gave me a Monarch fun set so I wouldn't be bored on board. As the plane lifted off the ground, my dullah-bhai Aasim wanted to play a card game called Top Trumps. We arrived at 5.15pm in Egypt and landed in an ancient city called Luxor. Half an hour later

we arrived at the 5 star hotel called the Sonesta St George. It was very nice and had two swimming pools, 5 restaurants and two gift shops. Our room was beautiful. It had a big TV and a balcony with a view of the River Nile and our room had a safe and I put my gameboy and watch in there. Only I knew the code.

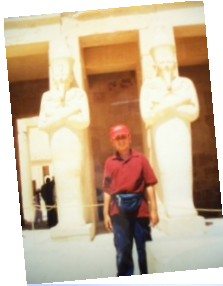
*Tuesday 31st August 2005:*

My cousin Sahida arranged a trip with a tour company and we went to the Luxor Temple, which is the biggest Temple in the world. The tour guide was called Mohammed and he told us why the temple was built and how long ago. When the Muslims came to Egypt they built a mosque inside the temple, it is still used today. In the afternoon, after a rest we went on a Felucca which is a special sailing boat. It was very nice. We went to an Island called Banana Island, where we saw lemon, banana and mango trees. We also went to Karnak Temple.

*Wednesday 1st September 2005:*

We went to see the Valley of the Kings and Queens and Queen Hapshepsut's temple. We went into three tombs in the Valley of the Kings and 2 temples in the Valley of the Queens. The tombs were built in the desert, built on the sides of mountains. In the evening, my cousin arranged a camel trip. We rode for nearly an hour. Later that night we travelled to Cairo by overnight sleeper train. Our cabin had two bunk beds for two people. The following morning we arrived at 9.30am in Cairo.





*Thursday 2nd September 2005:*

We had a guide called Rahab who came with us from Luxor. In Cairo we stayed in a small hotel called the Happy City Hotel. In Cairo we saw the three Pyramids, including the Great Pyramids, the Sphinx and the Cairo Museum. I bought a statue, post cards and a model of a pyramid.



I went inside one of the pyramids. In the Cairo Museum I saw the treasures of Tutankhamun and burial casket called sarcophagus. It was made out of gold and so beautiful and strange. At night we went on a cruise and a meal on the River Nile. There was a man who did clever things with a large piece of coloured cloth, twirling it around. We called him the colourful man. There was

also a belly dancer and entertainers doing tricks. There was also wedding party on the boat and a lot of Russians. In Cairo we had a policeman with us all the time.



*Friday 3rd September 2004:*

We went to the Citadel and Saladin's fortress and Mohammed Ali Mosque.

They were very old and beautiful. There were lots of old and beautiful mosques with lots of minarets. After that we went to a famous market called Khan-il-Khalili. I bartered there and bought some jars and statue of Hathor. At

night we went on the sleeper train again. Our next stop was Aswan. This is the far south of Egypt. The journey took all night.



*Saturday 4th September 2004:*

In Aswan it was very hot. We saw the Aswan Dam. We went to the Philae Temple, which was rescued from under the River Nile, when they made the dam. We went by boat to the Philae Temple. We had some cold drinks and we also bought some gifts. I bought an African

Tici mask. I wanted to see some crocodiles and so the guide took us to a Nubian village where there were some baby crocodiles. They wanted to bite me. We went to an island called Kitcheners Island and the Botanical Gardens with lots of beautiful plants and trees. I bartered for a wooden carving for my tutor.

*Sunday 5th September 2004:*

We set off for a special place in the desert called Abu Simbel at 3.00am. It took over three hours to get there and lots of coaches and minibuses all collected together and then set off from outside the police station in convoy. They are special temples because they were moved piece by piece from the River Nile when they were making the Aswan Dam. They were massive temples. One was for Rameses and the other was for his queen. They were amazing. We then took the same minibus to Luxor, which took several hours and arrived back at our lovely hotel at 5pm. We then relaxed and had dinner in the hotel and went to the Luxor shopping centre for the first time. We bought some souvenirs. We then met the tour guides for tea and cake at the hotel again with everyone. We did our packing later that night.

Monday 6th September 2004:



Our last day in Luxor. I wish we had had more time to spend in the hotel. My cousin finished the packing after breakfast and Aasim bhai and I went to the swimming pool. Then Aasim bhai, Phoopee and I went on a horse and carriage ride and I had control of the reins. The driver and another one started getting angry at each other because they are poor and both of them wanted us to get on their horse and carriage. We went back to the hotel, had lunch by the pool with Saif's grandmother and grandfather, my cousin and dullahi-bhai and Phoopee. Then we got ready to go the airport. We got the plane home and my mum and dad were waiting for me at Gatwick. The first thing I ate was a McDonald's at the airport.

## *To My Father*

By: DOLLY SOBHANI

Memories of childhood will trail me like a shadow  
Of times of your loving care and lessons  
You bestowed upon me no University could excel.  
You pulled me up when I fell & taught me to walk alone;  
You showed me the world without spectacles  
high on your shoulders,  
And gave me strength when my spirit fell in hopelessness,  
Bless you my dear Father, bless you.

When we walked together among the long green grass  
My little hand in your huge grip felt the strength of the  
universe

I knew then, I was going to brave the world with your  
blessings.

Memories float of the wild flower you picked for me,  
And with a kindly smile you said to me,  
"My little flower, may you be pretty and gentle in your heart,  
As true as the nature created by the Hand so great"  
Then I looked up with love and prayed in my soul,  
May God bless you my dear Father, bless you.

As the years rolled by you were beside me still,  
A huge shade over my burdened head,  
When the world spit and bewildered me,  
You held me tight and bore untold pain,  
Shed tears to ease my eyes,  
And lent me your smile in return,  
Bless you my dear Father,  
Bless you always for being my friend.

## *Lion's Holler*

By: IFFAH AHMED - 13yrs

A lion's holler echoed the atmosphere,  
While the cheetahs paws padded  
softly on the desiccated earth,  
The mighty eagle flew hungrily causing fear,  
Among the small rodents in no mirth.

The elephant bathing in the humid russet mud,  
When the antelope nibble on the emerald grass,  
The petite tulip gradually appears out of its bud,  
While the cackling hyenas make an iniquity pass.

The magenta flamingos gracefully balance,  
Then the mischievous monkeys swing on the trees,  
The snake slithers slowly each move full of malevolence,  
While the sloath takes in all it sees.

The crocodile snaps his jaws with a wicked grin,  
So the fearful frogs leap away hastily,  
Which causes the bird to flyaway with the rest of its kin,  
But the crocodile jumps and eats one tastily.

A shot is heard in sapphire sky's maze,  
Followed by strident heart full roar,  
The smiling shooter looked up from the dead lions gaze,  
Evil oozing out of every pore.

# Islam & Knowledge

By: SHAFI CHOWDHURY

## *Bismillaahir Rahmaanir Raheem*

In The Name Of Allah Most Kind Most Merciful

I greet you with the words of Jesus (PBUH) "PEACE BE WITH YOU" - LUKE 24:36 In fact the similar words "PEACE BE Upon YOU" (ASSALAAMU ALAYKUM) are the words of Islamic Greeting of SALAAM (PEACE). Here, at least in terms of Etiquettes, Christian and Muslim relationship is but a very close one. The Noble QUR'AN applauds enlighten Muslim-Christian dialogue in these words :

And nearest among them in love to the Believers will you find those who say, "We are Christians" : because amongst these are men devoted to learning and men who have renounced the world, and they are not arrogant. Surah MAIDAH (5:82)

Allah emphasised the Importance of Learning in the Noble QUR'AN saying :

He (Allah) grants Wisdom (HIKMAH) to whom He pleases; and he/she to whom Wisdom is granted (he/she) receives indeed a benefit overflowing; but none will grasp the Message but men / women of understanding. Surah BAQARAH (2:269)

Learning was made compulsory in Arabia 14 hundred years ago by Prophet Muhammad (Peace be upon him) the Final Messenger of Allah with these words :

"Seeking knowledge is obligatory upon every Muslim man and Muslim woman" Hadith 37 - Ibn Majah in Chapter IV Education VOL I - Al-Hadis by Maulana Fazlul Karim.

