

TOGGLE

WEEKEND LIVING IN THE DIGITAL AGE

A publication of *The Daily Star*

Thank You for Shopping With us!

(online)



Get your start-up ready for venture capitals – PG 3



Huawei's fight against Covid-19 – PG 6

“Bangladesh News Update”

“English Movies/ Songs”

“Volume Increase/ Decrease”

“Mute/ Unmute”

“Go To Channel 10/12”

“Open Browser”

“Power Off”

WALTON
Television



"Hello Walton"

Internet Browsing is now more Easier

Voice Control
SMART TV



4 YEARS PANEL GUARANTEE

Hotline 16267
Free Call - 16267

spaza.waltonbd.com
@waltonbd.com

waltonbd.com



*Conditions Apply

Facebook launches dedicated gaming app

REHENUMA RAYSA

The social media giant Facebook has launched a new gaming app on the 20th of April 2020. The dedicated gaming app called "Facebook Gaming: Watch, Play, and Connect" is now available on Google Play. Although the app is currently available only via Google Play, for now, iOS too will get access to the app as soon as it gets the approval from Apple.

The app was in the testing phase since 2018 and was supposed to be

launched in June this year but due to the global lockdown, they decided to advance the release date of the app by two months.

The app has been downloaded over 5,000,000 times already has successfully attracted 700 million people of the site's 2.5 billion active users on their gaming options and now, launching this devoted gaming app marks a milestone for the company.

Gaming enthusiasts will be able to create live-streams of their own gameplays as well as watch live gameplays of other players, enjoy new videos shared by the biggest e-sports and gaming's top publishers and join various competitions. Moreover, the app lets gamers play countless instant games without the requirement of installing any of them. This app also offers the option of being part of a community sharing similar interests.

New cars this week



AUDI A3: It is the Q3's brother that went to college and got a job in the big city. The party in the back tailgate has been traded for an all-business boot lid to keep up with the city life. Will still give a Q3 a run for his money in a race though. It's aimed to be a small-ish car packed with lots of luxury and an engine option offering a four cylinder pumping out 150hp. Hybrid and diesel also part of the options.



TOYOTA YARIS: The new smallest crossover from Toyota, the 2020 hybrid is a bulked-up Yaris hatchback for the whole family. The designers have taken a few cues from the RAV 4 as well, including its optional 4WD capability. You get a city car with ample ground clearance and a 1.5 motor giving out about 114bhp for fuel efficiency.

Facebook to greatly expand its video chat offerings

In a live stream last Friday, CEO Mark Zuckerberg announced that Facebook is rolling out a suite of new products to expand its capabilities in video chat.

Of the announced features, one called Messenger Rooms promises to be the most significant. It's a virtual hangouts tool that can host up to 50 people who can drop in and out at will. People using room can experiment with Facebook's augmented reality filters or swap out their physical background for a virtual one, some of which offer 360-degree views of exotic locales. A new slate of AR filters will also help brighten up dark rooms or touch up users' appearances.

The Room calls are not end-to-end encrypted, but Facebook claims it does not view or listen to calls. The creator of a room can remove participants

at any time, and rooms where illicit behavior is taking place can be reported to Facebook. The creator can also decide whether the room will be open or invite only.



Room will currently be available in Facebook and Messenger only. Later, rooms will expand to Instagram Direct, WhatsApp, and Portal.

Facebook is also doubling the capacity of video calls on WhatsApp from four people to eight, adding video

calls to Facebook Dating, and adding new live-streaming features to both Facebook and Instagram.

In addition, Facebook Live will add back a feature called Live With, enabling streamers to invite another person to stream with them. The donate button will become available, allowing users to raise money directly from their broadcasts.

Similarly, Instagram will begin allowing users to post live streams to IGTV as well as to Instagram stories after they finish a stream, and Instagram Live broadcasts will become available on desktop for the first time. Users with Facebook's Portal display will also get the ability to go live to pages and groups, supplementing their ability to go live from their own profiles.

EDITOR'S NOTE

"LIFE WILL NOT BE THE SAME AGAIN."

Not my humble words. No. These words have far greater weight than I could have added. And it is true. This was stated last week by Obaidul Quader, Minister of Road Transport and Bridges of Bangladesh, in a Facebook post where he enlightens his followers with pictures of him maintaining normalcy. He goes about on walks and smelling the literal roses on his lawn. 15k likes and 580 shares make him a celebrity.

His statement is not a bunch of words to be alarmed by. Take his statement and prepare because for a change, he is quite right. It will not be the same. And how you accept, embrace and tackle that will set you apart. Our cover story deals with just that: understanding how to reach consumers now that distance is what keeps us alive.

