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Myanmar, Narco-terrorism, Rohingya, and the World

Prime Minister Sheikh Hasina at the 77th UNGA: Calling for a holistic approach for world peace and prosperity

SAFF Women's Championship 2022: A thunder of change against an enduring silence

Bangladesh & Saudi Arabia: Quest for enhanced friendship!



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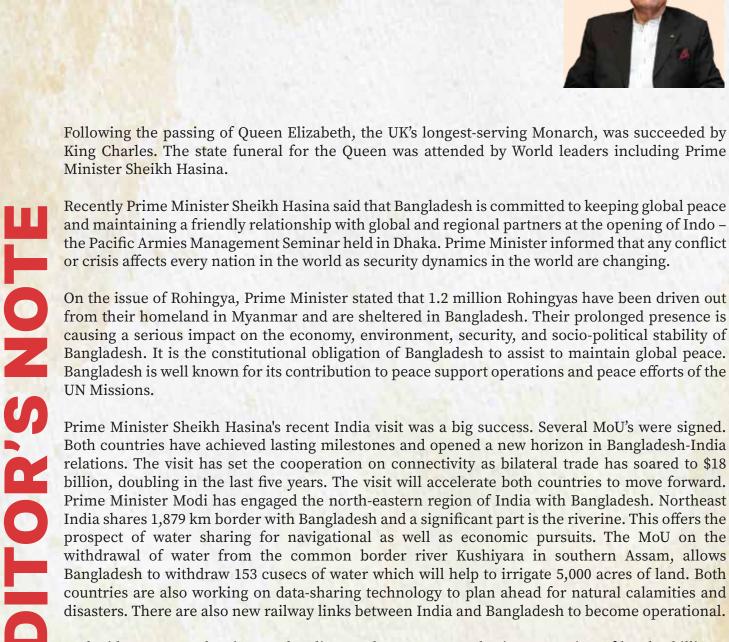


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King Charles. The state funeral for the Queen was attended by World leaders including Prime

On the issue of Rohingya, Prime Minister stated that 1.2 million Rohingyas have been driven out from their homeland in Myanmar and are sheltered in Bangladesh. Their prolonged presence is causing a serious impact on the economy, environment, security, and socio-political stability of Bangladesh. It is the constitutional obligation of Bangladesh to assist to maintain global peace. Bangladesh is well known for its contribution to peace support operations and peace efforts of the UN Missions.

Prime Minister Sheikh Hasina's recent India visit was a big success. Several MoU's were signed. Both countries have achieved lasting milestones and opened a new horizon in Bangladesh-India relations. The visit has set the cooperation on connectivity as bilateral trade has soared to \$18 billion, doubling in the last five years. The visit will accelerate both countries to move forward. Prime Minister Modi has engaged the north-eastern region of India with Bangladesh. Northeast India shares 1,879 km border with Bangladesh and a significant part is the riverine. This offers the prospect of water sharing for navigational as well as economic pursuits. The MoU on the withdrawal of water from the common border river Kushiyara in southern Assam, allows Bangladesh to withdraw 153 cusecs of water which will help to irrigate 5,000 acres of land. Both countries are also working on data-sharing technology to plan ahead for natural calamities and disasters. There are also new railway links between India and Bangladesh to become operational.

Both sides among other issues also discussed Teesta water sharing, cessation of border killings, Trade expansion, and repatriation of Rohingyas.

Diplomats opine that improved connectivity not only enhances economic prospects but also builds a better relationship between peoples of two friendly countries.

> **Shahed Akhtar** Ambassador & Fmr. Secretary, GoB and Editor, Diplomats Publication





he consumption of illicit synthetic drugs, particularly Yaba, in Bangladesh has lately become a menace and a worrying factor. But Bangladesh is not a producer of such drugs. Instead, it is Myanmar that produces and profits from the sale of illicit drugs or what could be referred to as narco-terrorism, and this needs global attention. Historically, Myanmar has always been a significant producer of opium. In June 2019, UNODC provided data on opium cultivation in

Myanmar, which saw a declining trend. This is because there has been constant pressure over the years on Myanmar to cut down on opium cultivation. However, the decline in opium cultivation in Myanmar resulted in a situation where the drug lords, albeit with the connivance of the Myanmar military, shifted their illicit narco production from natural to synthetic drugs (Figure 1). This is how Yaba, the synthetic drug, became prominent and captured the lucrative illegal business!

Yaba is a Thai word for 'crazy medicine.' People also use different names, like 'crazy pill,' 'madness medicine,' and some in Bangladesh call it 'Baba.' The manufacturing and use of synthetic drug go back to the Nazis. Yaba is a mix of methamphetamine and caffeine found in the form of colourful candy-like tablets. It has attracted a lot of young people. But if you look at the production data, the bulk of the Yaba laboratories are located in Myanmar.

As a producer and distributor of illicit drugs, it is not difficult to see the complicity of the state of Myanmar. The bulk of the production takes place in Myanmar's Shan state. Looking at the output, one can easily see its enormity. A few months back, Reuters published a report where it revealed that the authorities in Laos, Thailand, and Myanmar seized 90 million methamphetamine tablets and 4.4 tons of crystal methamphetamine in January 2022 alone, which gives us a

Opium Production in Myanmar

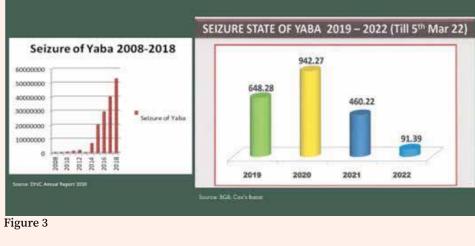
- According to latest data from the United Nations Office on Drugs and Crime (UNODC), an estimated 405 metric tons of opium were produced in Myanmar in 2020, representing less than half of the estimate of 2013 which was 870 mt, while the area of opium poppy cultivation declined by 11 per cent from 33,100 in 2019 to 29,500 hectares.
- In terms of opium production, Myanmar is the world's largest cultivator of poppies (base ingredient for heroin). But according to an UNODC study, during the lockdown period in 2020, the poppy production has dropped drastically down to 11 to 12 per cent in comparison to the previous year. However, at the same time, the drug lords and syndicates shifted their focus on the synthetic drug trade accruing to its rising demands in this region.



Figure 1

sense of the size of the trade. More than 70 percent of seizures of Yaba occurred in the Cox's Bazar district, mainly because of its geographical location as it shares a critical border with Myanmar. Not surprisingly, there are indications that the Myanmar military profits from Yaba production and its distribution around the world, including in Bangladesh.

Myanmar is one of the largest producers of synthetic drugs in the world. From the Shan state, the manufactured drug gets transported to Yangon, and from there, through Sittwe, Maungdaw, it reaches Cox's Bazar and the rest of Bangladesh. Earlier, the drug lords transported most of it through the land. But now, with the land border sealed, the illicit drugs get transported through the Bay of Bengal into Bangladesh (Figure 2). The complex route also tells us how the Myanmar military profits from it. One may point out here that the emergence of the maritime drug route made Bangladesh shift some of the Rohingya refugees to the Bhasan Char. This is because the coastal lines had to be protected as coastal guards could not secure them because of refugee



settlements. There were some leakages where the narco trade could easily continue from those areas.

Figure 3 highlights the confiscation of Yaba from 2008 to 2022. One can see that the seizure of Yaba went up sharply following the Rohingya exodus in 2017 and peaked in 2020. However, since 2021, mainly due to the efforts of Bangladesh Border Guards and other security agencies, there has been a steady decline in the seizure of Yaba. This gives the impression that the flow of Yaba is on the decline. This, however, is very deceptive because, as Figure 4 shows, there has been a steep rise in the seizure of crystal meth ice, which is nothing but concentrated Yaba

and is undoubtedly more profitable when the drug dealers make successful transportation of it. According to Dhaka Metropolitan Police, Bangladeshis consume 70 lakh pieces of Yaba per day. In Dhaka alone, 15 lakh pieces of Yaba are sold per day. The retail price of Yaba per piece is Taka 300, which makes everyday spending on Yaba in Bangladesh as high as Taka 210 crore. The manufacturing and smuggling of crystal meth ice or concentrated Yaba have expanded the narco market. It is easier now to reach the consumers spread throughout Bangladesh.

Where do the Rohingyas fit into all this? The Rohingyas are not consumers of Yaba; they are the middle person selling Yaba. And there are a couple of reasons for that. Firstly, the Rohingyas are familiar with the other side of the border, namely Myanmar, which makes it easier for them to transport the drug. Secondly, Rohingya camps work as an ideal storing place for Yaba consignments as the houses look identical to each other, making it difficult for the law enforcement agencies to trace, recover or seize them unless they have specific information. The



Figure 2, Source: The ASEAN Post

smugglers visit Rohingya refugees deep within the camps and pass on the drug consignments to them, mainly for safekeeping. Some of the Rohingyas who are allowed to go out of the refugee camps also use the opportunity to engage with locals in drug dealing. There is big money for the Rohingyas for

20,000 to 50,000 for keeping Yaba consignments for one night. Indeed, if that is the amount of money one can get just for safekeeping, it is pretty worthwhile to take the risk, and that is what is happening. However, the drug money is not without risk, and often the peddlers face deadly

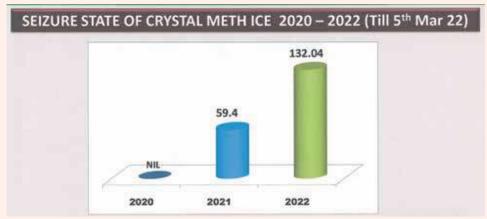


Figure 4, Source: BGB, Cox's Bazar

both safekeeping and peddling. One may point out that in just one year of the Rohingyas' exodus into Bangladesh in 2018, Bangladesh's security forces seized an astonishing amount of Yaba pills, as many as 10 million, in Cox's Bazar alone!

There is a critical link between the Rohingyas and the drug peddlers. Many Rohingya men, especially those fluent in Bengali, cross the border from the southern sub-district of Teknaf to Myanmar on foot or by motorcycle and return with the drugs and supply them to the Bangladeshi peddlers. One of the main reasons for Rohingya involvement in this trade is that it is a lucrative venture. particularly in the backdrop of being without work. According to a report published in The Business Standard, an average household in the Rohingya camps gets paid about Taka

consequences. As indicated before, the Rohingyas are not consumers of Yaba; one hardly finds a severe addict among the Rohingyas. But then, the Rohingyas became involved in narco-terrorism because of the opportunity to earn quick money, which shot up drug-related incidents in Bangladesh, particularly in the Cox's Bazar area.