"The Glorious and Exalted Allah revealed to me : who treads a path in search of knowledge, I (Allah) shall make the way to heaven easy for him / her." Hadith 6w Baihaqi in Chapter IV Education VOL I - Al-Hadis by Maulana Fazlul Karim.

## HISTORY

In UNIVERSAL HISTORY OF THE WORLD of Winchester Publication London - under the heading Islam the Civilizer - Ormonde de Kay, Jr. wrote in 1968 : If Islam had never existed, the Christian countries of the world probably be less advanced, and certainly less varied, than are. For it was Moslems who gave the West many of its basic skills and ideas ..the Arabs and the other Islamic peoples were the carriers of western civilization.

Moslem scholars preserved the learning of the ancient world...Islam passed this knowledge on to the Christian world. It helped produce a great intellectual and artistic awakening, the Renaissance, which ended the Middle Ages and ushered in modern times.

More recently in his book THE DAY THE UNIVERSE CHANGED ( which was Televised by BBC in 1985 ) James Burke wrote :

“ They ( medieval Europe ) lacked the knowledge once possessed by the Greeks, of which medieval Europe had heard, but which had been lost. In one electrifying moment it was rediscovered. In 1085 the Arab citadel of Toledo in Spain fell, and the victorious Christian troops found a literary treasure beyond anything they could dreamed of.” ( on page 36 )

“ The rich and sophisticated society took a tolerant view of other faiths. Thousands of Jews and Christians lived in peace and harmony with their Muslim overlords. The material bounty of the land was used to enhance the quality of life. Above all, religion and culture went hand in hand. Where Islam went, so did its thirst for knowledge and its application.” (on page 39)

“ The translators dealt with every subject known to the Arabs at the time, almost all of the knowledge culled from Greek sources and new to Latin Europe. The subjects covered by the texts included medicine, astrology, astronomy, pharmacology, psychology, physiology, zoology, biology, botany, mineralogy, optics, chemistry, physics, mathematics, hydrostatics, navigation and history.

What caused the intellectual bombshell to explode, however, was philosophy that came with it. This included Aristotle's system of nature and the logic of argument.” ( on page 42 )

To evaluate the Muslim contributions in the field of learning and IT we all only have to ponder on Algebra, Chemistry and the last but not the least Number “ 0 ” !

### *Muslims Worship Allah For Taqwa ( Protection )*

Muslims worship Allah to please Him for TAQWA ( Protection ) against the harms from the Devil ( Shaitaan ) on our journey back to Allah.

TAQWA is the Protection Policy ( Insurance ), ALLAAH is the Insurer, WORSHIP ((IBADAH) is its Premium, MUTTAQIIN ( Allah-Conscious people ) are Insured ones.

The essence of ISLAMIC perspective of worship is embodied in this commitment :

**You ( Allah ) do we worship and Your help do we seek. Surah FATHIHAH ( 1: 4 )**

Ma-assalaam ( Peace Be With You All )

# Sayings of the Prophet Muhammad (PBUH)

*Bismillaahir Rahmaanir Raheem*  
In The Name Of Allah Most Kind Most Merciful

The sayings of the Prophet (PBUH) are called Hadith. Most of these were compiled into book form, a few years after his death by his companions and followers. Although there are many books of Hadith, the most detailed and authentic Hadith books are 'Sahih Bokhari' and 'Sahih Muslim'. These include the sayings of Prophet (PBUH) affecting almost all aspects of human life ranging from Belief in Allah to business ethics. A few selected Hadiths are shown below.

## **QUALITIES OF A MUSLIM**

A man asked the Prophet (PBUH) "What sort of deeds or (what qualities) of Islam are good?" Prophet (PBUH) replied, "To feed (the poor) and greet those whom you know and those whom you do not know. The Prophet (PBUH) said "The one who looks after and works for a widow and for a poor person, is like a warrior fighting for Allah's Cause or like a person who fasts during the day and prays all the night."

## **RIGHTS OF THE PARENTS**

A man came to Allah's apostle (PBUH) and said, "O Allah's apostle (PBUH), Who is more entitled to be treated with the best companionship by me?" The Prophet (PBUH) said, "Your mother." The man said, "Who is next?" The Prophet (PBUH) said, "Your mother." The man further said, "Who is next?" The Prophet (PBUH) said, "Your mother." The man asked for the fourth time, "Who is next?" The Prophet (PBUH) said, "Your father."

The Prophet (PBUH) said, "Allah has forbidden you (1) to be undutiful to your mothers. He mentioned another time that to be undutiful or unkind to one's parents is great sin. (2) to withhold (what you should give) or (3) demand (what you do not deserve) and (4) to bury your daughters alive. And Allah has disliked that (A) you talk too much about others (B) ask too many questions (in religion), or (C) waste your property."

## **RIGHTS OF THE NEIGHBOURS IN ISLAM**

The Prophet (PBUH) said, "Gabriel (AS) continued to recommend me about treating the neighbours kindly and politely so much so that I thought he would order me to make them as my heirs.

The Prophet (PBUH) said, "By Allah , he does not believe! By Allah, he does not believe! By Allah, he does not believe! It was said, "Who is that, O Allah's Apostle (PBUH)?" He said, "That person whose neighbour does not feel safe from his evil."

## **RELATIONSHIPS WITH OTHER PEOPLE**

Allah's Apostle (PBUH) said, "Time will pass rapidly, good deeds will decrease, and miserliness will be thrown (in the hearts of the people), and the Harj (will increase)." They asked, "What is the Harj?" He replied, "(It is) killing (murdering), (it is) murdering (killing).

The Prophet (PBUH) said, "He who is not merciful to others, will not be treated mercifully."

The Prophet (PBUH) said, Beware of suspicion, for suspicion is the worst of false tales; and do not look for the others' faults and do not spy, and do be jealous of one another, and do not desert (cut your relation with) one another, and do not hate one another, and O Allah's worshippers! Be brothers (as Allah has ordered you)"

Allah's Apostle (PBUH) said, "The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger."

## **CHARITY**

The Prophet (PBUH) said, "The best charity is that which is practiced by a wealthy person. And start giving first to your dependents."

The Prophet (PBUH) said, "Do not withhold your money, (for if you did so) Allah would withhold His blessings from you.



# Top Tips for Healthy Living

Collected from different sources: SHAHANA AFSARUDDIN

## Enjoy a wide Variety of Nutritious Foods

Eat a combination of different food, which will help give you the essential nutrients in balanced proportions. Make your diet high in fruit, vegetables, bread and other forms of cereals, potatoes, beans, nuts, and seeds.

Try to have olive oil as an important fat source, and consume dairy products, fish, poultry, and eggs in low to moderate amounts, and red meat should be eaten very little.

This should be a lifelong approach, not just a five minute wonder, so make it easy for yourself by making simple changes one at a time. Don't be too hard on yourself if you sometimes have lapses-just restart and try again. Above all, enjoy your food!

## Be a Healthy Weight for your Height

Make sure you keep a healthy weight for your height by monitoring your waist measurement. Do you need to lose inches? Measure your waist and find out.