- Ehsanur Raza Ronny, Editor

TOGGLE

Editor and Publisher
Mahfuz Anam

Editor (TOGGLE)
Ehsanur Raza Ronny

Team
Zarif Faiaz
Rahbar Al Haq
Nahaly Nafisa Khan

Graphics
DS Creative Graphics

Production
Shamim Chowdhury

Published by the Editor from Transcraft Ltd, 229, Tejgaon Industrial Area, Dhaka on behalf of Mediaworld Ltd., 52 Motijheel C.A., Dhaka-1000.



Starlink internet public beta to begin in roughly six months, Elon Musk says

Nintendo shuts down NNID logins after hackers compromise 160,000 accounts

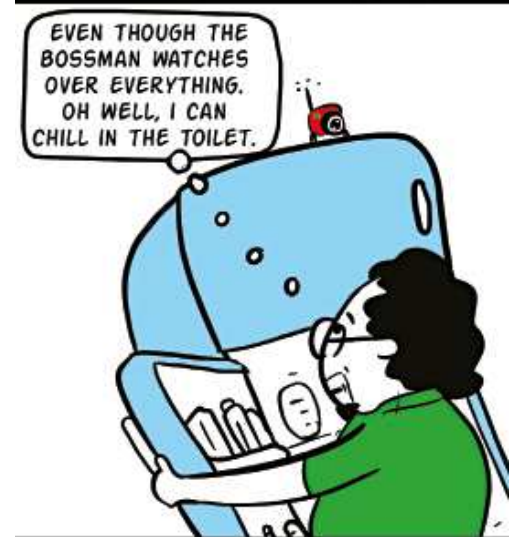


Porsche unveils CarPlay-equipped radios for classic 911s.

Google to extend identity verification requirements to all advertisers



Facebook pulls 'pseudoscience' from its list of targeted ad categories



What venture capitals look for in a new company

NOMROTA SARKER

If you're an entrepreneur who's looking to raise capital for your company or planning to branch out and wondering how to get fund for it, you're probably wondering about going to venture capitalist investors. It can be exhausting for an entrepreneur who's new in the game and hasn't gained much experience to contact these companies or doesn't know how to get to them. These early-stage investors can be hard to find but it's even harder to get investment money out of them.

It is important to consider the fact as an entrepreneur that these VCs or early-stage investors are taking enormous risks by investing in companies that have little or no sales. The startup could have the faintest real-life management experiences and the business plan could be based on a simple concept or a prototype. Even then, these companies decide to invest money in these startups with the hope that they will gradually transform into a successful venture. So, what exactly convinces them to take this leap of faith?

Great product/service with a competitive edge

Investors or VCs typically want to invest in a great product or service that has a promising business model. A product or service that solves a real, burning problem and is somewhat the first of its kind in the market could be a very

good selling point in this case. They also look for a competitive advantage in the company so that it can generate a considerable amount of sales and profits before new competitors enter the market.

Efficient management

VCs generally invest in a management team with an ability to execute the business plan with executives who have successfully built businesses that have generated impressive numbers for them. To attract VCs, the company should provide a list of experienced and qualified people who will play a crucial role in its development. Talented managers could help in case of making sure the money flows in.

Assessment of risks

VCs typically take a lot of risks while investing in a startup so they prefer to invest in startups that have a clearly defined risk management plan. The considerations revolve around legal issues, the sustainability of the company, revenue model and the potential risks in the market for this particular service or product. So, before approaching any venture capitalist investor, be sure to give them a clear picture of your contingency plans and risk management strategies. They also need you to back up whatever you tell them with metrics and solid evidence.

Aligning with their investment philosophy

Some venture capitalist investors are strictly in it for the return. Some VCs have a strategic approach, looking to support startups that will benefit their parent companies. For example, some VCs could specialize by investing in green companies or some may only be interested in tech-based companies or social enterprises. As an entrepreneur, your job is to find out what their strategy is and if your startup is aligning with their company philosophy.

Get introduced

The right VCs can give your company a jumpstart it needs. A top-tier VC is inherently valuable because it can elevate your startup and the company culture as well.

The top five venture capitalist companies currently operating in Bangladesh are BD Venture Limited, SEAF Bangladesh Ventures, Midas Finance Limited, Startup Dhaka and Startup Chittagong. These companies have a very good relationship with the bankers who produce the IPOs. The best way to meet a VC is to get introduced by someone you know. And once you've been introduced, try to find a VC company who is the right fit for your startup and its values and objectives. Because this has the potential to become a long-term relationship.