Figure 5 briefly overviews the number of drug-related

incidents in Bangladesh from 2013-2021. But then, the difference in numbers becomes apparent if we look at the quarterly trend of violent incidents, categorized as preand post-Rohingya exodus (Figure 6). In 2013, the number of incidents was meagre, but it gradually increased and peaked in the post-Rohingva exodus period.

Moreover, if we focus on the number of drug-related death and injury, one can notice similar trends (Figure 7 and 8). In 2013, deaths and injuries were very low compared to 2018-2019, when Bangladesh had the bulk of the Rohingya refugees residing in the Cox's Bazar area. If we look at the drug-related injury and death in the top 10 districts of Bangladesh, Cox's Bazar alone has 241 deaths, which is more than 5 or 6 districts combined (Figure 9).

The data on the drug-related incidents otherwise tells us why Cox's Bazar has been transformed after the Rohingya exodus. Incidentally, the 2018-2019 period also increased the extrajudicial killings in Cox's Bazar area. Since the drug dealers are mostly armed, it is

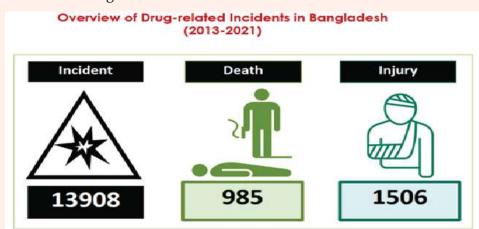


Figure 5, Source: BPO

Quarterly Trend of the Drug-related incident (Pre & Post Rohingya Exodus)

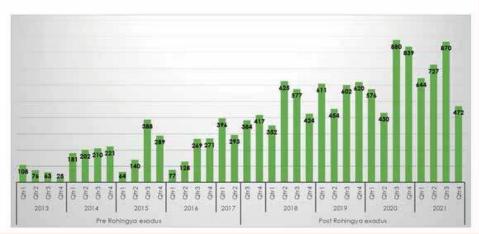


Figure 6, Source: BPO

more likely that the judicial process was compromised. The security forces probably took instant measures to enforce the zero-tolerance policy of the Government of Bangladesh against illicit drugs, if not out of fear for their own lives. This brings us to the issue of illicit weapons.

The confluence between illicit drugs and illicit weapons is well established. After all, drug lords and peddlers need weapons to protect their products and their earnings. Any 'safekeeping' too would require weapons for protection. This becomes clear from the data on the types of firearms used in drug-related incidents in Cox's Bazar (Figure 10). The drug peddlers used 'small arms' in 80 percent of the cases. 'Sharp weapons' come next, only 6 percent. Other weapons used remain insignificant. More interestingly, no instances of any use of 'improvised explosive devices,' which is also an indicator that 'small arms' are readily available. This is potentially dangerous, for it can go beyond the lucrative business of drugs.

Several years back in 2015, the UNDP requested me to identify the root causes of radicalization and violent extremism in the Maldives. There was a good reason why the UNDP was eager to carry out such a study on the island-state. In terms of population ratio, the Maldivians were second after Tunisia, who joined al Qaeda and ISIS. UNDP wanted to know why so many Maldivians got recruited into the global violent extremist outfits. Interestingly, after collecting life stories or micro-narratives of the people on the island from different walks of life, we found that most of the violent extremists

now in prison or on bail or freed after incarceration were mainly former drug addicts. One could only guess that a drug addict on the grounds of spiritual salvation or a promise for heavenly life becomes easy prey to the recruiters of violent extremism! In this context, one can hardly ignore the confluence between illicit drugs, weapons, and violent extremism. This is an issue that merits global attention and collaborative action.

Money laundering is the second issue that merits global attention and collaborative action. The Rohingva drug dealers cannot deposit the ill-gotten income in local banks or invest in licit businesses. They have to launder the money abroad, mainly to developed countries, for safe investment and good life. The drug money is also used for the so-called "boat people" or human trafficking by sea. Often a family member or relative living abroad becomes the contact through which the money is laundered. The destinations include Canada, Australia, the US, the UK, and some other

Consequences of the Drug-related incident (Yearly Trend)

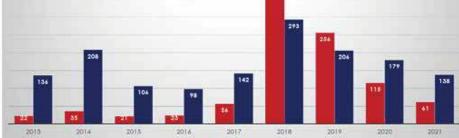


Figure 7, Source: BPO

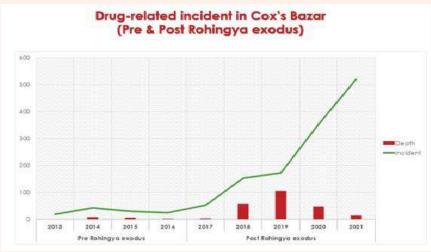


Figure 8, Source: BPO

Top Ten District in terms of Death (Drug-related)

Rank	District	Inc ide nt	Death
1	Cox's Bazar	1366	241
2	Dhaka	1394	84
3	Mymensingh	184	50
4	Cumilla	334	45
5	Chattogram	1600	43
6	Jashore	288	41
7	Narayanganj	425	32
8	Gazipur	239	31
9	Kushtia	76	30
10	Rajshahi	510	28

Figure 9, Source: BPO

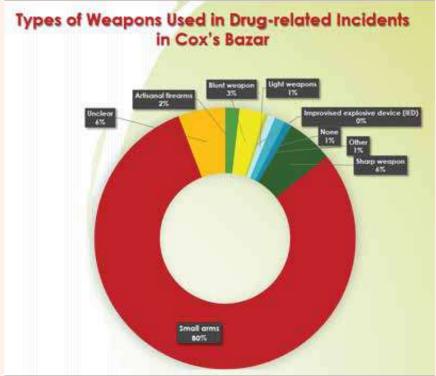


Figure 10, Source: BPO

European countries, including some east Asian and middle eastern countries. It is not difficult to see that unless the international community wakes up and recognises the two-way confluence of money laundering, focusing on both the sending and receiving countries, it too becomes complicit in narco-terrorism and money laundering!

What is to be done then? The international community should put sanctions on Myanmar for producing and profiting from illicit drugs. There are already legal processes for putting sanctions; for example, the INCB or International Narcotics Control Board can name and shame Myanmar and even recommend that member countries put sanctions on Myanmar. Other countries can also activate their respective anti-narco trafficking laws. The US, for example, has well-codified policies for sanctioning illicit drug-producing and drug-trafficking countries, and there are instances of the US using such rules and putting sanctions on individuals and entities. The time has come for the international community to probe into the confluence between drugs, illicit weapons, and violent extremism and pressurize Myanmar to end the production and distribution of illegal drugs.

Dr. Imtiaz Ahmed

Professor of International Relations & Director, Centre for Genocide Studies, The University of Dhaka















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PRIME MINISTER SHEIKH HASINA AT THE 77TH UNGA: CALLING FOR A HOLISTIC APPROACH FOR WORLD PEACE AND PROSPERITY

-Dr. Mohammed Faruque

T N General Assembly session, which ran from September 13 to September 27, 2022, in order to launch a repatriation initiative for the Rohingya refugees living in Bangladesh. On Friday, September 23, she appealed once more to the United Nations and world leaders for assistance in finding a lasting solution to the Rohingya issue through their safe, sustainable, and respectful return to Myanmar's Rakhine state. Sheikh Hasina also emphasized the significance of dialogue in resolving conflicts and crises, pleading with the international community to put an end to the

weapons race, war, and sanctions in order to create a world of peace.

The first in-person meeting of the head of states and government from 193 Member States since the Covid-19 pandemic's outbreak, the 77th session of the UNGA took place from September 13 to 27 at the UN Headquarters in New York. This meeting occurred at a time when multiple crises are simultaneously affecting different parts of the world: food insecurity is growing, humanitarian needs are intensifying, climate targets are

still mostly unmet, and inequality is getting worse. In order to discuss and debate how they can work together to solve the common problems of the present time-and create a more sustainable, more just future for all-the world leaders have exchanged statements in person in the General Assembly Hall on the theme "A watershed moment: transformative solutions to interlocking challenges".

Sheikh Hasina's speech at the 77th session of the UNGA significantly addressed peace and stability, climate change, food insecurity, the Covid-19



Honb'le Prime Minister Sheikh Hasina in the UNGA

pandemic, Palestine, and migration difficulties, among other topics affecting the global as well as Bangladeshi perspectives. Sheikh Hasina claimed that the Russia-Ukraine conflict has thrown the entire world into uncertainty as it starts to recover from the terrible consequences of the coronavirus pandemic over the previous two and a half years. She noted that the Sustainable Development Goals (SDGs) will now provide even greater hurdles to nations that are currently in precarious positions and require assistance to accomplish them. She even called for the immediate attention of the UN and the world community for the prompt repatriation initiative for the Rohingya refugees in Bangladesh.

The PM said in her speech, "Last month we witnessed the five years of the 2017 mass exodus of the Rohingyas to Bangladesh from their home country. Not a single Rohingya was repatriated to their

ancestral home Myanmar, despite our bilateral engagements with Myanmar, discussions with partners in trilateral format and engagements with the UN and other partners to assist Myanmar to create necessary conditions for safe and dignified repatriation." She urged the UN president to solve this crucial humanitarian issue as soon as possible and added that, the "Prolonged presence of the Rohingyas in Bangladesh has

caused serious ramifications on the economy, environment, security, and socio-political stability in Bangladesh. Uncertainty over repatriation has led to widespread frustration. Cross border organized crimes including human and drug trafficking are on the rise."

She mentioned her concern regarding the prolonging of the repatriation issue and said that, "The ongoing political turmoil and armed conflicts in the country have made the repatriation of the displaced Rohingyas more difficult. I hope the United Nations will play an effective role in this regard." "Not a single Rohingya was repatriated to their ancestral home Myanmar, despite our bilateral engagements with Myanmar, discussions with partners in trilateral format and engagements with the UN and other partners to assist Myanmar to create necessary conditions for safe and dignified repatriation," she said with great concern. To ensure a permanent solution to the Rohingya issue,



Bangladesh prime minister Sheikh Hasina attends a high-level Policy Roundtable organised by the US-Bangladesh Business Council



Honb'le Prime Minister Sheikh Hasina visited the Photo exevision

she said "I shall now seek your attention to the forcibly displaced Rohingya peoples from Myanmar."