You should aim to keep your waist circumference in the healthy range- less than 93cm(37 inches) for men and 80cm (32 inches) for women. If your waist measurement is more than this, try to lose weight and get as close to these figures as possible, but remember that any decrease in your waist measurement is progress. Lose weight by reducing your energy intake to less than your body needs and increase your physical activity at the same time. Be honest with yourself and watch those portion sizes!

## Eat Plenty of Fruit, Vegetables and Salad

You should eat at least five portions a day, but what exactly is a portion. Below is an at-a-glance portion guide:

- 1 large fruit eg: an apple, orange, banana
- 2 small fruits eg: plums or satsumas
- 1 glass (150ml/) of fruit juice
- 1 tablespoon of dried fruit
- 2 tbls of raw, cooked or frozen veg.
- 1 dessert bowl of salad

An easy tip to remember is that a portion of fruit or vegetables is about the size of a clenched fist and that five portions should add up to 500g(1lb) in weight.

## Eat Fish Two or Three Times a Week

Eat more fish, particularly oily fish. Oily fish are the richest source of omega-3 fatty acids. White fish such as cod, haddock, bass, flatfish, red snapper contain some omega-3 fatty acids, although not enough for them to be classified as oily fish. If you can't eat fish you should take a daily supplement of omega-3 fatty acids.

## Base Meals & Snacks Around Wholegrain Foods

Wholegrain foods include bread, cereals, rice, pasta and starchy food, such as potatoes. They are filling yet not fattening and are great sources of fibre, both soluble and insoluble.

#### Sources of Fibre:

Oats- rolled oats, oat bran, oat based cereals and breads

Beans- peas, split peas, lentils, chickpeas, soya beans and baked beans

Some fruits-apples, strawberries and citrus fruits

Wholegrain bread and cereal

Brown rice

Wholemeal pasta

Fruit and vegetables

#### **Eat a Diet Low in Fat, Especially Saturated Fat**

There are three main types of fat in food: saturated, polyunsaturated, and monounsaturated. All fatty foods are made up of a mixture of these three types but are classified according to the type of fat present in the largest amount.

##### *Saturated fats*

Found in: Fatty meats, full-cream dairy products such as milk, cream and cheese, coconut and palm oil used in convenience foods, cakes, pastries, biscuits, sweets, pre-packed foods and takeaway meals.

##### *Polyunsaturated fats*

Found in: Vegetable oils such as sunflower, corn, soya, grapeseed and nut oils and many margarines.

##### *Monounsaturated fats*

Found in: Olive and rapeseed oil, peanut oil and spreads, avocados and nuts.

#### *How Much Fat Should You Eat in a Day?*

A healthy fat intake is based on your energy needs and activity levels. An average man may require 2500 calories per day and an average woman 2000 calories

per day. You need to limit your total fat intake so that around 35 percent or less of your total calories come from fat.

#### **Choose Lean Meat, Poultry, Eggs, Beans, Nuts**

Eat a variety of protein foods-choose a different one each day. Pulses are good for your heart: peas, beans, (including baked, kidney, soya, borlotti and butter beans), lentils and chickpeas, are great sources of soluble fibre, which can help lower cholesterol.

#### **Avoid Too Much Salt**

The easiest way to cut your salt intake is not to add it to food, either while cooking or at the table. Replace the taste with fresh and dried herbs as well as other flavourings such as lemon juice, garlic, ginger, and vinegars.

#### **Try to Walk for half an Hour Most Days**

Eating for a healthy heart is part of a whole healthy lifestyle, which involves not smoking and being physically active.

Brisk walking, cycling or climbing the stairs will help you get fitter, control your weight and give you a feeling of well being.

So keep moving!



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## What being *Married* is all about?

By: HURE ZANNATH

Marriage is a permanent arrangement to last for the rest of our lives. All lasting marriages are blended into highs and lows. As the years pass, the man and woman in a marriage grow and change, their priorities change, and they adjust and accommodate many unpleasant things within the framework of an established marriage. New relationships grow roots with time, which give stability to hold onto the marriage against the odds.

In my generation, we were brought up in a society where most of our marriages were arranged by our parents or guardians from both the sides. Many of us never met or had the chance to see our future spouse until the final wedding day, yet we had trust and respectfully relied on their skilled judgements. We committed to a lifelong relationship without knowing what was in store for us.

We had to adjust to each other's differences; personal likes and dislikes, expectations, good and bad habits. This is certainly a challenge but given time and patience, the relationship as husband and wife gradually becomes stronger with mutual love, respect and trust. During the course of the marriage, we do discover many unpleasant characteristics but they matter a lot less than what the two of us share together.

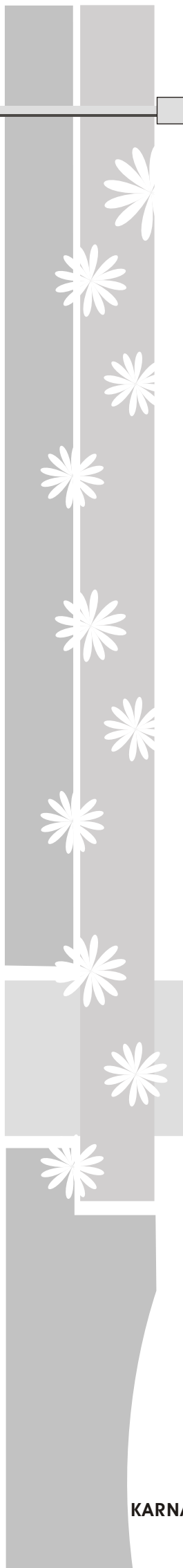
Nadia, a housewife and a career woman, has been married for thirty years and admits her agonising first couple of years of marriage. She was 19, academically successful, just ready to start a university degree course when a marriage proposal from a suitable candidate of a respectable

family came through. The boy was handsome, charming, humorous and religious. He was a young government official who had all the potential to rise and shine at the top of the career ladder. There was no justifiable reason to reject this offer and so the marriage went ahead.

After the honeymoon period was over, the trouble began. This workaholic man had no time to balance work and home life, no time to spend with his new bride. The girl was living in a big mansion with many servants around. His time with his wife became more and more restricted with the demands of his job: attending numerous meetings at very unsociable hours, as well as travelling each month to different cities. The lonely wife was trapped in a prison far away from her family and friends.

This brand new husband's unsympathetic behaviour, even when she had been suffering a series of illnesses, came as a real shock; something she would never have suspected before. He worked impossible hours and saw his wife in the little free time he had.

For her there wasn't any other option but to stick together. She travelled and attended parties, whenever it was possible, with him, keeping him company and easing his load. This poor young girl had to go through a very difficult time, but unlike many of today's marriages, the next step was not to the divorce court.



For her, the social and emotional penalty was far heavier than the failed marriage. She was determined to work out her responsibilities and strategies to keep her marriage together. She could not ignore his good qualities. He was good to people, good to his in-laws and most of all, he had good faith in God. He was honest, charming and couldn't give up the world service for the expectations and demands of his wife. Moreover, at the same time, she had the opportunity to devote her time in study and fulfil her academic desires. Gradually the relationship improved and their understanding and closeness was built up over a period of time. The rough spots eventually gave them a way to the smooth path. They had reason to keep their troubled marriage, as it seemed initially. They chose to hold onto the commitment for life instead of breaking the relationship.

This retired couple now, can boldly claim of having a loving, caring, happy and harmonious relationship they share together. Though there still are differences and inequalities between the two, the love between the two is strong enough to outweigh the faults. They weathered the storm and came out laughing.