5 cars you (probably) didn't know were developed by racing drivers

AHBAR MILKY

Ayrton Senna and the Honda NSX

In February of 1989, a gaggle of Honda engineers were awaiting the newly crowned World Champion's verdict on the company's most ambitious project ever; The New Sportscar eXperimental as Senna was asked by Honda to fine tune the suspension, in a spur-of-the-moment request by McLaren's engine supplier. What was to be a last minute minor adjustment, led Senna requesting the entire chassis to be comprehensively reinforced, after the engineers were met with disappointment from the world champion as they have been just told that their car was good but

not good enough. It's safe to say Honda burned the midnight oil as the NSX was due for launch next year and later in the year, the R&D department regrouped and met Senna at the Nurburgring after engineers managed to stiffen the chassis by 50%. Senna's further input honed the all-aluminium NSX to be as forged and honed as a perfectly balanced katana.

Would the NSX that we know of be where it is today had the Maestro not give his seal of approval? The 4th gen Honda Prelude certainly has Senna's seal of approval as he starred in a number of adverts aired in Japan, driving down the coast of Amalfi in a silver prelude.



Sebastian Vettel, Sebastien Buemi and Infiniti

Whilst developing the Q50, Infiniti, main sponsor for Redbull Racing, started to cash in on its association with RBR's star f1 outfit Sebastian Vettel, giving extensive input to the Q50's driving dynamics, advocating with regards to its vehicle dynamics being stiffened. RBR's reserve

driver Sebastien Buemi took the prototype saloon clad in camo-wrap to the green hell.

Although what took everyone by surprise wasn't the dynamic Q50 that resulted from the RBR-Infiniti marketing exercise, was the FX50 Vettel Edition, a limited edition of the FX50 SUV.



Michael Schumacher at Fiorano

Alongside his ten year stint at the Scuderia Ferrari F1 team, the seven time World Champion spent hundreds of hours of seat times inside Ferrari test mules incorporating formula one technology and experience garnered by Ferrari into their road cars, including restricted technology (back then) in F1; active aero. Schumacher's portfolio includes the Posterchild Enzo with an F1 styled sloping nose (now you know why) and the track only version it spawned with a face and howl of a banshee: the FXX. The F430 Scuderia was christened by the star as well.

Walter Rorhl and Porsche

The two time World rally Champion, most famous for piloting the group B behemoths like the Lancia 037's and the Audi S1 Quattro's and now in present day Porsche's came from humble beginnings and with the image of a Porsche being held with high regards since his childhood- his first car was a damn 356C!

After retiring from WRC, the "Genius on wheels" as dubbed by Niki Lauda was picked up by Porsche as a test and development driver. Porsche's technological marvel at the time- the 959 has had Rorhl's imprints on it, as did the Carrera GT, which he took to the green hell and set a blistering time of 7:28 at the Nordschleife. He's still seen all over YouTube thrashing his company car (an array of whimsical Porsches) and talking to the onboard GoPro on Porsche's official YouTube channel.



Colin Chapman

Being an ex RAF pilot, studying structural engineering and becoming one of the great innovators and minds in motorsport and revolutionizing Formula one, suggests he knew a thing or two about making cars go fast; Simplify, then add lightness resonates with Lotus Engineering Ltd. What may surprise you is that he built a time machine.

John DeLorean being no stranger to the automotive industry himself and his creation, made instantly recognizable by Doc Brown's time machine from BTTF

owes in no small part to Colin Chapman penning the design for DeLorean's car of the future; the DMC-12. The back story and what followed suit later on might have been more interesting than the car itself, as there are stories as to how the factory in Ireland was fashioned into a barrack as the Northern Ireland was at war and blueprints for how the gullwing doors are meant to stay open were lost. After DeLorean got caught up in a drug trafficking fiasco, Chapman's design was sold to Toyota, intended for the AW11 MR2.

Emerging consumer trends and their future in a post-pandemic world

SAIM AHMED SHIFAT

The coronavirus pandemic has disrupted multiple aspects of our life by impacting the global economy, reducing polarization while encouraging solidarity and functionality. Besides these, how we go about our daily lives has changed drastically as people are trying to continue their work while staying indoors as much as they can. Consequently, the pandemic has initiated some trends besides the well-known big shifts. In this article, we take a look at a few such trends that were already out there initiated by some pioneer brands.

Shopstreaming

Few of the biggest digital waves in Asia include e-commerce and live streaming content. Consumers embraced the interactive, experiential and live components of these media. This market started to grow even further with the advent of the COVID-19 pandemic. Going forward, this has the potential to be a common practice in the other global markets too.

