MRI launches new blog site

BY DELASHE JAYASINGHE

The Nutrition Unit of the Medical Research Institute has launched a new blog site for the public to access their body mass index (BMI). He said that Dr. Renuka Jayasinghe, Chief Consultant of the MRI Nutrition Unit, initiated the launch of the blog for the public to access their BMI so as to control the situation. The spokesman said members of the public could access their BMI by visiting www.mrinnu.org.

Approximately 005 people suffer daily from some disease, he said. 33% of the diseases are due to non-communicable diseases such as diabetes, cancer, blood pressure, stroke and several others. He said that daily 125 of Aran attacked, 40 to 50 of strokes, and 10,000 to 15,000 cancer patients are detected annually. One in every four persons was diabetic. The situation will worsen by 2050, the spokesman warned.

Unhealthy food patterns, and changes in food patterns, lack of exercise, mental depression, alcohol and drug addiction, consuming too much junk food and soft drinks and spending even one’s free time before the television and computer has contributed to the spread of NCDs.

He said a person’s average BMI should be 30. BMI is assessed by dividing weight over height in squared units (weight/height). An average BMI of 30 is considered as normal. A BMI over 30 is considered as stunted. A BMI of 30 to 35 is considered as overweight.

Cooperative movement will be taken forward – Johnny

BY LAL GUNASEKARA

Minister of Cooperatives and Internal Trade Johnston Fernando commented that with the assistance of the youth the cooperative movement will be taken forward in the next 5 years. Speaking at the Kandy Cooperative Trade Exhibition, now on at the Shapuruwa premises, Minister Fernando said that through the Kandy Cooperative the economy of the country too had improved and brought benefits to every Sinhala. He further said that every citizen of this country must try to know the importance of the cooperative movement.

The Minister said that 25 years ago Karmenara was a very poor and deserted place which Magnificent’s ‘prince of such magnificence’ that even crowds had come to witness it daily. He said.

The Minister of the Central Provincial Council Sarath Kumarage was the chief guest on Thursday (June 23).

Manager English news at news first, Shamer Rasooldeen was adjourned among the two top young personalities of the news first. BIDTI was held under the patronage of Minister of External Affairs Prof. G.L. Peiris at the Lakshan Kadirgamar Institute for International Relations and Strategic Studies (LKIRSS) auditorium.

Prof. Peiris, addressing the gathering said that programmes offered by the Institute would enable those who have diplomatic careers in mind or similar careers in the international relation area, to pursue them.

He said that programmes of such nature in the field of international relations should contain certain elements.

The central challenge is to identify areas of agreement in relations between countries which disagree on many matters, he said.

Prof. Peiris said that having told many governments, with whom Sri Lanka is in contact, particularly the governments of the west, “the fact that we have disagreements does not mean that we must stop working with each other”.

He said that there were never 100 per cent agreements and that was the reason why countries against Ambassador’s deal as they need to present their views to foreign governments.

He added that no relationship between two countries was one-dimensional and that they were multi-dimensional.

The Minister said that while one may disagree on certain matters, some of which may be of fundamental importance, one can still carve out a certain area in which one can work together productively and the mutual benefit of both countries. He said that the challenge was to identify those areas.

Referring to the address made by President Mahinda Rajapaksa at the 17th Annual Award Ceremony of the Bandarawela International Diplomatic Training Institute (BIDTI) was held, under the patronage of Minister of External Affairs Prof. G.L. Peiris, at the Lakshan Kadirgamar Institute for International Relations and Strategic Studies (LKIRSS) auditorium.

Prof. Peiris said that dispute resolution was an important element in international relations and underlined the fact that it was a mistake to start with the most intractable issue. He said that it was required to address the most difficult issue at the outset it would get more polarized.

Instead, the Minister said, one should start with an issue in which a consensus can be arrived at. If one is done, the process would generate a certain momentum which could help in an existing agreement or move forward, he said.

In the conclusion, the Minister referred to the importance of contents. He said that there was no universal solution that this everybody.