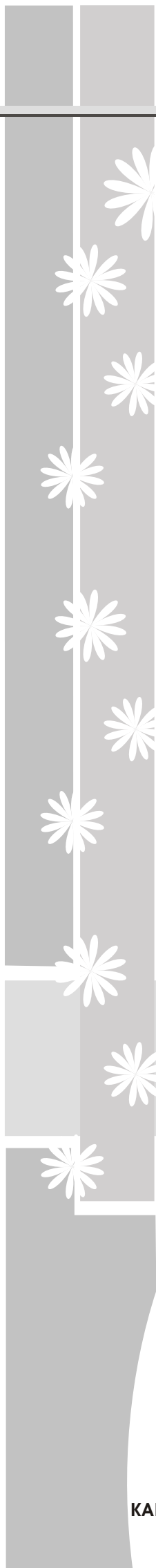
There are bound to be some characteristics of your spouse that you find hard to accept, but for happiness you adjust and compromise and get along with each other. Fauzia grew up in a well-disciplined, happy and contented family. She still boasts of her traditional upbringing. Every member in that family was an early bird. They used to get up early, and catch Morning Prayer before

sunrise. Her father used to chant like an alarm clock 'early to bed early to rise makes a man healthy, wealthy and wise'. The whole family used to sit together and enjoy their breakfast by 7am while most of the world was still yawning, stretching or fast asleep. They all shared their lives with each other in the early morning.

After her marriage, it was a different story. He intended to stay in bed until the last possible minute. Then all rush, rush and rush. Shave, shower dress and out. At the weekend, he liked to be in bed undisturbed as long as he could. He was a night person, and she was an early bird. He operates on the late schedule while she was the opposite. Morning was the best time to engage her brain. It wasn't for her husband.

She kept nagging him to change but it was no use. Instead she changed her morning in a satisfying way. She could devote her time reading, writing and phoning friends and family home and abroad uninterrupted. It was peace at last for both of them. You do a lot of things for peace. At least she can enjoy her dinnertime together with her children and husband.

Problems in marriages are universal. Each of us arrives at the wedding day with a baggage filled with past experiences of happiness and sadness. On top of that, we are full of brand new expectations of the spouse. Nobody knows what a marriage is going to be like until they start living as husband and wife.



A boy may know a girl from Nursery years, they grow up side by side together, they may live together under the same roof as boyfriend and girlfriend, as is the case with a lot of today's generation, they may enjoy a holiday together home and abroad; finally they marry, and only then they discover things about their partner which they never even suspected. Many issues only come up once the knot is firmly tied. Suddenly, their rooted sense of trust and respect for each other start to detach from the heart and before long, the whole relationship collapses affecting them, and their respective families. They are not ready to allow time before they get disillusioned with each other. Their long-term relationship barely survives a couple of years after the marriage.

Their next solution is to live apart, pick up and date another while divorce proceedings are in the process. But divorce does not solve or get rid of problems. You remarry, and then you face a new set of problem, which is not even all that new. But this time the marriage works. Maybe this is because you are older and so more mature. Interestingly, if you had really worked together in the first marriage and had given time to get used to the other's good and bad qualities, then you may have survived your first marriage. Many of the marriages that fail in the early years are because neither party has enough patience, responsibility or flexibility to keep at it. If some become parents in their failed marriage, the children's well being becomes a real issue. Sometimes, parents walk away without giving a backward glance to their children whilst at other times parents may stay together for the benefits of their children

Faraha, with two teen-age daughters has been married for 20 years. The couple work and can live comfortably with their joint income. But her dear husband has developed a deep desire to earn name, fame and money. He wishes to establish his own business but at the expense of losing his sense of responsibility towards his family. For Farah, life has become stressful, as she has to manage her part time job whilst keeping her family life functioning to a reasonable state. With minimal financial support from her husband, it has become struggle to meet the end's need. Demands from growing age daughters, their education, day-to-day domestic expenses, all exceed her overdraft facilities.

The conversation between husband and wife in this family is non-existent and when it does happen, it only generates more rows. She has to cut down the expenditure as far as could. For the sake of her own dignity in front of her two girls, she tries to avoid conflicts from her husband. So what makes her to stick to that relationship? Currently it is like a one parent family. Her answer is simply rooted in a sense of her two girls welfare. In her opinion, children brought up in an unhappy marriage or children from divorced family face humiliation and social problems and in some cases become a social burden. She is committed and determined to provide all support to her children at the cost of her own suffering and sacrifice. In this present situation, divorce is a closed option for her. These two girls know that they have a loving mother who waits for their home coming with a smile. That's what matters to her: greater than anything else in the world

This is certainly an exceptional case. Most of us cannot deny the occasional arguments that happen. Whatever reason it might be, most couples that are getting along with each other work out their own way of reconciliation. A couple may have a huge argument and after that they bubble up with anger for days and cannot face each other and they begin to wonder how they have tolerated each other for years. After a few days, however, regardless of whose fault it may be, it is usually the same person, who makes the first move and says 'I'm sorry'. One partner has to swallow their pride so that things can get back to normal rather than living in a suffocating environment. Suddenly, after a big hurricane, the sun starts shining. At that moment it seems so marvelous to be married. To compensate their disillusion with each other, after the cooling period is over, you may find one may buy a present (for instance a bunch of flowers from the husband) for the other. For that moment they are close together, they manage to laugh together, although they know it's going to happen again. They worked out how to attract each other after a big row.

For some couples, silence is the best medicine; for others what works best, is disappearing into another room or

returning home late, or disappearing from the house when the other partner becomes desperate in search of her truly loved one. When they find each other the relationship is strengthened that little bit more. Separation makes them another step closer.

A lot of marriages just fall apart as the in-laws intrude on to the new relationship. While the husband and wife bond starts to gain depth and intensity, the older generation appears to claim their invested love and affection from their son and daughter and expect things to happen according to their wishes. Of course there are parents who whole-heartedly welcome their son or daughter in law and support them to build up their new life. Many life long couples admit that despite unpleasant occurrences, the multi generational family was beneficial in supporting the newly wed in the family. There are long term marriages in which the older generation are there to create only troubles and yet husband and wife have peace between the two of them. They were determined, resolute and patient in achieving a lasting relationship regardless of the obstacles.

#### FOUR SEASONS

Spring is showery, flowery, bowery

Summer is hoppy, choppy, poppy

Autumn is weezy, sneezy, freezy

Winter is slippy, droppy, nippy.

By: Terisa Choudhury - 10 yrs

Most long-term marriages from the older generation, with its' ups and downs continually work out problems that so easily break the marriages of today's generation. The woman prior to the 90's enjoyed love and motherhood. They also had to contend with the bulk of domestic responsibilities and a medium to high range career outside, yet will all these multidimensional qualities, they arranged life differently for the happiness of the family. They compromised and gave an honest recognition of what the person they married was like, and not what the person was expected to be like. Today, many career women cannot genuinely work out combining the home and managing the career. They measure the relationship in terms of 50/50 responsibilities but sometimes the husband may not comply. It's all well and good if it can work out that way. Otherwise, what's the option? You have a choice in life. You can make it and adjust it or break it and regret it.

Stable marriage has a structure that supports and enriches two clumsy individuals. It is an institution where time, patience, love, respect, trust, compromise and dealing with the highs and lows together are all invested in it. For most of us, we will probably not find a Mr or Mrs Right who never lets us down, never argues about domestic or financial issues, never clashes with the in-laws and never goes into conflict in raising children. But with the spouse we do have, there are certainly good and satisfying ways to live together in a loving and established marriage.