Taobao, an online shopping website based in China, introduced using live streams to help boost the income of Chinese farmers. The service is called Taobao live and serves as the live streaming section of Alibaba's C2C marketplace. It started in 2018 where the platform hosted 150,000 agriculture-related shows and attracted over 400 million viewers. This service, combined with the functional design and focus on choice and convenience provided by services of AWS can pave the way for a radically evolved next generation of digital commerce.

VR Economy

With theatres, concerts, sports leagues, and similar outdoor activities being cancelled, there is going to be a massive void in peoples' lives. By means of these immersive technologies, the virtual experience can replace the traditional outdoor sources of recreation. With no options left, VR experiences of travel, retail, gatherings like birthday parties etc are becoming more meaningful to the consumers now more than ever.

Ubisoft released a free in-game update for their popular game Assassin's Creed which can be a great source of entertainment in this category under the current circumstances. The update lets the owners of the Origins version of the game access the Discovery Tour mode. This mode lets the players travel around the map without any interruption of the quests or combats and have guided tours in locations like Alexandria, Memphis, Cairo, the Nile, the Faiyum and many more. Similar initiatives are being taken by other brands with VR to take consumers as close to travelling as possible.

Virtual Companions

People today are getting increasingly accustomed to digital assistants. With evolving expectations, consumers will soon start to seek virtual personalities that can entertain, befriend and heal them while in crises like the one we are in now. Once consumers get a taste of it, these behaviours may well persist in the post-pandemic world.

Samsung introduced Neon, virtual beings that can behave like humans exhibiting emotions and intelligence, at the CES 2020 in January. The introduced avatars are designed to work with people, share experiences and teach skills in addition to merely supplying data. The project is still under development and is expected to offer a beta version later in 2020. With widespread positive and emotional reviews about other AI software like Replika, virtual companionship is likely to find its way to consumer lives in



the post-pandemic world once consumers have realized how helpful some of these can be at times of need.

Ambient Wellness and Cleanliness

Although some of us may go back to having less hygienic habits, the will to stay stronger and healthier will be more than ever in the post-pandemic world. This will create opportunities for providers and business owners to incorporate measures endorsing healthy lifestyle practices, sustainability and good hygiene in places where consumers go to.

Stella McCartney opened a flagship store in London that features an in-house air filtration system. The fashion designer's store at Bond Street has a sustainable air solution that removes 95% of airborne pollutants. Coming out of the pandemic, people will be more

concerned about the air they breathe, the things they touch and the water they drink. Hence, providers will need to think and invest accordingly in initiatives like Stella's in order to make sure that the stores are clean and the surrounding physical components of these have a positive impact on consumers' physical and mental well-being.

A-commerce

With the increasing necessity of contact-free interactions and advancements in robotics, there is now a growing demand for automated commerce with AI and robotics. Proactive brands can experiment with their plans with A-commerce since consumers will be more receptive to this type of changes now more than ever.

Domino's has already piloted an initiative similar to this. They worked with Nuro, a robotics company, and launched the initiative where driverless robot cars

In May, APIs will be released by both companies to enable interoperability among Android and iOS devices. Having seen the fruits of meaningful collaborations among different companies, the post-pandemic world will further endorse such partnerships to address other pressing issues of the world.

Coordinated Development

With a lot of free time and little idea about what to do with it, many people will take initiatives to master life skills like cooking for themselves. Although branded as 'millennial', these trends have resulted in a huge growth of on-demand services that help users learn different life-skills.

Equal Parts, a cookery equipment brand, gives consumers access to pro tips through their feature Text a Chef. Through texts, users can get tips, inspiration and meal ideas. Similarly, WAHL Home Products has included a How-To feature in their website where most popular men's haircuts are shown with instructions that are very easy to follow. Trends like these are the reasons not all of us will come out of the pandemic as cavemen.

Virtual Status

When it comes to identifying ourselves and gaining respect from society, nothing replaces physical goods as these are limited and have value. However, there is a wave of change as a part of which consumers of younger age groups and gamers are seeking virtual goods that include newer technologies like blockchain and AR etc. With the current crisis where everyone is keeping up with the world staying inside their households, the adoption of virtual goods to portray status is more imminent than we think it is.