We share one planet, and we owe it to our future generations to leave it in a better state, Sheikh Hasina remarked, expressing her desire to see a peaceful world with improved collaboration and solidarity, shared prosperity, and joint efforts. She pleaded with the global community, "Stop the arms race, violence, and sanctions. Ensure food and children's safety. Build peace." She even pleaded with the international community for an immediate and peaceful resolution to the Russia-Ukraine conflict. She pointed out that by using sanctions and counter-sanctions to punish one country, the entire world-including women and children—is also being punished. "Its impact is not limited to a country, rather puts the lives and livelihoods of the people at greater risk, infringe their human rights; people are deprived of food, shelter, healthcare, and education," she said, adding, "Children suffer the most in particular. Their future is lost in darkness."

Prime Minister Sheikh Hasina also commemorates the maiden speech of Bangladesh's Father of the Nation, Bangabandhu Sheikh Mujibur Rahman at the UN. While quoting specific parts of his speech regarding world peace, she said, "This statement of Bangabandhu Sheikh Mujib is still equally relevant in the present global context. Bangabandhu believed that peace is the embodiment of the aspirations of all men and women in the world." She even reiterated her support for the people of Palestine and their fight for freedom for an independent nation by saying that, "We will continue to extend our support to the occupied Palestinian people. I reiterate

Bangladesh's unequivocal support for the two-state solution based on pre-1967 borders and the establishment of a Palestinian state with East Jerusalem as its capital."

She emphasized on food insecurity, energy, and economic crisis that need to be dealt as a priority basis as these are intertwined with the basic needs of people around the world and if they are not solved immediately, the humanitarian crisis will worsen. She said, "Today we've reached a critical time when mutual solidarity must be shown more than at any time in the past. We need to prove that in times of crisis, the UN is the cornerstone of the multilateral system," She then added, "Therefore, in order to gain the trust and confidence of the people at all levels, the UN must lead from the front and work to fulfill the expectations of all." In this context, she mentioned about the Global Crisis Response Group (GCRC) and said "as a champion of this group, I am working with other world leaders to determine a global solution commensurate with the gravity and depth of the current situation".



Honb'le Prime Minister Sheikh Hasina addressing the UNGA Committee

The prime minister of Bangladesh claimed that as the current chair of the **UN** Peacebuilding Commission, her nation is contributing by setting up a forum for multi-stakeholder interactions in support of the nations who are experiencing armed conflict. She said: "Bangladesh has repeatedly proved its commitment to UN

peacekeeping operations as the leading troop and police contributing country, currently being the largest. This is a reflection of our peace-centric foreign policy. She stated that peacekeepers "help maintain peace, promote the strengthening of national and local institutions' capacity, protect civilians from violence, empower women and other vulnerable people, and build a sustainable society." The prime minister added that Bangladesh has ratified the historic Treaty on the Prohibition of Nuclear Weapons in 2019 because Bangladesh is totally committed to complete disarmament, including the non-proliferation of nuclear weapons. She continued, "We have constantly



Prime Minister Sheikh Hasina along with US President Joe Biden and First Lady Jill Biden

carried out our obligation to peacekeeping operations.

She claimed that Bangladesh is currently one of the world's five economies with the quickest growth rates. In the last ten years, Bangladesh has decreased its poverty rate from 31.5 to 20.5 percent. "In barely a decade, our per-capita income tripled to US\$ 2,824. Bangladesh's economy grew by 6.94 percent in the fiscal year 2020-21 despite the pandemic." "Bangladesh will move up from the level of LDC to that of a developing nation in 2026. By 2041, we want Bangladesh to be a developed knowledge-based nation, and by 2100, we want to have built a thriving, climate-resilient delta." She said that, "Our maternal death rate has dropped to 173 per 100,000 live births, and our infant mortality rate has dropped to 21 per thousand. Our population today has a life expectancy of almost 73 years on average. To safeguard the social and financial security of aged and disabled people, third-gendered people, and other marginalized

groups, the existing social safety net's coverage has been widened." "Currently, the social safety net provides direct assistance to around 10.7 million people. Our road communication system has gained "Padma Multi-Bridge," a self-funded asset. It would improve interregional connections and boost local and international trade in Bangladesh. The national income will increase by at least 1.23 percent as a result of this." She added. But if the world economy collapses due to the growing tendency of war and conflict, many growing countries like Bangladesh and their hard earned growth and prosperity will be ruined overnight.

> Dr. Mohammed Faruque CEO & Chairman, Orchard Group & Advisor, Diplomats Publication





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SAFF WOMEN'S CHAMPIONSHIP 2022: A THUNDER OF CHANGE AGAINST AN **ENDURING SILENCE**

-Juneda Begum

t the Dasharath Stadium in A Kathmandu, the crowd exploded with joy when Bangladesh won the SAFF Women's Championship for the first time, making history in the process. With their first championship, the Bengal Tigresses became recognized as a national leader in women's football. Due to her eight goals in five games, their skipper Sabina Khatun received both the Most Valuable Award and the Golden Boot. On September 19, they defeated Nepal 3-1 to win the SAFF Women's Championship. They have won nearly every age-group regional trophy since they started their illustrious journey in 2015 with a victory in the AFC U-14 Regional Football Championship, including the

U-18 SAFF Championship title in 2018 and the U-19 SAFF Championship trophy in 2017.

On September 21, at around 1:40 p.m., the women's football team arrived at Hazrat Shahjalal International Airport. State Minister for Youth and Sports Zahid Ahsan Russell met the team there and a cake was cut to commemorate the team's success. Around 3:40 pm, the SAFF winning team began their victory parade toward the Bangladesh Football Federation (BFF) building on an open-top bus. They traveled from the airport across Kakali-Banani and passed in front of the Prime Minister's Office's Jahangir Gate. The procession will next travel to Kakrail via the Tejgaon

Flyover. The fleet included a few band party cars, and the open-top bus also features a sound system. Under police protection, the motorcade traveled to its destination.

The women's football squad from Bangladesh had nothing to lose because their only asset was tenacity. Because of this, they were not influenced by endorsements, fads, or the need to blend in. Not in a culture where a woman can be attacked for wearing a long dress. Whatever their goal was, they simply carried it out and used any methods necessary to do so. And for that reason, a lot of us can empathize with how difficult it was for them to prevail. Therefore, when they succeed,



Bangladesh women's team players celebrate after scoring their third goal against Nepal in the final of the SAFF Women's Championship at the Dasarath Rangasala Stadium in Kathmandu, Nepal on 19 September

we recognize their efforts by celebrating in their place. Our golden girls and the entire squad received numerous compliments and awards after winning the championship. While their victory has earned them numerous praises and accolades, soon came up the very fact of the difference in remuneration and winning bonus than the mens' team of football or cricket.

The fact that women's football and cricket teams receive less attention and funding than men's teams, despite consistently outperforming them, is a source

of immense national humiliation. A female football player in the A class often makes Tk 10,000, a player in the B class Tk 8,000, and a player in the C class Tk 6,000. Male footballers are content to play club football, where the top players can make up to Tk 50-80 lakh, as opposed to the top female players, who can make up to Tk 5-10 lakh. Women's football is still not a financially viable career option for the majority of women and girls who pursue it because neither teams nor sponsors are interested in it.



Bangladesh players celebrate after defeating Bhutan in the semi-finals of the SAFF Women's Championship at the Rangasala Stadium in Kathmandu, Nepal

What is most alarming is that, despite the women's team's recent success, we haven't done much to alter women's football's structural foundation, which means that this winning streak will ultimately end. We require long-term planning, a solid organizational structure to back the group, and first-rate training facilities to enable them to reach new heights. In order to develop fresh potential and provide the already-existing talent a chance to sharpen their talents while also making a living, we need to promote the Women's Football League and hold more age-group competitions throughout the year.

Now that the women's football team has won the SAFF champions trophy, some concerned individuals are wondering why the women's football or cricket teams receive so less rewards and facilities compared to their male counterparts while consistently outperforming them. This question has a plethora of possible answers. Some claim that women's teams perform less better than men's teams (though the present reality should suffice to disprove this argument). Others contend that because women's sports do not draw nearly as many viewers as do men's sports, they are unable to secure sufficient sponsorships. Many also point out how organizations like the BCB and the Bangladesh Football Federation (BFF) discriminate against female athletes by ignoring them in favor of male ones.

The people in charge of sports in Bangladesh esteem women less than males, which is inhumane



Saff Women's Championship 2022

and unprofessional, exactly like the society they have left behind. And in order to address and treat this normalized misogyny, we need to capitalize on the momentum created by the victory of the Bangladesh women's football team. Our female players have historically experienced neglect in many other ways in addition to financial ones. They never receive training on the same level as that given to their male counterparts. Women athletes are denied even the most basic

necessities like respect and access to respectable transportation and clothing.

Golam Rabbani Choton, the ever-resolute coach of the Bangladesh squad, discussed with the media after Monday's victory how his own colleagues would degrade him by calling him a "mohila coach," as if that were a pejorative term. Suinu Pru Marma, a former national striker, explained to The Daily Star how this win masked many stories of hardship and

Bangladesh supporters cheer for their team during the SAFF Women's Championship final match against Nepal at Dasharath Stadium in Kathmandu

suffering. The current team's players "did not have enough to buy the bus journey to Dhaka," according to several of them. Additionally, "some even found it difficult to obtain one meal a day." The standard of life that should be provided to a winning national team should not be thus low, despite the fact that we may be prone to romanticizing such challenges in order to highlight the Bangladeshi women's victory.

Although some would say these are nothing but conspiracy theories and male football and/or cricket teams had been given years of glory and honor, still there are some crucial concerns that are needed serious attention, and even probably needed a revised resolution of equality and equity. Still, there are some broad-hearted peoples and organizations that have been supporting them both morally and financially since the beginning of their journey. One of the prominent such entities is the Dhaka Bank, which had been sponsoring them despite all odds and criticism since 2018. Dhaka Bank Limited signed a six-year contract with the Bangladesh Football Federation in a bid to support the development of women's football in the country. They had been providing financial assistance for participation in international tournaments along with providing the salaries of female booters who will be staying at BFF's residential camp.