## লন্ডনে – চট্টগ্রাম

স্বদেশ, বিদেশ, সমাজ-শব্দ, সাহিত্য ও সংস্কৃতির জন্য আপনি কতই না কিছু করেছেন এবং করছেন। ভাবছেন দেশের জন্য, স্বপ্ন দেখছেন ছেলে মেয়েদের নিয়ে। আপনার ছেলে সন্তানও বিভিন্ন ভাবে কৃতিত্বের স্বাক্ষর রেখে আপনার এবং দেশের মুখ উজ্জ্বল করছেন। এ সব সোনালী কথা আমাদের আগামী প্রজন্মের জন্য রেখে যাওয়া প্রয়োজন। এতে তারা অনুপ্রাণিত হবে, শিক্ষা নেবে। দেশের আপামর জনতা জানবে আপনার অবদানের কথা। আসবে ঐতিহাসিক স্বীকৃতি।

চট্টগ্রাম বাংলাদেশের একটি গুরুত্বপূর্ণ জেলা। এ জেলার মানুষ বিশ্বজুড়ে রাখছেন অসাধারণ ভূমিকা। এ বর্ণিল কীর্তিমালার সমাবেশে প্রকাশিত হতে যাচ্ছে 'লন্ডনে-চট্টগ্রাম' নামে একটি মূল্যবান গবেষণালব্ধ গ্রন্থ।

আপনার বিস্তারিত ঠিকানা, ১ কপি ছবি সহ আপনার বা আপনার কৃতিসন্তানদের পরিচিতি নিম্ন ঠিকানায় পাঠিয়ে দেবার অনুরোধ করা গেল। (যাঁরা আগে পাঠিয়েছেন, তাঁদের আর পাঠাতে হবে না)।

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# কতিপয় চার্টগাইয়া প্রবাদ

অধ্যাপক নজরুল ইসলাম হাবিবী

উইলিয়াম পেন বলেছেন, 'প্রবাদ হলো সংক্ষিপ্ত বাক্যাংশ, যা খুব বড় অভিজ্ঞতা থেকে আহরণ করা হয়েছে'। James A. Kelso বলেছেন, Vox populi (Voice of the people. আমাদের দেশের প্রবচন-প্রবাদগুলির দিকে তাকালে উদ্ধৃতির সত্যতা বুঝতে পারি। আমরা জানি, বাংলার প্রবাদ-প্রবচন আমাদের সাহিত্যের এক অনুপম এবং পবিত্র সম্পদ। এই সব পাঠে আমরা খুঁজিয়া পাই জাতির ঠিকানা, শব্দের মৌলিকতা, সাহিত্যের আদি রসদ ভান্ডার, ইতিহাসের বাস্তবতা, সভ্যতার উপাদান, ঐতিহ্যের বিশ্ব জোড়া তরুরাজি; সর্বোপরি জীবন ও জগতের রূপ-তাত্ত্বিক বিশ্লেষণ-Structural analysis। অনেক প্রবাদ-প্রবচন-গৎ-গাথায় কুরআন এবং হাদিসের ভাবানুবাদ বা পরোক্ষ উপস্থিতি লক্ষ্য করার মত। ফোকলোর বর্তমানে বিশ্বব্যাপি স্বাধীন ও স্বতন্ত্র শৈল্পিক বিদ্যা শৃংখলা, নৈতিক এবং আদর্শিক সাহিত্য হিসাবে স্বীকৃতি লাভ করেছে। এ শাখাটি শুধুমাত্র academic discipline নয়, -Multi discipline ও। আধুনিক সভ্য সমাজে ফোকলোর ইউনিভার্সিটির পাঠ্য। এর উপর নেয়া যায় পি এইচ ডি ডিগ্রি।

বাংলাদেশের অনেক জেলার মত চট্টগ্রাম জেলা থেকেও বেশ কিছু প্রবচন আবিষ্কৃত হয়েছে। এ প্রবচনগুলি সাহিত্যের পূর্ণাঙ্গ প্রাসাদ নিয়ে বাংলা সাহিত্যে স্বকীয়তা ঘোষণা করেছে। আবেদন এবং বাস্তবতার নিরিখে প্রবচনগুলির বিশ্লেষণ রীতিমত গবেষনার দাবী রাখে। এ সব পাঠে আমরা জানতে পারি আমাদের হারিয়ে যাওয়া অনেক ইতিহাস-ঐতিহ্যকে। বুঝতে পারি আমাদের পুরাতত্ত্বকে। আমি ব্যক্তিগতভাবে চট্টগ্রামের ধামাঙ্গল থেকে অনেকগুলি প্রবাদ, প্রবচন, গৎ, গাথা, ধাঁধা, কিচ্ছা-কাহিনী সংগ্রহ করি। সব গুলি দিয়ে একটি পূর্ণাঙ্গ পুস্তক রচনা করা সম্ভব। বক্ষ্যমান প্রবন্ধে কতিপয় প্রবচন পাঠকের সামনে তুলে ধরা হল।

পুনশ্চ: আমরা জানি, উচ্চারণ আর বানান বিভেদ শুধু মাত্র দেশে দেশে, জেলায় জেলায় নয়, প্রতি তিন মাইলের ব্যবধানে এক ব্যতিক্রমধর্মী বলার ধরণ লক্ষণীয়। একটি সাগর। তার নাম দইরগ্যা, দইজ্জা, দইরা ও দৈরা। শুকনো ঘাসের স্তূপ হলো কুইজ্জা, কুইগ্যা, কুরগা ও কৈরগা ইত্যাদি। পড়ার সময় মনে রাখতে হবে যে, উল্লেখিত প্রবচনগুলির উচ্চারণ রীতি নিবন্ধকারের নিজস্ব।

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\*লইত জানে দিত ন জানে তার মুখত  
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নিতেও জানে দিতেও জানে তারে কয়  
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\*পরর ধনে পোন্দারী

