

LS EDITOR'S NOTE

# Limitless boundaries

Getting your chores and errands done virtually is already something quite new for me, but if you had told me that I could even get my backache fixed virtually, I would have probably asked you to have your head examined, but here I am, at home, truly in awe, getting my backache fixed thanks to an online session with my therapist. Dear god! What a time to be alive! How far has technology gone and where was I all this time?

Yes, being a boomer, I had a very distant relationship with technology, with the exception of Microsoft Word, emailing and fiddling with the 'necessary' social media handles. Therefore, I was never properly introduced to the intricacies or the boons of technology.

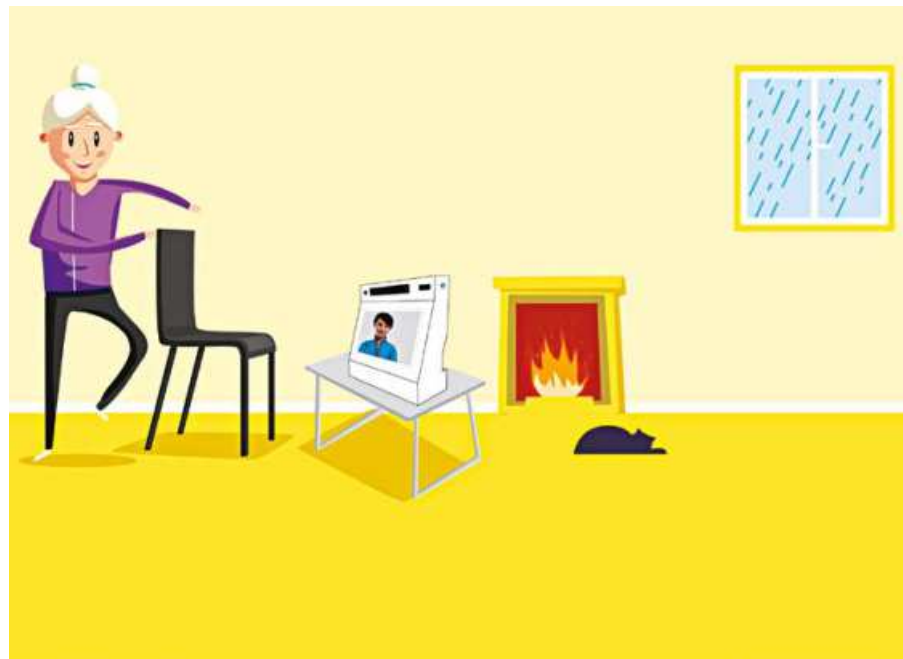
When I had this unexpected back pain at a particular odd point deep in my shoulder blades, I was moaning about it for four days and calling up my clinic where I go for regular physiotherapy sessions for an appointment. But they were trying to tell me it can only be done virtually.

Now, how do they expect me to opt for a virtual physiotherapy session when the only virtual thing I know is a WhatsApp call to my son abroad.

An online consultation with my physiotherapist was out of the question. Even when my clinic tried to explain that things will go smoothly, I was thoroughly sceptic. I mean, what's a Google Hangouts? I only know to use Google, that too with limited tutoring on how to search for a particular thing, and I only use it for finding recipes, or spoilers for thrillers. Anyway, those are stories for another time.

For now, I had to install this virtual 'hang out' and attempt to book a session. However, the ache intensified as the

Covid-19 lockdown was extended, and I could no longer wait for the 'analogue' option, and just had to take the plunge. The appointment was set, I installed the app; a task I did on my own, and of which, I am extremely proud of, and after loads of "I can't hear or see," I was in a full-blown physiotherapy session. I almost felt like Tom Cruise in Mission Impossible. The ache



subsidised and I booked another slot, again very proud of my technological feat.

However, when my therapist was prescribing some hot presses, I suddenly saw his cute seven-year-old run from behind, calling 'papa' and kiss him from behind, and I totally melted. This beautiful father-daughter interaction made me

realise nothing tops a human touch.

Having said that, I must reiterate that while the entire communities are trapped at home during the Covid -19 pandemic, take time to let your loved ones know you love them, virtually, on this first day of the Bangla Calendar.

Read our stories on fashion, as we plead with our readers to go with deshi

wears and patronise our deshi fashion houses, as this Baishakh has been just terrible for them. Remember, it's #deshifirst #deshialways.

Shubho Nababarsha!

— RBR  
Photo: Collected

IN SEARCH OF COMFORT FOOD

BY SOBIA AMEEN



## Green mango juice -- a nababarsha delight

The Bengali New Year, Nababarsha, is here and the heat looms. To make this New Year's Day brighter and cooler, a seasonal green mango juice should help quench the thirst. It is refreshing and has enough electrolytes to keep you celebrating throughout the warm temperature.

**Ingredients**

- 2 cups chopped green mango cubes
- 1 cup cold water
- 1½ cups sugar
- 1 tsp roasted cumin seeds
- 1 tsp rock salt
- 1½ tsp salt
- 1 tbsp lime juice
- 1 green chilli
- 4 tsp chopped coriander leaves
- 12 mint leaves

**Method**

Peel the green mangoes and cut into small cubes (this makes it easier to blend). Place the green mango cubes into a blender along with the water (can be replaced with ice cubes for a slush).

While the juice is being prepared — Roast the cumin seeds in a small frying pan. This gives the juice a hearty flavour. When the juice is runny, add the roasted cumin seeds, rock salt, salt, lime juice, chilli and blend again. The last step is to add the coriander and mint leaves and blitz again. Serve chilled or over ice. Make sure it is consumed immediately as ice will dilute the juice.

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)  
Avoid any secret affairs. Be crafty with your solutions. Focus on the important stuff. Your lucky day this week will be Monday.



**TAURUS**  
(APR. 21-MAY 21)  
Sudden disruptions will be upsetting. Expect bad news. Look into some personal changes. Your lucky day this week will be Sunday.



**GEMINI**  
(MAY 22-JUN. 21)  
Your high energy will help finish tasks. Plan thoroughly before taking action. Mix business with pleasure. Your lucky day this week will be Friday.



**CANCER**  
(JUN. 22-JUL. 22)  
Empty promises will cause heartache. Reconnect with old friends virtually. Tempers may flare with loved ones. Your lucky day this week will be Friday.



**LEO**  
(JUL. 23-AUG. 22)  
Look into activities involving the whole family. Keep your word. Keep an open mind. Your lucky day this week will be Monday.



**VIRGO**  
(AUG. 23-SEP. 23)  
Double check any investment plans. Stay active at home. Heed counsel from loved ones. Your lucky day this week will be Sunday.



**LIBRA**  
(SEP. 24-OCT. 23)  
Your wit will be greatly appreciated. Learn more skills. Make time for your partner. Your lucky day this week will be Tuesday.



**SCORPIO**  
(OCT. 24-NOV. 21)  
Be efficient with your time. Time to start saving some cash. Keep your objectives in sight. Your lucky day this week will be Wednesday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)  
You could feel emotionally vulnerable. Don't let jealousy control you. Put extra effort at work. Your lucky day this week will be Wednesday.



**CAPRICORN**  
(DEC. 22-JAN. 20)  
Don't settle for anything less. Your partner may be aware of your circumstances. Your lucky day this week will be Monday.



**AQUARIUS**  
(JAN. 21-FEB. 19)  
Concentrate on home improvement. Put off any plans for travel. State your case plainly. Your lucky day this week will be Thursday.



**PISCES**  
(FEB. 20-MAR. 20)  
Use your charm. Loads of work need your attention. Entertain those you have dealings with. Your lucky day this week will be Wednesday.