But still, there are some rays of hope slowly thinning the cloud of deprivation and disparity. The Bangamata U-19 Women's Gold Cup is the youth under 19 Women's national football teams



Bangladesh women's national team coming back home

competition in Bangladesh which is run under the Bangladesh Football Federation. Since its journey from 2019, the main goal of the tournament is to develop and grow women's national team and age level teams' skill. Which literally paid off well as many of this SAFF-winning team had come from the Bangamata U-19 Women's Gold Cup. Although the Bangamata Sheikh Fazilatunnesa Mujib Gold Cup Football Tournament is an admirable

project, more funding at the municipal and district levels is required to entice young ladies to the game and develop their skills. Most significantly, we must alter the negative perceptions we have of women and girls, which prevent them from reaching their full potential.

The women's football squad from Bangladesh had nothing to lose because their only asset was tenacity. Because of this,

they were not influenced by endorsements, fads, or the need to blend in. Not in a culture where a woman can be attacked for wearing a long dress. Whatever their goal was, they simply carried it out and used any methods necessary to do so. And for that reason, a lot of us can empathize with how difficult it was for them to prevail. Therefore, when they succeed, we recognize their efforts by celebrating in their place.

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Diplomats Flash Corner

AMBASSADOR THE HOLY SEE-VATICAN PAID A FAREWELL CALL TO PRESIDENT **AND PRIME MINISTER**



H. E. Archbishop George Kocherry, Papal Nuncio, (Ambassador of the Holy See-Vatican), and Dean of the Diplomatic Corps paid a farewell call on Hon'ble President Md. Abdul Hamid at Bangabhaban 03 on September 2022.



He also paid a farewell call on the Hon'ble Prime Minister Sheikh Hasina at Ganabhaban on the same day.

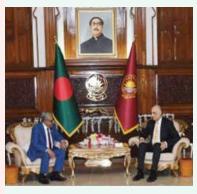
Mr. Faiyaz Murshid Kazi, Director General (West Europe and EU), Ministry of Foreign Affairs, was present during the meetings.

UN ENVOY PAID A COURTESY CALL TO HPM



The Honorable Prime Minister Sheikh Hasina and US Ambassador to Bangladesh H.E. Peter Haas discussed Bangladesh's successes and U.S. strong bilateral partnership over the past 50 years. H.E. Peter Haas said we set the stage for our nations' next 50 years of ties. He also mentioned I'm excited about the possibilities for collaboration on the economy, development, public health, security, and climate change."

PRESIDENT RECEIVES CREDENTIALS OF **NEW BRAZIL ENVOY**



The newly appointed Ambassador of Brazil in Dhaka, H. E. Mr. Paulo Fernando Dias Feres presented his credentials to Md. Abdul Hamid. Honorable President of the People's Republic of Bangladesh at

Bangabhaban, on August 29, 2022. When the new ambassador arrived at Bangabhaban, a smart team of the Presidential Guard Regiment gave him a guard of honor.

BANGABANDHU CORNER AT UTB VISITED BY FOREIGN SECRETARY



Foreign Secretary (Senior Secretary) Ambassador Masud Bin Momen visited Bangabandhu the Bangladesh Corner established at University of Technology Brunei and gifted two books to the Corner as

well. Foreign Secretary interacted with the University authorities and exchanged views on potential collaborations.

KUWAIT AND NEPAL AMBASSADORS PRESENTED THEIR CREDENTIALS TO PRESIDENT



The newly appointed Ambassador of Kuwait to Bangladesh Faisal Mutlag Aladwani and Ambassador of Nepal Ghanshyam Bhandari today presented their credentials to President Md Abdul Hamid at Bangabhaban. When the new ambassadors arrived at Bangabhaban in the afternoon, a sharp contingent of the

Presidential Guard Regiment gave them a guard of honor. First, the new Ambassador of Kuwait to the President presented his Present identity card. After that, the ambassador of Nepal presented the identity card.

Welcoming the new Ambassador of Kuwait, President Md Abdul Hamid said that Kuwait is one of Bangladesh's development partners and important destination for the labor force. President urged the Kuwaiti government to take more skilled and semi-skilled manpower from The President also talked about Bangladesh. importing world-class products from Bangladesh. He emphasized on the exchange of visits and discussions to improve relations between the two countries.

During the meeting with the new ambassador of Nepal, President Abdul Hamid said Bangladesh and Nepal have excellent bilateral relations. Referring to the visit of the President of Bangladesh to Nepal in 2019 and the visit of the President of Nepal to Bangladesh in 2021, the President said that this visit has marked the



beginning of a new chapter in the relationship between the two countries. He emphasized on increasing communication to increase trade investment within the country.

During the meeting, the new ambassadors of Kuwait and Nepal sought the cooperation of the President in fulfilling their duties. Appreciating Bangladesh in fighting Corona, the new ambassador of Nepal thanked Nepal for its cooperation in this regard. Ambassador Shabbir Ahmed Chowdhury, the Foreign Secretary-in-Charge, Secretary of State for Bangladesh M Amanul Haque, Secretary of the President's Office Sahad Barua, Military Secretary Major General SM Salah Uddin Islam, Press Secretary Md Zainal Abedin, and Secretary (Joint) Md Wahidul Islam Khan was present at this time.

THE BOOK UNWRAPPING CEREMONY OF "BANGLADESH-JAPAN DIPLOMATIC **RELATIONS (1972-2022): A NEW PARADIGM OF STRATEGIC PARTNERSHIP"**



The book unwrapping ceremony of the book titled "Bangladesh-Japan Diplomatic Relations (1972-2022): A New Paradigm of Strategic Partnership" by Dr. Md. Jahangir Alam, Associate Professor, Department of Japanese Studies, University of Dhaka took place tonight at the Ambassador ITO's residence. State Minister for Cultural Affairs H.E. Mr. K M Khaled, MP graced the occasion as Chief Guest.

Diplomats Flash Corner

UNDP HEAD PRESENTS HIS CREDENTIALS TO FOREIGN MINISTER



The newly appointed Resident Representative of the United Nations Development Programme (UNDP) in Bangladesh Mr. Stefan Liller, presented his credentials to Foreign Minister Dr. A. K. Abdul Momen, MP on 30th August 2022.

Welcoming the new Resident Representative of UNDP in Bangladesh, the Foreign Minister expressed deep appreciation for the long-standing cooperation between the Government Bangladesh and UNDP in the field of capacity building, inclusive and sustainable policy-making,

and development governance which dates back to 1972. The Foreign Minister expressed hope that the cooperation between Bangladesh and UNDP in the field of Climate Change adaptation and mitigation and implementation of Sustainable Development Goals (SDG) will be continued. On the Rohingya issue, Bangladesh Foreign Minister sought more proactive support from the UN System to realize the early repatriation of Rohingyas to Myanmar. He specifically urged UNDP to work in Myanmar to create a congenial atmosphere in Rakhine State for their safe and sustainable return.

The Representative of UNDP thanked the Foreign Minister for accepting his credentials. He lauded Bangladesh's remarkable achievements in the field of socio-economic development. He also assured that UNDP will continue to work with the Government of Bangladesh for the overall development of Bangladesh from the grassroots to the national level.

Before his designation as Resident Representative of UNDP to Bangladesh, Mr. Liller has served as Resident Representative of UNDP to Uruguay.

FOREIGN SECRETARY CALLED ON BRUNEI FINANCE **AND ECONOMY MINISTER**



Foreign Secretary (Senior Secretary) Ambassador Masud Bin Momen called on Hon'ble Minister of Finance and Economy of Brunei Dato Seri Mohd Amin Liew Abdullah in Bandar Seri Begawan and discussed matters of

interests. reiterated their They commitment to further strengthening the existing excellent bilateral relations. Foreign Secretary highlighted the opportunities for expanded economic cooperation by exploring the untapped potentials in the areas of trade, investment, agriculture, fisheries, and livestock etc. He apprised the Bruneian Minister of the prevailing

opportunities for investment in the Economic Zones of Bangladesh. Foreign Secretary assured the Bruneian Minister of providing required skilled and semi-skilled manpower for supporting the infrastructure development projects in Brunei. He also invited him to visit Bangladesh to have a firsthand experience of the high-quality manufacturing facilities in the pharmaceutical and RMG sectors in Bangladesh. Foreign Secretary and the Minister also exchanged views on energy cooperation, particularly in the context of supply chain disruptions.

Dato Seri Mohd Amin Liew Abdullah expressed his keenness to visit Bangladesh at a mutually convenient time in the near future.

AMBASSADOR LI JIMING ATTENDED THE CONTRACT SIGNING CEREMONY OF BANGLADESH INSURANCE SECTOR DEVELOPMENT PROJECT



On September 15th, 2022, H.E. Ambassador Li Jiming attended the Contract Signing Ceremony of the Bangladesh Insurance Sector Development Project, witnessed the contract signing between the Sinosoft Co. Ltd and the Bangladesh Insurance Development and Regulatory Authority, and delivered a speech. Dr. Mohammad Jainul Bari, Chairman of Bangladesh Insurance Development and Regulatory Authority, Dr. Md. Kamruzzaman, Project Director of the project, and Mr. Sun Xijie, Executive Senior Vice-President of Sinosoft Co. Ltd., also attended the ceremony.

In his speech, Ambassador Li pointed out that the successful contract signing of this Bangladesh Insurance Sector Development Project marks another big step forward in the technology cooperation between China and Bangladesh. Bangladesh has made the remarkable achievement all these years. With continuous social-economic development in Bangladesh, insurance will play an increasingly important role and act as an important contributor to the modern financial industry in this country. A win-win cooperation will be achieved through this project and it will help to accelerate the process of informatization and digitization of Bangladesh's insurance industry.

Ambassador Li also pointed out that the Chinese Dream of national rejuvenation and the dream of "Sonar Bangla" are well interconnected. The Belt and Road Initiative and the Vision 2041 perspective plan will integrate further. He wished a great success of this project and hoped our two countries work together to enhance technology cooperation to a higher level, provide better services to the people, and work together for a shared future.

AMBASSADOR ITO NAOKI ATTENDED THE HANDOVER **CEREMONY OF TEXTBOOKS IN COX'S BAZAR**



On September 12, ITO Naoki, Ambassador of Japan to Bangladesh, attended the handover ceremony of the textbooks held at the learning center in the "Rohingya" refugee camp in Cox's Bazar. During the ceremony, total of 81,000 textbooks of Myanmar language grammar, Mathematics, History, General Science, and other subjects were handed over from Mr. KOMORI Takashi, Senior Representative of JICA Bangladesh to Mr. Sheldon Yett, Representative of UNICEF Bangladesh in the presence of Mr. Shah Rezwan Hayat, RRRC. The learning materials, which Japan funded, will be used for the implementation of the Myanmar Curriculum Pilot, which was approved in January 2020. Ambassador ITO expressed his delight that the learning centers reopened after more than one and half a year due to the COVID19 outbreak.