\*খোদার উপর খোদকারী।

যে ন বুঝে মনে মনে,

তারে বুঝাইত পারে হনে।

\*এক মগ্যার পাতত ভাত,

দুই মগ্যার গালত হাত,

তিন মগ্যা ঘাডাত থাক।

\*কারিগরর ভাঙ্গা ঘর,

বৈদ্যর বউয়র নিত্য জ্বর।

\*তিন মাইয়েলা যিয়ত,

কাজির দরবার হীয়ত।

\*পোয়া, পঅল, জননা,  
এই তিনর লয় মাতন মানা।

\*নিজুর নাই যাগা,  
কুত্তা আনের বাগা।

\*পোয়া মারণ ছ'অত,  
ডোম মারণ ন'অত।

\*পরর জিনিষ হরণে,  
গতি নাই তার মরণে।

\*হড়ে আদিনাখ্যার পাড়,  
আর হড়ে ছঅলে খের খার।

\*ফোয়াদরলাই অ ছাড়িত ন পারে:  
কেঁডার লাইঅ গিলিত ন পারে।

\*কোদালে বুক টানে,  
কেঁয়েরায় গাঁত টানে

জাতে জাত টানে।

\*বসর কাইল্যা নারী,

খাল কুইল্যা বাড়ি,

মুড়ার কুইল্যা গাই,

এই তিনর বিশ্বাস নাই।

\*সাত পুত তের নাতি,

সে গড়ে খুইশ্যাল ক্ষেতি।

\*মায়া আছে দয়া আছে

গলাত ধরি কাঁদে,

আধা পয়সার আইট্যা কেলা

পরান গেলি ন দে।

\*ঘোরর চক্রর মাইয়েলার মক্কর।

\*মানী এ ধায় মানর কাইত

গাধায় ধায় পেডর কাইত।

\*বুড়া গরু চোবা ধান,

যে বেচ তে সেয়ান।

\*আডা খাইলাম পিডা খাইলাম

ভাতর নাহান নহ,

পরর মারে মা ডাইলে

মার নাহান নহ।

\*পাইলে উন্ন্যাসি,

ন পাইলে সন্ন্যাসি।

\*ছৈয়রে গিল,

বৌয়েরে কিল।

\*বুঝিলে খাট্টা,

ন বুঝিলে ঠাট্টা।



## ডঃ আফম স্মরণে

ডঃ সারোয়ার জামীল

ডঃ আফম ইউসুফ ছিলেন চট্টগ্রামের একজন কৃতি সন্তান। একজন অভিজ্ঞ চিকিৎসক এবং বিচক্ষণ রাজনীতিবিদ ছাড়াও অত্যন্ত জ্ঞানী এবং সজ্জন হিসাবে চট্টগ্রামে তাঁর খ্যাতি সুবিদিত। কিন্তু বৃটেনের চট্টগ্রামবাসীদের কাছে ডঃ ইউসুফের জন্য একটা বিশেষ স্থান আছে। তিনি একমাত্র চট্টগ্রামবাসী যিনি বৃটেনে চারবছর অত্যন্ত সন্মানের সঙ্গে হাই কমিশনারের দায়িত্ব পালন করে গেছেন। আজ দু'বছরের উপর হল ডঃ ইউসুফ এই পৃথিবী ছেড়ে চলে গেছেন। তাই বৃটেনের চট্টগ্রামবাসীর কাছে তাঁর গৌরবময় জীবনের কিছু কিছু কাহিনী যেগুলো অনেকের দৃষ্টির অগোচরে ছিল তার উপর কিছু আলোকপাত করব।

ব্যক্তিগতজীবনে উনি আমার শুশুড় অর্থাৎ আমার স্ত্রী ডালিয়ার বাবা ছিলেন। কিন্তু ডঃ ইউসুফের অসাধারণ ব্যক্তিত্বের জন্য আমরা সবসময় ব্যক্তিগত এবং সামাজিক জীবনের মধ্যে একটা অদ্ভুত দূরত্ব বজায় রেখে চলতে পারতাম। তাই আমার পক্ষে এলোখাটা লিখা অনেক সহজ হয়েছে। আমার বিয়ের আগে একজন প্রতিষ্ঠিত ডাক্তার হিসেবে দূর থেকে উনাকে অত্যন্ত গুরু গভীর মানুষ হিসেবে জানতাম। কিন্তু আমার বিয়ের পর কাছ থেকে দেখলাম উনি অতি সরল এবং আামায়িক মানুষ। ১৯৯২ সনে লন্ডনে হাই কমিশনার হয়ে আসার পর খুব কাছে থেকে দেখার সুযোগ পাওয়ায় উনাকে একজন অতি উচুস্তরের জনসেবক হিসাবে মূল্যায়ন করার বিশেষ সুযোগ পেয়েছি।

একজন রাজনীতিবিদ হিসাবে ডঃ ইউসুফ আজকালকার রাজনীতিবিদদের থেকে সম্পূর্ণ ব্যতিক্রমধর্মী। টাকাপয়সা, খ্যাতি বা প্রতিপত্তি অর্জনের জন্য তিনি রাজনীতিতে আসেন নি। টাকা পয়সা এবং খ্যাতি দুটাই তাঁর ছিল এবং প্রতিপত্তির প্রতি তাঁর কোন মোহ ছিল না। তিনি এসেছিলেন মূলতঃ দেশের প্রতি তাঁর ভালোবাসার তাগিদে। দেশের প্রতি তাঁর ভালবাসা ছিল খুব গভীর এবং সেটা শুধু লোকদেখানো মুখের বুলি ছিল না। বাংলাদেশ সম্বন্ধে কেউ বিরূপ মন্তব্য করলে বা কেউ বাংলাদেশকে গরীব রাষ্ট্র বললে উনি অত্যন্ত মর্মান্বিত এবং দুঃখিত হতেন। এ প্রসঙ্গে একটা ঘটনা বলতে পারি। ১৯৯২ সনে ডঃ ইউসুফ যখন প্রথম হাই কমিশনার হয়ে এই দেশে আসেন তখন বিভিন্ন কূটনৈতিক মিটিং এ গেলে তাঁকে প্রায়শঃ শুনতে হত 'বাংলাদেশ খুবই গরীব দেশ'। এভাবে কয়েকজনের কাছে এ ধরনের মন্তব্য শুনে উনি সত্যিই রাগান্বিত হয়ে গেলেন। একদিন এক কূটনৈতিককে বললেন, 'কুয়েতের মাথাপিছু আয় বাংলাদেশের আয়ের তুলনায় বহু গুণ বেশী কিন্তু তুমি বল বাংলাদেশ গরীব নাকি কুয়েত গরীব?' ভদ্রলোক বুঝতে পারেন নি ডঃ ইউসুফ কি বলতে চাইছেন। এর মাত্র কিছুদিন আগে প্রথম ইরাক যুদ্ধ শেষ হয়েছে। যুদ্ধে কুয়েত সম্পূর্ণ ধ্বংস হয়ে গিয়েছিল। তখন ডঃ ইউসুফ সেই কূটনৈতিককে বললেন, 'দেখ, ইরাক যখন কুয়েত দখল করল তখন তোমরা গিয়ে কুয়েতকে উদ্ধার না করলে ফ্রিজারের খাবার খেয়ে কুয়েতের লোকেরা কতদিন বাঁচতে পারত? তেল রপ্তানী করে অনেক কাঁচা টাকা অর্জন করা যায় কিন্তু ওটা খেয়েতো বাঁচা যায় না? কিন্তু কোন বহির্শত্রু যদি বাংলাদেশকে বছরের পর বছর বিরোধে রাখে মাঠের ফসল, নদী-পুকুরের মাছ খেয়ে বাংলাদেশের লোক অনেকদিন বেঁচে থাকবে। এখন তুমি বল, কোন দেশের লোক গরীব?' এই কাহিনীটা কূটনৈতিক মহলে রটে গিয়েছিলো এবং এর পর উনাকে আর কোন দিন 'গরীব বাংলাদেশের হাই কমিশনার' একথাটা শুনতে হয় নি। উনি খুব গর্ব করে বলতেন, বাংলাদেশের লোক গরীব হতে পারে নিজেদের দোষে কিন্তু দেশটা গরীব নয়?

রাজনীতিবিদ হিসাবে ডঃ ইউসুফের কাছে নিজের দেশের মর্যাদা, দল বা নেতার উর্ধে ছিল। এদেশে হাই কমিশনার হিসেবে এসে উনি প্রথমেই ঘোষণা দিয়েছেন, 'যদিও আমি একটি রাজনৈতিক দলের সদস্য হিসাবে নিয়োগ পেয়েছি কিন্তু আমার আনুগত্য বাংলাদেশের জনগণ এবং সরকারের প্রতি'। কথাটি তিনি শুধু মুখে মুখে বলেন নি তাঁর কার্যকলাপে প্রমাণ করেছেন। কেউ বলতে পারবে না তিনি কখনো হাই কমিশন আফিসে বি এন পির দলীয় কর্মীদের সঙ্গে মিটিং করেছেন বা তিনি বি এন পির কোন মিটিংএ গেছেন। অথচ সবাই জানে রাজনৈতিক নিয়োগপ্রাপ্ত বা পররাষ্ট্র মন্ত্রণালয়ের পেশাজীবী হাই কমিশনারদের অনেকেই রাজনৈতিক দলীয় কর্মীদের কথায় উঠা বসা করেছেন।