ENVOY APPEALS FOR LASTING SOLUTION TO ROHINGYA CRISIS



The generosity of Bangladesh and host communities towards Rohingya refugees in their time of need conveys the critical urgency of greater international and regional commitment to burden share and to ensure that the Rohingya do not become forgotten.

We must continue to keep the Rohingya and affected host communities high on the international agenda. Five years after the mass displacement, desperate hardship continues to force Rohingya people to undertake dangerous land and sea journeys, in which they are preyed upon by criminal networks, affecting the entire region.

> H.E. Ms Noeleen Heyzer Special Envoy of the United Nations Secretary-General on Myanmar



It is important to act on risk factors in early warning signs before it escalates into more serious issues of concern. I, therefore, underline the need for a permanent solution to the crisis that includes the voluntary, safe, sustainable, and dignified return of the Rohingyas to their home in Myanmar.

The international community must walk together to advise durable solutions in Myanmar to protect the Rohingya from atrocity crimes.

We also must underscore the importance of expanding skills and capacity-building programmes, widening volunteer, and livelihood opportunities for both refugees and host communities. Expanding these opportunities will help strengthen skills, to help facilitate the sustainable reintegration of the Rohingya in Myanmar as well as enhance their wellbeing in Bangladesh, including ensuring their safety.

H.E. Ms Alice Wairimu Nderitu UN Under-Secretary-General & Special Adviser on the Prevention of Genocide



The world must not forget the continued needs of the close to one million Rohingya refugees for safety, well-being, and protection in the camps in Bangladesh. While we continue to work towards their voluntary return to Myanmar, in safety and dignity, as the solution to their plight, sustained international support remains essential to provide life-saving assistance, but also build resilience and hope for the Rohingya. Like each of us, Rohingya need a sense of belonging and a perspective in life on a brighter future.

Johannes Van Der Klaauw UNHCR Representative





As the Rohingya crisis moves into its sixth year, it is more important than ever that the Government of Myanmar takes the action necessary to enable the Rohingyas to a return to their homes in Rakhine in a safe, dignified, and voluntary way. The UK, as a penholder on this issue in the UN Security Council, is working with others to increase the diplomatic pressure to that effect on Myanmar.

While the Rohingyas are in Bangladesh it is important that they are given the means to live dignified and purposeful lives. This means enabling the adults to serve as volunteers in the camps, earn a living wage, and be partially self-sufficient. For the children, it means receiving education in the Myanmar curriculum and the Rohingya language. And for all, it means protection against abuse and exploitation.

Since 2017, the UK has provided £340 million of support to the Rohingya and neighboring communities in Bangladesh. Working with the UN and other donors we will continue to support the Government and people of Bangladesh in their extraordinarily generous hosting of the Rohingya people.

H.E. Robert Chatterton Dickson High Commissioner British High Commission in Bangladesh



Germany highly appreciates Bangladesh's support to the Rohingya. We remain committed to a safe, voluntary, dignified, and sustainable return as soon as the circumstances in Myanmar allow. Germany will intervene in the genocide case The Gambia vs. Myanmar before the International Court of Justice.

H.E. Achim Tröster Ambassador German Embassy in Dhaka, Bangladesh





We view that the problem of Rohingya refugees needs urgently to find a way out immediately considering various consequences and complexities which are felt by not only refugees but also many elements in the country and its negative consequences affected the region and its people.

Efforts to resolve internal security issues in Myanmar itself are very important for the creation of conducive conditions for the return of the refugees to the Rakhine state in a sustainable and dignified manner. For this reason, Indonesia will continue to support efforts in this direction.

Indonesia is committed to the ASEAN framework on the implementation of ASEAN's Five Point Consensus as well as continues to support sustainable solutions on this issue and a peaceful condition in the affected area.

H.E. Heru Hartanto Subolo Ambassador Embassy of the Republic of Indonesia



We stressed the importance of ensuring the steady implementation of ASEAN's "Five-Point Consensus," such as the dispatch of the ASEAN Chair's Special Envoy and the start of a dialogue among all stakeholders, including pro-democracy groups.

I believe that improving the situation in Myanmar, including restoring its democratic regime, is essential to achieving sustainable repatriation of Rohingya refugees. Also, we must improve the condition in the Rakhine state, and Japan has provided financial support for that purpose.

H.E. Ito Naoki Ambassador Embassy of Japan



We consider it our obligation to support The Gambia before the International Court of Justice and we call upon all State Parties to the Genocide Convention to support The Gambia in its efforts to address these violations.

I want to emphasize that (1) accountability for the crimes committed in Myanmar, (2) support for the Rohingya survivors and the host communities in Bangladesh and (3) working towards the safe, dignified, sustainable and voluntary return of the Rohingya to Myanmar are interrelated and must be addressed comprehensively and collectively.

H.E. Anne van Leeuwen Ambassador Embassy of the Kingdom of the Netherlands



The Rohingya refugee issue is not only a humanitarian issue but also a human right issue. Korea is working closely with the international community to resolve this serious international humanitarian and human rights crisis.

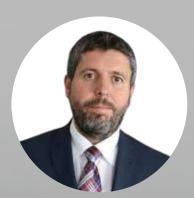
From the humanitarian side, the Korean government has been providing assistance to protect the refugees generously hosted by Bangladesh. We are providing around 4 to 5 million dollars annually to the Rohingya refugees in Bangladesh through international organizations based in the country.

From the human right front, Korea has been co-sponsoring the UN resolution on the human rights situation in Myanmar as a way to pressure Myanmar leaders to uphold the human rights of their own citizens. Rohingyas are victims of human rights abuses by their own government.

The ultimate resolution of the Rohingya refugee issue requires progress both in humanitarian and human rights situations. Reconciliation between Rohingyas, victims, and Myanmar military leaders should be done. This will be a very important condition for the sustainable solution of the Rohingya issue.

Wishing that there will be substantial progress in the negotiations among the concerned parties, Korea will continue to support the efforts of the Bangladesh government and the international community for the repatriation of Rohingya refugees.

H.E. Mr. Lee Jang-keun Ambassador Embassy of the Republic of Korea



I am sure that the Rohingya people will be forever grateful to the Bangladeshi people who have embraced and hosted them. It is not easy to host more than one million refugees. Bangladesh deserves the highest commendation for this humanitarian approach. The Rohingyas are individuals just like you and me. They deserve to go back to their homelands. Unfortunately, Myanmar, with its domestic political instability, always found a pretext to neglect the obligations they have toward their citizens, especially to the Rohingya people, but also to their neighbors and the international community. Acceleration of the return process of the Rohingyas would be good for all parties. Postponing the process can also lead to increased security problems, including organized and individual crimes inside the camps. The international community should support Bangladesh more and increase the pressure on Myanmar. Whatever is necessary must be done for the peaceful, voluntary, and safe repatriation of all Rohingyas. Even safe repatriation would not be enough. A decent living environment should be created for the Rohingyas in Myanmar. In addition, those who perpetrated atrocities against the Rohingyas should be prosecuted.

> H.E. Güner Ureya Ambassador Embassy of the Republic of Kosovo







92ND NATIONAL DAY CELEBRATED BY THE KINGDOM OF SAUDI ARABIA EMBASSY!

Being a Muslim-majority state, Bangladesh attaches a special importance to its ties with Saudi Arabia, which is the birthplace of Islam. Saudi Arabia hosts a large proportion of the global Bangladeshi diaspora.

We look forward to strengthening these bonds of kinship and culture through dynamism of our strong people to people links, for the next 100 years and beyond.













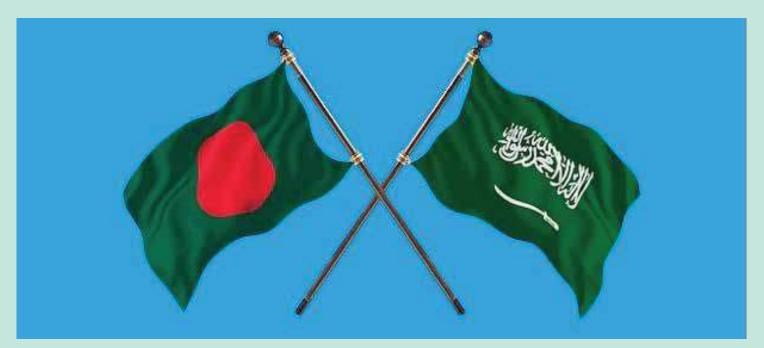
ব্যাংকিং সেবা এখন আপনার আঙিনায়...

GIB

এজেন্ট ব্যাংকিংয়ের মাধ্যমে আপনার সব
ধরনের ব্যাংকিং প্রয়োজন মেটাতে পারবেন খুব সহজেই।

আমাদের এজেন্ট ব্যাংকিং সেবায় আপনাকে স্বাগতম





BANGLADESH & SAUDI ARABIA: QUEST FOR ENHANCED FRIENDSHIP!

-AKM Sayedad Hossain

¬he Kingdom of Saudi Arabia (KSA) is one of Bangladesh's longstanding development partners.

Relations between the two brotherhood Muslim countries had an adequate beginning but have grown strong since then. Being a Muslim-majority state, Bangladesh attaches particular importance to its ties with Saudi

Arabia, which is the birthplace of Islam.

Since the establishment of diplomatic ties in 1975 Bangladesh and Saudi Arabia have been maintaining cordial and closer bonds of friendship characterized by mutual understanding and deep fraternity. Saudi Arabia is the largest and most valued destination for

the Bangladesh workforces, which contributes significantly to the national development of both countries. The flow of remittance from Saudi Arabia to Bangladesh is the highest total remittance.

Both nations are members of the Organization of Islamic Cooperation (OIC), and Saudi Arabia hosts a large proportion of the global Bangladeshi diaspora.

The Sultan of Bengal, Ghiyasuddin Azam Shah, sponsored the construction of madrasas in the Hejaz. The schools became known as Bangaliyyah madrasas. Taqi al-Din al-Fasi, a contemporary Arab scholar, was a teacher at

the madrasa in Makkah. A madrasa in Madinah was built at a place called Husn al-Atiq near the Prophet's Mosque. Several other Bengali Sultans also sponsored madrasas in the Hejaz, including Sultan Jalaluddin Muhammad Shah, who had close relations with the Sharif of Makkah and would gift him and other residents of the



Custodian of the Two Holy Mosques H.M King Salman bin Abdulaziz Al Saud with H.E. Sheikh Hasina, the Prime Minster of Bangladesh



H.E. Sheikh Hasina, the Prime Minster of Bangladesh with H.E. Mohammed bin Salman Al Saud, Crown prince of KSA

two holy cities with presents and robes of honours.

The introduction of Islam to the Bengali people has generated a connection to Saudi Arabia, as Muslims are required to visit the land once in their lifetime to complete the Hajj pilgrimage. Some Bengalis even settled in present-day Saudi Arabia and an early example is that of Haji Shariatullah's teacher Mawlana Murad, who was permanently residing in the city of Mecca in the early 1800s.

Saudi Arabia and Bangladesh formally established diplomatic relations in 1975. Since the late 1980s, many both skilled and unskilled Bangladeshi workers

have moved to Saudi Arabia: the number of Bangladeshis living in Saudi Arabia today exceeds 2.5 million. Many Muslim religious students and clerics also regularly travel to Saudi Arabia for study and religious work. As one of the most populous Muslim countries, Bangladesh is a

major source of Hajj pilgrims. Saudi Arabia has become a major source of financing and economic aid to Bangladesh.

The Economic Wing, as a functional unit of the Economic Relations Division (ERD), is responsible for strengthening bilateral economic relations as well as promoting international trade and investment between Bangladesh and the Kingdom of Saudi Arabia. There are two organizations in Saudi Arabia in which EC is directly involved. These are:

Saudi Fund for Development (SFD)

SFD is an important development partner which has been providing economic assistance to Bangladesh since 1975. Bangladesh has so far received a total of SR. 1,166.31 million in economic assistance from 1975 to 2012. The priority sectors of the SFD-assisted projects are infrastructure Development, Road & Railways, Irrigation, Rural Electrification, Fertilizer, Health, etc. Economic Wing closely works with SFD to get economic assistance.

Islamic Development Bank (IDB)

The IDB is an important development partner of Bangladesh. Total assistance from IDB to Bangladesh since the 1970s is USD7.20 billion comprising trade and infrastructure development. It has so far approved more than 100 Operations/projects.

Bangladesh proposes a roadmap to enhance ties with Saudi Arabia:

Bangladesh has expressed its keenness to scale up the level of engagement in friendship and cooperation as well as proposed a time-bound roadmap to enhance the relationship with Saudi Arabia in the first-ever political consultations between the two countries.



Prime Minister Sheikh Hasina unveiled a publication on International Investment Summit



Prime Minister H.E. Sheikh Hasina speaks to Saudi Arabia's Foreign Minister H.E. Faisal bin Farhan al Saud at her Ganabhaban residence

Bangladesh Foreign Minister H.E. AK Abdul Momen and his Saudi counterpart Prince Faisal bin Farhan Al Saud led their respective sides in the consultation at Dhaka on March 16, 2022.

As the engagements are growing, Sheikh Hasina, the Prime Minister of Bangladesh

undertook her sixth official visit to Saudi Arabia on 16-19 October 2018 in an effort to further strengthen the relations between Bangladesh and Saudi Arabia. This visit saw intensive engagements of the Prime Minister of Bangladesh in Saudi Arabia over three days with an audience with Custodian of the Two Holy Mosques King Salman

Saudi Arabian Ambassador in Dhaka H.E. Essa Yousef Essa Alduhailan paid a courtesy call on Honorable President Mohammad Abdul Hamid at Bangabhaban

and a meeting with Crown Prince Muhammad Bin Salman, deputy premier and minister of defense.

During the visit, the prime minister also attended a business seminar, inaugurated the newly built Chancery Complex of the Bangladesh Embassy in Riyadh, and layed the foundation of the chancery building of the Consulate General of Bangladesh in Jeddah.

During the meeting with the King, the entire gamut of bilateral relations as well as regional and international issues of mutual interest were discussed. Both the leaders commended the unprecedented gain in momentum of bilateral relations between the two countries in recent years and emphasized further expansion of the relations through cooperation and engagements at different levels.

Saudi Vision 2030 promoted by the Saudi Government under the guidance of King Salman and the transformational development of the Kingdom offers Bangladesh the opportunity to explore new areas of cooperation in areas of manpower, trade, investment, education, and agriculture.

Accordingly, during the meeting of the two leaders it was reiterated that the cooperation between Saudi Arabia and Bangladesh would continue and both the countries would be development partners. In order to fulfill this objective, the exchange of economic and investment-related delegations between the two countries and utilizing the opportunities for



Bangabandhu Sheikh Mujibur Rahman And The Saudi King H.M. Faisal bin Abdulaziz Al Saud in Non-Aligned Nations conference in Algiers in late 1973

economic, cultural, and defense cooperation would play a pivotal role.

In terms of cooperation for a common goal, Bangladesh Prime Minister appreciated the great visionary role played by the King in the development of the Muslim Ummah. There is a special place of Saudi Arabia in the heart of Bangladeshi Muslims as the two holy mosques exist in Makkah and Madina and Saudi Arabia is the birthplace of Prophet Muhammad (PBUH). Thus a great opportunity exists between Bangladesh and Saudi Arabia to work together in depicting the true face of Islam, especially to disseminate the real message of this religion so that none could benefit by misrepresenting Islam in the respective countries. Both countries have cooperated in such endeavour by establishing 560 uniquely-designed mosques cum Islamic Cultural Centers in Bangladesh with facilities like Imam training center, Haj training camp, and pilgrim

centers. It is expected that this initiative will support the efforts for establishing a peaceful, progressive, and harmonious Bangladesh.

During the meeting between the Crown Prince and the Prime Minister of Bangladesh, the recent development activities of Bangladesh, particularly in areas of food security, housing, education, and poverty reduction were highlighted. The crown Prince appreciated Bangladesh's proactive quest for prominence in every sector as well as the unprecedented gain in momentum of bilateral relations of the two countries and emphasized the need for further expansion of relations through cooperation in areas like trade and investments.

The Saudi Ambassador in Dhaka H.E. Essa Yousef Essa Al Duhailan said that the matter of strengthening political relations will feature in the political discussion. Priority will also be given to which areas investment

can be increased in Bangladesh in order to consolidate economic ties between the two countries.

Saudi investors are interested in investing in various sectors of Bangladesh including ports, energy, oil refineries, petrochemicals, LNG terminals, and more.

The Saudi Ambassador H.E. Essa Yousef Essa Al Duhailan said the Saudi port management company Red Sea Gateway was interested in investing 1.20 billion dollars (120 crore dollars) in Bangladesh. The Saudi firm Al Salam Aerospace has expressed interest in investing in aircraft maintenance and repair in Lalmonirhat. The energy production company Aqua Power has declared an investment of 3.50 billion (350 crore dollars) in Bangladesh. They have already invested 600 million dollars (60 crore dollars) in a power plant. Another Saudi firm has announced a 1.80 billion dollar (180 crore dollar) investment in the engineering sector in Bangladesh.

Bangladesh is now a role model for the developing world in poverty alleviation, achievements in health and education, commended by the United Nations in the fight against climate change, and a major contributor to the United Nations peacekeeping operations around the world. Bangladesh maintains a policy of 'zero tolerance' towards terrorism and violent extremism. Bangladesh is now appreciated by the international community due to its excellent relations with important countries of the world including Saudi Arabia.



Foreign Minister H.E. Dr. A.K. Abdul Momen and Saudi Foreign Minister H.E Prince Faisal bin Farhan Al Saud

As we know that Saudi Arabia is strongly pursuing Saudi Vision 2030 which offers Bangladesh to explore new areas in all fields like manpower, trade, investment, education, agriculture etc. Similarly, Bangladesh's Vision 2041 to achieve the status of a developed country mandates Bangladesh to work closely with the state towards rapidly growing trade and economic cooperation.

From both perspectives, an enhanced cooperation with Saudi Arabia will not only strengthen bilateral relations but also bring fresh dynamism and perspective to Bangladesh's relations with other countries in the Muslim world. Positive engagements in the region with enhanced economic and trade ties with Gulf Arab countries including Saudi Arabia should contribute to Bangladesh's quest for rapid economic transformation. Bangladesh is ready to cooperate and participate in Saudi Arabia's Vision-2030, which will benefit both the brotherly countries and the people of the Muslim Ummah.

> **AKM Sayedad Hossain** Associate Editor **Diplomats Publication**

77TH VIETNAMESE NATIONAL DAY RECEPTION BY EMBASSY OF VIET NAM

77 years ago, on 2nd September 1945, at the grand assembly at the historic Ba Dinh Square, President Ho Chi Minh - national hero and the world's cultural sage, read the Declaration of Independence, proclaiming to all over the nation and the world the birth of the Democratic Republic of Viet Nam - the Socialist Republic of Viet Nam today.

Over the past 77 years, under the leadership of the Communist Party of Viet Nam, the Vietnamese people have tirelessly strived to defend independence, sovereignty, unity, and territorial integrity, to preserve self-determination of the nation and freedom, happiness of the people, in the spirit of "nothing is more precious than independence and freedom."

Vietnam Ambassador H.E. Pham Viet Chien given thanks to all distinguished guests for sharing this moment of happiness with him and his wife, the Embassy, and the Vietnamese community in Bangladesh, on a very special occasion.





BROWN ECONOMY TO GREEN ECONOMY: A SHARP SHIFT IS MUCH NEEDED FOR THE **SAKE OF SUSTAINABILITY**

-Md. Abu Sadeq

n recent decades, both **L** industrialized and emerging nations have placed a high priority on achieving economic growth. Traditional gross domestic product (also known as Brown GDP), which refers to an increase in the amount of output of goods and services per head, is the most common method used to measure economic growth. Different resources (such as minerals, water, and other natural resources) are taken out of the environment during this production process, degrading the environment's quality. Additionally, the use of

conventional energy during the production process poses a hazard to the environment because it increases carbon emissions.