তাঁর আর একটা বিশেষ গুণ ছিলো যেটা আজকালকার রাজনীতিবিদদের মধ্যে একেবারেই নেই। কারো রাজনৈতিক বা দলীয় মতাদর্শ এ ব্যক্তির সঙ্গে তাঁর সম্পর্কের উপর কখনো কোন প্রভাব ফেলতে পারে নি। উনার ঘনিষ্ঠ বন্ধু-বান্ধবদের অধিকাংশই ছিলেন ভিন্ন রাজনৈতিক দলের। লন্ডনের আওয়ামী লীগের সব নেতারা এক বাক্যে স্বীকার করেন উনি কখনো তাঁদের সাথে মিলিত হতে আপত্তি করেন নি এবং হাই কমিশনের যেকোন রাষ্ট্রীয় অনুষ্ঠানে ভিন্ন দলের কর্মীদের আমন্ত্রণ জানাতে দ্বিধা করেন নি। অবশ্য এজন্য তাঁর নিজ দলের লোকেরা তাঁর নিন্দা করেছে। কিন্তু সেগুলোকে তিনি সবসময় আগ্রহ্য করেছেন।

আজকালকার রাজনীতিবিদদের মত প্রতিপত্তি দেখাবার জন্য উনি মস্তানদের সাহায্য নিতেন একথাটা উনার কোন শত্রুও বলতে পারবে না। উনার সঙ্গে আমার ছাব্বিশ বছরের সম্পৃক্ততা কালে আমি কখনো উনাকে কোন রাজনৈতিক মস্তানের সঙ্গে উঠাবসা করতে দেখি নি। আর তিনি কখনো তাঁর রাজনৈতিক ক্ষমতার অপব্যবহার দূরে থাকুক প্রাপ্য অধিকারও ব্যবহার ও করেন নি। এর একটা উদাহরণ দিতে পারি। ১৯৯১ সনে আমার শ্বাশুড়ির মৃত্যুর পর আমরা বাংলাদেশে গিয়েছিলাম। তখন ডঃ ইউসুফ বি এন পি র স্ট্যান্ডিং কমিটির একজন সিনিয়র সদস্য। দল এবং সরকারে তাঁর অগাধ ক্ষমতা। কিন্তু আমাদের কে বিদায় দিতে জিয়া বিমান বন্দরে এসে উনি কাঁচের দরজার বাইরে দাঁড়িয়ে ছিলেন। এমনকি চেক ইন কার্ডিস্টার পর্যন্ত আসেন নি। অথচ আজকাল দলের ছোটখাট কর্মীদের আত্মীয়রাও ভি আই পি লাউঞ্জ ছাড়া বিমানে উঠে না।

নিজের দায়িত্বের প্রতি উনি ভীষণ সচেতন ছিলেন। পর্যাটটি বয়সোর্থ কালেও তিনি বৃটেনের আনাচে কানাচে ঘুরে বেড়িয়েছেন বাঙ্গালীদের সঙ্গে মিলিত হতে। লন্ডনের বাংলাদেশ হাই কমিশন ভবনটির উন্নয়ন সাধনের জন্য উনি যথেষ্ট চেষ্টা করেছেন। তাঁর সময়েই পাসপোর্ট সেকশনের আমূল পরিবর্তন করা হয়েছে। হাই কমিশন ভবনে ঢুকার হলটার চেহারা বদলাবার জন্য উনি পররাষ্ট্র মন্ত্রণালয়ের কাছে লিখে ব্যর্থ হয়ে পরে অর্থ মন্ত্রী সাইফুর রহমানের উপর ব্যক্তিগত প্রভাব খাটিয়ে ওখানে মার্বেলের কাজ করিয়েছেন।

একজন দায়িত্বশীল ব্যক্তি হিসাবে উনার একটি গুণ ছিলো যেটা খুবই বিরল। সরকারী কোন গোপন কাজের কথা উনি কখনো পরিবারের সঙ্গে আলোচনা করতেন না। আমাদের মনে আছে ১৯৯৩ সনের দিকে হ্যাম্পস্ট্যাডে উনার সরকারী বাসভবনে ডঃ কামাল হোসেন, পররাষ্ট্র মন্ত্রণালয়ের একজন পদস্থ কর্মচারী এবং দুজন ইংরেজ ভদ্রলোকের মধ্যে দুদিনব্যাপী গোপন বৈঠক বসেছিলো। আমরা তখন ওই বাড়ীতেই ছিলাম। কিন্তু উনি আমাদেরকে ওই বিষয়ে কোন প্রসঙ্গ তোলার সুযোগই দেন নি। ২০০২ সনে উনার মৃত্যুর কিছুদিন আগে উনি যখন আমাদের বাসায় এসেছিলেন তখন প্রথমবারের মত উনি আমাদেরকে সেই মিটিং এর বিষয়বস্তু বলেছিলেন।

চট্টগ্রামের জন্য ডঃ ইউসুফের অবদান হয়ত অনেকের জানা নেই। চট্টগ্রাম লায়নস হোসপাতাল, চক্ষু হোসপাতাল, মা ও শিশু হোসপাতাল, চারুকলা ইনস্টিটিউট এই সব কয়টি প্রতিষ্ঠানের জন্মকালে উনি এগুলোর সঙ্গে সংশ্লিষ্ট ছিলেন এবং এগুলোকে দাঁড় করাবার জন্য অক্লান্ত পরিশ্রম করেছেন। বৃটেনের চট্টগ্রাম সমিতির প্রতিষ্ঠার পেছনে উনার অবদান কতটা ছিল আমার জানা নেই তবে এটা জানি এই প্রতিষ্ঠানটির জন্য ডঃ ইউসুফ হাই কমিশনার থাকা কালীন সময়ে এবং আর কিছু না হোক যত দিন হাই কমিশনার ছিলেন ততদিন এর সব সদস্যদেরকে একত্রে রাখতে উনি সক্ষম হয়ে ছিলেন।

একজন ব্যক্তি হিসাবে ডঃ ইউসুফ ছিলেন অত্যন্ত জ্ঞানী এবং সংস্কৃতমনা। ডাক্তারী তাঁর পেশা হলেও সাহিত্য, দর্শন এবং ইতিহাসের উপর ছিল তাঁর অগাধ জ্ঞান। পড়ালিখা ছিল উনার নেশা। আমি কখনো উনাকে বই না পড়ে ঘুমাতে যেতে দেখিনি। হাই কমিশনার থাকাকালে বাসা থেকে অফিসে যাওয়ার পথে গাড়ীতে বসে উনি টাইমস এবং গার্ডিয়ান এ দুটা পত্রিকা পড়ে শেষ করে ফেলতেন। রবীন্দ্রনাথ, নজরুলের অসংখ্য কবিতা উনার মুখস্থ ছিলো। আমার কাছে যেটা খুব বিস্ময়কর লাগতো যে জীবনের যেকোন পরিস্থিতির বিশ্লেষণের জন্য উনি সব সময় একটা কবিতা বা প্রবাদ ব্যবহার করে ঘটনাটাকে খুব সহজবোধ্য করে ফেলতে পারতেন।