According to studies, economies also seek social sustainability and environmental conservation in addition to an increase in economic growth. The search for sustainable economic paths has begun as a result of the economies' growing awareness of the negative externalities and economic issues that are contributing to a decline in environmental

resilience. As a result, they are conscious of the need to develop an integrated strategy that balances all aspects of sustainability, including environmental sustainability, economic development, and social progress. As time goes on, countries begin to view environmental sustainability as one of the most difficult problems, and they look for a suitable indicator of sustainable economic growth.

The "Rio 20 Conference of Sustainable Development," the most significant conference on



Green and Renewable Energy

the subject of sustainable economic development, took place in 2012. The term "green economy" has come up during this meeting as a useful indicator of sustainable development. The governments of various industrialized and developing nations have vowed to support economic expansion while keeping in mind social sustainability and environmental conservation. A variation in the economic growth paradigm that promotes economic advancement through

environmental conservation is known as "green growth."

In other words, green growth is thought to be an effective strategy for promoting economic growth and resolving environmental conflicts in a nation. Green growth's main goal is to advance the economy without causing harm to the environment. Recently, various environmental policies have been proposed by international organizations to support national governments in putting green

growth strategies into practice. These policies place special emphasis on three major issues: environmental deterioration, socioeconomic development, and energy security. Therefore, environmental conservation combined with economic growth is known as "green growth."

Many economists, including World Bank President David Malpass, are concerned about the likelihood of a worldwide recession, which they believe is unavoidable given the Russia-Ukraine war that has followed the outbreak. Concern about what the future holds for Bangladesh in this unstable globe is developing there as well. Bangladesh's growth reached its peak just as the coronavirus epidemic in 2020 destroyed the world economy, and the aftershocks may still be felt more than two years later. Prior to Russia's invasion of Ukraine, the nation managed the problem with vaccines and lockdowns and was making a respectable recovery. The worldwide supply chain was also impacted by the coronavirus's recent comeback in important Chinese cities and the ensuing restrictions.

The cost of basic goods started to rise in Bangladesh, along with the rest of the world, and the strain on those with lower and middle incomes increased as inflation reached 6.29 percent in April. A rise in imports provided some solace because it was evidence of stronger economic activity during the pandemic's recovery, but it quickly turned into a crisis because the dollar's value versus the taka increased throughout the world's unrest. The taka lost 3.35 percent of its



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value versus the dollar between May 2021 and May 2022, and the country's current account deficit increased to its biggest level ever. Bangladesh's exports are growing reasonably well, but remittances have decreased and reserves are under stress since more dollars are being spent on imports.

Inflation is a problem in both Europe and the United States as worries of a severe recession rise. This year's projected worldwide economic growth of 3.2% was revised downward by the World Bank, or around one percentage point. By the end of May, Malpass, the head of the international lender, remarked, "As we look at the world GDP, it's hard to see how we avoid a recession." He made no precise predictions. According to Simon Baptist, the EIU's global head economist, "stagflation is here to stay, characterized by poor growth and high inflation for at least the next 12 months as the war in the Ukraine and pandemic disruptions continue to wreak havoc on supply chains."

A major reason of concern now that commodity prices are rising is inflation. The April inflation rate of 6.29 percent is the highest in 18 months. The ADB forecasts that average inflation would remain above 6% at the conclusion of the current fiscal year, despite the government's objective of keeping it within a range of 5.3%. There is intense pressure on inflation. One of the issues is inflation which depends on

imports. The value of the taka, which was modified by increasing or decreasing the flow of dollars into the market, has not caused much concern over the past ten years. But even that is currently being pumped. For the upcoming weeks and months, more focus is required on agriculture and social security to manage the pressure.

The increase in the value of the dollar is making it difficult for the central bank to keep reserves from being used up. The Bangladesh Bank has come under fire for four price revisions of the dollar during the last two months. It turned over control of dollar prices to the open market. To reduce the demand for a number of imported commodities, regulatory tariffs have been imposed on the nation's dollar market, and incentives have been put in place to stimulate remittance inflow. As a result, the economy is suffering greatly. Products are now more difficult to find and more expensive. In the midst of all of this, excessive reliance on



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imported crude oil is straining the nation's economy and impeding the creation of electricity.

Since the start of the war between Russia and Ukraine on February 24, 2022, the global energy industry has undergone a fast transformation. However, there were supply issues for

energy commodities before the Ukraine conflict began, which led to their prices rising. According to reports, the price of LNG on the Asian spot market in October 2021 was 35 USD/MMBTU. The high cost of gas had driven up the cost of other energy-related items as well. On the Asian spot market on February 25, 2022, the price of LNG was USD 28/MMBTU, coal was USD 237/ton, and Brent crude was USD 99.29/barrel. All of these main energy prices were notably higher than the average prices for the same products over the previous five years.

Numerous energy (coal, gas, and oil) operations had been shut



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down or had their production capacities drastically reduced due to the pandemic's protracted prevalence around the world. The development of the coal and gas industries as well as the construction of associated transportation facilities received insufficient funding. These elements together have an impact on the primary energy supply. The situation got worse as a result of the Ukraine crisis. The nation's transportation and electricity industries also rely heavily on imported liquid fuels, 34% and 90%, respectively. Although 64% of the nation's power plants use natural gas to generate electricity, the lack of gas and

oil supplies has forced a number of power plants to remain idle.

Green growth's main goal is to advance the economy without causing harm to the environment. As a result, numerous experts and decision-makers have begun to discuss the transition from the Brown economy to the Green economy on a

global scale. Bangladesh has to advance economically, but it also needs to safeguard the environment and maintain social stability because it is so vulnerable to climate change. Experts in the fields of economics and the environment are both interested in developing an integrated strategy that balances all aspects of sustainability. In such a scenario, Green growth could be viewed as an effective strategy for increasing economic growth and resolving environmental conflicts to combat the impending economic and energy crises concurrently.

> Md. Abu Sadeq Managing Director, S.S Group & Advisor, Diplomats Publication

Queen Elizabeth II



"We will meet again" The famous words the queen spoke during the Covid 19 pandemic. The Queen reigned for 70 years and was one of the longest serving persons of any British monarch and also the longest recorded of any female head of state. She was Queen of the United Kingdom, Australia, Canada, and New Zealand, from 6 February 1952 until her death aged 96, on September 8th 2022. Over her 70 years reign, Queen Elizabeth II was a dedicated Head of the Commonwealth, connecting more than two billion people around the world. On behalf of the Diplomats team, we like to send our condolences to the family and everyone that loved her. Rest in peace Her Majesty Queen Elizabeth II.















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MILITARY IN MYANMAR AND THE PLIGHT OF ROHINGYA REPATRIATION: AN OVERVIEW

-Dr. Mohammad Tarikul Islam

The discriminatory policies of the Myanmar government since the late 1970s have forced millions of Muslim Rohingya to flee their homes in the predominantly Buddhist country. Most came to Bangladesh by land, others by sea to reach Indonesia, Malaysia, and Thailand. In early 2017, renewed violence, including reports of rape, murder, and arson, triggered the exodus of Rohingya, as Myanmar's security forces claimed they were conducting a campaign to restore stability in the country's west. The United Nations has said the force showed "genocidal intent" and that international pressure is mounting on the country's elected leaders to end the crackdown.

The statistical evidence suggest that, more than one million Rohingva hosted by the

Government of Bangladesh are exposed to the vulnerabilities of human security. The Myanmar government has been very reluctant to take back their nationals, the Rohingya, despite the robust diplomatic endeavors of the Bangladesh government for repatriation. One of the most worrying signs from the recent events in Myanmar is that a certain level of increasing paranoia among the general Burmese people can be vividly observed, accelerated by the revanchist thirst for power from the Myanmar military. The coup is growing a sense of diminishing grip over Myanmar's pandemic response and may cause a surge in the series of economic crises Myanmar is going through.

What went down with the collapse of democracy in Myanmar is the culmination of Aung Sung Suu Kyi's personal

characteristics and public presence. And due to the Suu Kyi's administration's actions in Rakhine regarding systematic oppression on the Rohingya community since 2010, the international community had already drawn pessimistic conclusions about it. However, the army is equally, if not more, responsible for the catastrophe in Rakhine as it is indeed a fact that the Suu Kyi's government's hands have largely been tied ever since the country's tentative democratisation in the early 2010s. Of course, concessions made by particular politicians and the military regime's ability to agitate and convince the masses in support of authoritarian retrenchment and the military regime's ability to agitate and convince the masses in support of authoritarian retrenchment are also to be blamed.



Rohingya Refugee

Relocation of Rohingya refugees to Bhashan Char has been crucial to allow them to get access to basic needs. This has created in the island include 1,400 cluster houses, 120 cyclone shelters, administrative buildings, offices for the U.N. and non-governmental organizations, schools, two hospitals with 20 beds each, relief centres, warehouses, fire and police stations, lighthouse, mosques, a helipad, 2-megawatt power plants, and road and drainage networks. A 12.1 kilometres long and two-meters high embankment with integrated

drainage has been constructed to protect the inhabitants and onshore infrastructure from flood. Facilities for agriculture, fish and poultry farming, cattle rearing, and dairy production have been provided on the island.

As Myanmar is currently going through a phase of political turmoil and a democratic vacuum, Bangladesh's decision to fortify the border is highly appreciable. We should increase our strength and surveillance on the border. A strict and clear stance from the government of

Bangladesh would make it much more likely that the US and other European countries would urgently try to find solutions to end the democratic vacuum in Myanmar. At this point in time, Bangladesh should take a hard, dynamic, and organised stance to stop the Rohingyas' influx. In this way, we will move towards the goal of restoring the rights of the Rohingyas.

The repatriation process has been supported by the United Nations and is now at risk of being stalled for at least a year. Bangladesh has made every effort professionally to harness regional and global power to end the amicable solution to this emerging crisis despite China and India's position on the side of Myanmar on the Rohingya issue. Unsurprisingly, China has geopolitical interests in Myanmar. Myanmar allows China access to the Indian Ocean. For example, China is funding Kyauk Phyu port, a base of an oil-gas pipeline and the road link from the Bay of Bengal, through Myanmar to the Yunnan province of China, shortening supply routes from the Middle East. The port has opened up a trading estate for developing a



Rohingya Refugee



Rohingya Refugee

special economic zone in the Rakhine state of Myanmar. China's ambitious BRI is thus profoundly reliant on good relations with Myanmar. We have noticed both countries are having a substantial strategic and economic interest in Myanmar. Even Russia seems compassionate to Myanmar on this issue.