পরিশেষে মানুষ হিসেবে ডঃ ইউসুফের কিছু গুণাবলীর উল্লেখ না করলে লেখাটা অসম্পূর্ণ রয়ে যাবে। তাঁর বাবা ডঃ ওমর ছিলেন চট্টগ্রামের প্রথম দুজন মুসলমান ডাক্তারের মধ্যে একজন। ১৯২৬ সনে ডঃ ওমর কোলকাতা মেডিকেল কলেজ থেকে এম, বি পাশ করেন। তাঁর শ্বশুড় জাস্টিস ইদ্রিস ছিলেন বাংলাদেশের প্রথম চিফ ইলেকশন কমিশনার। তিনি নিজে রয়েল কলেজ অব ফিজিসিয়ানের একজন ফেলো ছিলেন, লায়নস ইন্টারন্যাশনালের গভর্নর ছিলেন, অথচ ডঃ ইউসুফকে আমি কখনো বংশ মর্যাদা বা নিজের পদমর্যাদা নিয়ে অহমিকা করতে দেখি নি। বাড়ীর ড্রাইভার, দারোয়ান, বাবুর্চি এদের সঙ্গে তিনি কখনো তুই-তোকারী করে কথা বলতেন না। উনি একমাত্র বাঙালী যাকে আমি কখনো গাড়ীর পেছনের সীটে বসতে দেখিনি। উনি সব সময় ড্রাইভারের পাশের সীটে বসতেন। লন্ডনে উনার বাসায় যে কাজের লোকটা ছিল সে প্রথমে উনাকে স্যার বললেও উনার স্নেহময় ব্যবহারে কিছুদিনের মধ্যেই সে উনাকে 'আব্বা' বলে সম্বোধন করতে শুরু করে।

তাঁর আকস্মিক মৃত্যুতে তাঁর পরিবার এবং চট্টগ্রামবাসী সম্প্রতিকালের চট্টগ্রামের একজন বিদগ্ধ লোককে হারালো।

# *Impatiently waiting*

By: SYED TAMEEM SOBHANI

*Perhaps it is time, a time of tranquillity a time of enlightenment?  
Free from the burden of wisdom, free from the cautiousness of discovery and knowledge.*

*Patiently, a lonely raindrop trickle makes the first of its many life journeys.  
Patiently, a little boy keenly observes this life on his window,  
silently urging the raindrop on, to overcome its obstacles and labours.*

*Patiently, he watches countless lives through his untarnished windows of life.  
Patiently, he watches...*

*Perhaps it is time, a time of tranquillity a time of enlightenment?  
Weighted by knowledge, weighted with shortsighted insight and a fool's wisdom.*

*Patiently, a loving mother offers guidance to a youthful and opinionated mind.  
Patiently, a loving father offers submission and passage,  
praying that his son will take the time to patiently perceive what his eyes can no longer see  
Patiently, they offer love and sight to their blind and healthy youth.  
Patiently, they watch and wait...*

*Perhaps it is time, a time of tranquillity a time of enlightenment?  
Free from the impelling desire of enlightenment that once plagued a youth.*

*Patiently, a lonely traveller approaches the end of his journey.  
Patiently, he sits to wait, perhaps for purpose, perhaps to ask for direction.  
Patiently, he waits and wonders whether he has come to the end of his destination  
or the beginning of a new journey.  
Patiently, he waits and wonders...*

*Perhaps now is the time, a time of tranquillity a time of enlightenment?  
Free from youthful arrogance and pride,  
ready to ask for direction and come to peace..*

# Dear world

By: INSHARUH OKKOR- 7 yrs

*I like all your beautiful flowers, grasses, leaves, trees to forests,  
Insects, birds, sea mammals and animals,  
Lovely rivers, seas and blue oceans wave too.  
Sun, moon, sky to earth and wind breeze.  
To learn basic things oh dear world, you gave us fantastic books and equipments.  
With perfect food, drinks, fruits to live,  
And marvelous things you gave us for everyday life.  
Full of brain to make bike, train to spaceship.  
With excellent objects we can stored all the information into microchips.  
I like god who gave us this wonderful world,  
My mother and father to create me.  
Teacher, teach us religion, good manners and good conduct towards others.*

*I don't like bad traffic, people driving their car all the time for the gas.  
I don't like bad sewerage, drain and polluted river, it's disgusting!  
I don't like rubbish on our floors and dumping yard, bad words, and bad habit in the earth.*

*Oh, dear world, this is nothing to do with children.  
They had committed no crime, or capable of doing such things.  
War or fighting, death in battle,  
Unhappy, heart ached with sorrow, eyes fill with tears.  
Remember, children are always innocent.*

*Dear World* - gained first place in High field Primary's Literacy Competition for Science and DT week July 2004, Well done Insharuah Okkor !

## The Night Will Never Stay

The night will never stay,  
the night will still go by.  
Though with a million stars  
you pin it to the sky;

Though you bind it with the blowing wind  
and buckle it with the moon.  
The night will still slip away,  
like sorrow or a tune.

By: TERISA CHOUDHURY - 10 yrs

## Tigers earn their stripes



Bangladesh pulled off a huge shock by completing a stunning five-wicket victory over world champions Australia in Cardiff Saturday, 18 June, 2005

### Bravo Bangladesh !

sources from BBC-UK  
edited by :Sadia Jafreen  
Editor CSUK

### BANGLADESH

By: TAHSEER KHAN

The lush green scenery, the culture filled streets,  
The man playing tabla, the woman singing to the beats.  
The fresh tasty crops, the largest fish you'll see,  
All these things make Bangladesh the best place to be.

The women work endlessly, collecting poor crops in the field,  
Hoping that Allah may one day bless them with a larger yield  
So they may feed their children-, who have little time that remains,  
This is the poverty that Bangladesh contains.

Bangladesh is our home, and Allah has indeed made it beautiful,  
He has made our women fair and pretty, our men- handsome and tall.  
But we fail to help each other, and that is our biggest fault,  
That is the main cause that has brought our country's happiness to a halt.

We live our lives, without a care in our mind,  
And yet our own brothers and sisters eat whatever they may find.  
So the next time, you needlessly complain- think about what you do,  
Because there are still hundreds of brothers and sisters,  
who aren't as lucky as you !

# Test Your General knowledge

By: A F M NASIR UDDIN

Do not under estimate your knowledge. You have not only knowledge of funds but also a fund of knowledge. You could very well play the game "Who wants to be a millionaire?" So you are potentially a millionaire or indeed a billionaire. You could very well be the "Brain of Chattagram" as well. Now test your knowledge by answering the questions below.

1. How high is the London Eye? How many capsules are there? How many people can go into a capsule at a time? What is the other name of London Eye? Who sponsored it?
2. Who was Abraham Lincoln? Where in London can you see his statue?
3. When and where were the first modern Olympic Games held? When and where were the 28th Olympic Games held? How many medals were won by Great Britain in these games?
4. What is the corporate logo of Biman, the Bangladesh Airlines?
5. What are the rivers of Chattagram? In one unique manner they differ from the other rivers of the country? What is this unique difference?
6. In which country and in which part of that country is there a place called "Kuakata"? What is its importance? What is its literal meaning?
7. Fill in the Gap. A man is never a \_\_\_\_\_ to his wife.
8. There are two tragedies in a person's life. One is not to get one's heart's desire. What is the other one?
9. All Conservative leaders in the 20th century became British Prime Ministers except two. Who were these two?
10. The country names Greece and Switzerland are English names. What are their local names?
11. Name a word, which describes both a fruit and an empress.
12. Mile End is said to be a very convenient underground station to live near to. Why?
13. Will the years 2016, 2050 and 2100 be leap years? If yes, why? If not, why not?
14. When, where and why was the first Carnival held. When was the First Notting Hill Gate Carnival held?
15. Reportedly in Bangladesh politicians buy a lot of oil before an election and again a lot of soap after it, if they win. Why?

Please send your answers to the Editor by 12 August 2005.

Chattagram Samity- Uk, 183, Garratt Lane, London SW18 4DP  
or email: editor@chattagramsamity.co.uk

Winners name will be announced in the Samity website [www.chattagramsamity.co.uk](http://www.chattagramsamity.co.uk)  
**WATCH OUT FOR IT !**

Winner will be awarded a prize money of £15-00 those who correctly answer all the questions.  
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