The Bangladesh government has been experienced over the months while unveiling their diplomatic efforts in persuading Myanmar to repatriate the refugees. Even, the second attempt to start repatriation of Rohingyas to Myanmar on 22 August 2019 was turned out to be futile, as no refugees showed a willingness to go back to Arakan. They have again demanded their citizenship with the right to freedom of movement and access to all opportunities. Myanmar has yet to address the systematic persecution and violence against the Rohingya, so refugees have every reason to fear for their safety if they return. However, the reality

suggests that the Bangladesh government may not succeed in sending all of them back even in a single go with the utmost diplomatic niche. Therefore, we may think of some long-term solutions to deal with this additional population in Bangladesh.

As Bangladesh and India have continued to consolidate their political, economic, trade, and cultural relations and have built a comprehensive institutional framework to promote bilateral cooperation over the decades, India must come forward to join hands with the Bangladesh government for a swift repatriation of Rohingya refugees.

Experts in the field of International Relations opined that the US had removed sanctions on Myanmar over the past decade based on progress and substantial development towards democratic governance. Thus, the reverse process of going back to a military-run regime had put a halt for an indefinite amount of time to the progress of democracy which necessitates a thorough review of US sanction on Myanmar which may be followed by appropriate action.

Bangladesh has invested a lot of moral capital in the Rohingya issue, which has helped the country to achieve a kind of 'soft-power' in the international arena. Therefore, it is necessary to have a consistent, morally



Myanmar Military Officers



Burmese army soldiers patrol a village in Maungdaw, in Burma, as security operations continue in Arakan state on October 21, 2016

strong and sound, and far-reaching plan that is consistent with reality without making hasty and inconsistent decisions on this sensitive issue. Even the Biden administration has maintained the Trump administration's previous policy in the interests of various corporations, including the US oil company Chevron, which is based in Myanmar, despite

pressure from the Democratic-controlled US Congress to change Myanmar. Therefore, the administration in power in Myanmar is in a favourable position in all respects, which is unlikely to change in the near future.

The United Nations, which is known to be very emphatic for meaningful repatriation of

Rohingya refugees from Bangladesh must coordinate and promptly communicate with donors and other relevant stakeholders to come forward to solve this problem permanently by putting pressure on the Myanmar government to take back its citizens by creating a safe and secured environment. We request countries in this region and beyond to show solidarity with Bangladesh and start creating conditions for voluntary, safe, and dignified return of Rohingya refugees. The international community led by the United Nations must stand in solidarity with the government of Bangladesh at this time, and for all states with influence to take steps in the repatriation of Rohingya refugees to Myanmar alongside pressurising the military government for the restoration of democracy in Myanmar.

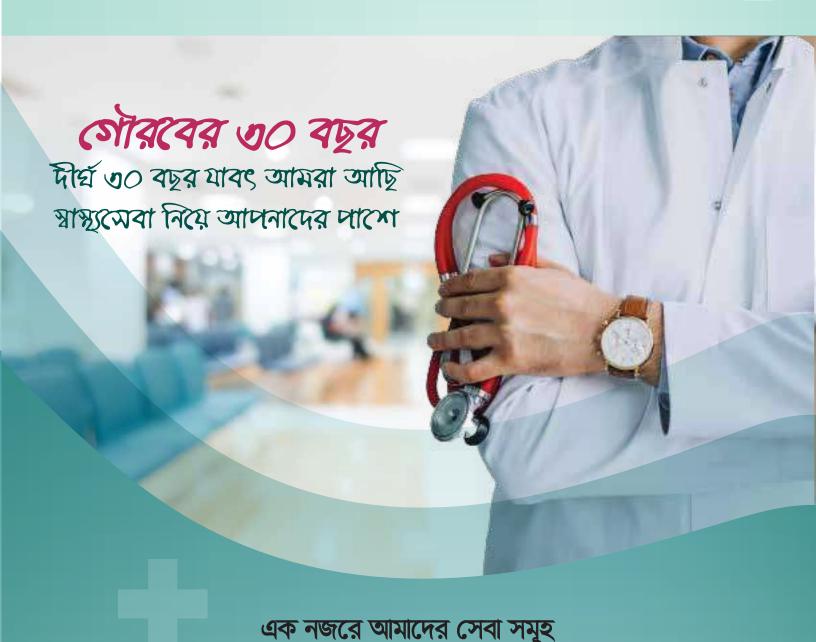
Dr. Mohammad Tarikul Islam

Associate Professor of Government and Politics, Jahangirnagar University & Visiting Scholar at Oxford, Cambridge, and SOAS



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BREATH FOR INEXHAUSTIBLE ENERGY

-Debdatta Biswas

Iften, we get bored hearing the commands from the teacher in the yoga classes. The teacher repeats it again and again. Asks us to keep breathing, as if we are not breathing at all. But how can we be still alive, if we are not breathing. But then why the teacher keeps asking us to breathe? Actually, breath has a very important role in the field of yoga. Breath brings well-being to the body. Breath connects Body and mind. Breath calms and clears awareness. Breath is the key to yoga practice.

Breathing is life! It is the most vital function of the body. Pranayama breathing exercise promotes the proper way of breathing. Proper breathing from the yogic point of view is to supply more oxygen to the blood and the brain, and also to control Prana, or vital life energy. Pranayama, the science of breath control, consists of a series of exercises to meet these needs and to keep the body in vibrant health.

Breathing is important for two basic reasons. Firstly, it is vital for our survival, because it is the only means of supplying the body and it's various organs with oxygen. Secondly, it is the way to get rid of waste products and toxins from the body.

Oxygen is the most vital nutrient in our body. It is very essential for the proper and efficient functioning of the brain, nerve glands, and other internal

organs. It is more important than the food we eat. Without food, we might be able to survive for a few weeks but without oxygen, we will die within a few minutes. If the brain does not get the proper supply of essential nutrients, degeneration of all vital organs of the body will result. The brain requires more oxygen than any other organs in the body if it doesn't get enough, the result is mental sluggishness, negative thoughts, depression, and eventually vision and hearing declines. Usually, due to poor living style and aging, the oxygen supply declines in the body more quickly. But the insufficient supply of oxygen to the brain causes quick irritation, site problems, hearing problems, and heart problems, including stroke



Breathing exercise

and also for a long time, the lack of oxygen has been considered a major cause of cancer.

Thousands of years ago yogis realized already the vital importance of an adequate supply of oxygen, and they

developed and perfected various breathing techniques. These techniques are particularly important for those people who have sedentary jobs. So, in present days it has become very applicable for those people who spend most of their days in their office and do not work out. As their brains do not get enough supply of oxygen, they get starved. They start feeling tired, nervous, irritable, and not very productive. It ruins their immune systems slowly.

Vitality and rejuvenation depend on a purified

blood-stream. The most effective and quickest way to purify the blood-stream is by taking in an extra supply of oxygen we breathe. Oxygen burns up the waste products and toxins in the body, as well as recharges it. In fact, most of our energy requirements come, not from food, but from the air, we breathe. By purifying the bloodstream every part of the body benefits as well as the mind. The complexion will become clear, and brighter, while wrinkles will begin to fade away. Actually, rejuvenation will start to occur. This energy is called 'Prana' energy in South Asia, while 'Chee' energy in East Asia, which supposed to flow from the crown of the head to the tips of the toes.

In Yogic science, the breathing part is called Pranayama. The word is derived from two Sanskrit words - 'Prana' means life force, or vital energy, while 'Yama' means to control, to extend, or to increase. Therefore, in its broadest description, Pranayama would mean to control the flow of life force or to increase the vital force in the body. Normally one goes on breathing, but when one voluntarily controls the



Breathing exercise



Breathing exercise



Breathing exercise



Breathing exercise

breathing, it becomes Pranayama.

But before starting Pranayama or controlled breathing, we need to know how to breathe properly. Normal breathing or shallow breathing is just to keep us alive. It does not exercise the lungs enough, so it does not have enough effect on our body and mind. Even if you don't do any kind of exercise, at least practice fifty times long and deep breathing regularly, it can give you a long and healthy life and keep diseases away. This deep breathing will help to exercise the lungs, and will supply fresh oxygen to the blood, which is a food of cells. As a result, the active cells get rejuvenated all over the body and it is full of vital energy or Prana. So, one becomes the symbol of energy easily, just give up the bad habit of shallow breathing or breathing through the mouth.

Patanjali, the creator of 'Yoga Sutra' defines Pranavama in his sutra - 'Tasmin Sati Shvasa Prashvasayor Gati Vichhedah Pranayamah' (Asana, the postures having been completed, cessation of inhalation and exhalation 'Kevala Kumbhaka' is Pranayama). Once the physical body is ready, one can start Pranayama, and thereby the covering of light disappears. Mind develops fitness for higher practices of concentration. According to yoga texts, there are five (pancha) major airs (Vayus), 1. Prana Vayu (heart region), 2. Apana Vayu (anal region), 3. Samana Vayu (naval region), 4. Udana Vayu (throat region), 5. Vyan Vayu (pervades the entire body). Also, it's mentioned that there are 72000



Breathing exercise

Nadis (channels or nerves in astral body) in the human body and the three most important Nadis among them are, Sushumna, Ida and Pingala. Four major components of Pranayama breathing are, 1. Puraka (inhalation), 2. Antarya Kumbhaka (retention after inhalation), 3. Rechaka (exhalation), 4. Babir Kumbhaka or Shunyaka (retention after exhalation).

According to 'Hatha Yoga Pradipika', the ancient yoga text, there are eight classical Kumbhakas (Pranayama). 1. Surva Bhedana (Sun cleaving breath), 2. Ujjayi (the victorious breathe), 3. Sitkari (hissing or cooling breathe), 4. Sheetali (Break tongue breath or icing

breath), 5. Bhastrika (Bellows breathe), 6. Bhramari (sound of bee breath), 7. Murccha (fainting or swooning breath), 8. Plavani (floating breath).

Under the supervision or guidance of an experienced yoga Guru (yoga therapist), one can practice Pranayama, to maintain a healthy body and graceful look, and most importantly a peaceful mind. The lungs are one of the most delicate organs in our body. Less use or overuse of it can create complications. A piece of experienced advice is always very important according to the individual physical and mental needs. But it's true that Pranayama can be the ambassador of good health and peace to the present world.

> **Debdatta Biswas** International Yoga Counselor

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