Fashion gaming app Drest revealed its waitlist in September 2019. The game is available on Android and iOS. It gives the users stylish challenges to execute on realistic photos featuring brands like Burberry, Gucci and Prada. The end-products can then be bought in-game or from online luxury retail platform Farfetch. With a huge part of the population now working online, spending more time gaming and in social media more than ever, people will realize there is a whole new realm where they are noticed. Providers, going forward, will try to understand the social dynamics at play in these virtual communities and provide online platforms where consumers will derive status through price, scarcity, feeling of accomplishment, sense of belongingness etc in their quest for status in virtual environments.

CAR CARE TIPS DURING LOCKDOWN

KEEP THE BATTERY CHARGED

START THE ENGINE EVERY 2ND DAY AND KEEP IT RUNNING FOR 20 MINUTES MINIMUM.

KEEP THE TANK FULL

A FULL TANK OF FUEL PREVENTS CONDENSATION AND RUST INSIDE THE IDLE TANK.

KEEP YOUR TIRES CHECKED

RE-PARK YOUR CAR ONCE EVERY FEW DAYS SO THE TIRES GET TO ROTATE AND REDUCES THE CHANCE OF FLAT SPOTS.

KEEP THE INTERIOR CLEAN

WIPE THE STEERING WHEEL, SEATS, DOOR HANDLES AND OTHER TOUCH SURFACES WITH A NON-ABRASIVE CAR CLEANER IF YOU HAVE TO GO OUT.



Huawei introduces its efforts in fighting COVID-19 and expansion of 5G

SADMAN SAKIB PANTHO

Huawei hosted two webinars online on April 23. While the first introduced a new AI-assisted COVID-19 diagnosis solution, the second one unveiled the white paper Technology against Pandemic: Insights and Practice on Telecom Networks. **Faster COVID-19 Diagnosis Using Medical Imaging and AI** Huiying Medical Technology has developed an AI-assisted CT-Screening solution for COVID-19 and released the solution together with Huawei CLOUD. The webinar was hosted on Huawei CLOUD Live and was conducted by Jia Jingen of Huiying Medical Technology. This new technology has been introduced to overcome the high false-negative rates of the RT-PCR testing kits that are being used globally for detecting COVID-19. Results show that chest CT scans are 98% accurate to determine the disease. In tandem with Huiying Medical's AI, chest CT scans can provide an accurate probability of COVID-19



infection for a patient and a diagnosis can be reached only in 30 seconds. The AI-assisted solution is currently being provided to hospitals in collaboration with Huawei CLOUD or being deployed to them via Huawei Atlas Servers with GPU accelerators. Case studies have been conducted on 17000+ chest CT scans, identifying 4000+ COVID-19 cases, and 3000+ other pneumonia cases. The solution has been deployed globally since March in over 20 countries. The

Malaysia Ministry of Health has jointly released the solution in one of the biggest hospitals in the country.

Huawei 5G+, Better World Summit

At the Huawei 5G+, Better World Summit, the President of CNBG MSSD Huawei, Peng Song, implored the ICT industry to stand together and create a better world. Shaun Collins, Founder and CEO of CSS Insight, shed light upon the importance of 5G to develop communication and technology for national infrastructure. He also highlighted how operators in South Korea, the first country to adopt 5G, used the 5G-enabled Global Epidemic Prevention Platform (GEPP) to inform individuals about dangerous areas and kept track of COVID-19 carriers and the people they came in contact with. This proved to be invaluable for the country when dealing with the pandemic. Next, Dr. Su Yu from CMCC R&D Institute shared how 5G telemedicine and online

classes have proved to be a boon during the lockdown in China. 5G powered drones were also used to help manage public places. The prospects and results of accelerated business growth were explained by Robert Wigger, CBO of Sunrise in Switzerland. The telecom company has collaborated with Huawei to invest in network quality as well as to roll out 5G Indoor Solutions. Su Xiaoming, the CTO of YITU Technology joined from Shanghai to provide a detailed insight into AI-assisted chest CT screening for COVID-19 identification. Lastly, the CMO of Carrier Business Group Huawei, Boi Cai, released the white paper Technology against Pandemic: Insights and Practice on Telecom Networks. This white paper explains the importance of the role of telecom networks and highlights the best practices by global operators using 5G, AI, fibre 10G PON and other technologies in the fight against the pandemic.

Window apps to maximize your Surface pen's ability

JINAT JAHAN KHAN

A Surface Pen is a handy tool that lets you do cool and creative things on your Surface PC. It adds a layer of productivity and makes your work easier on a traditional desktop or laptop. To add a perfect functionality to your pen, some third-party developers have created innovative apps. There are several features into these apps such as signing documents, taking notes, painting or editing files. Look at the following Surface pen apps that maximize the productivity of your Surface pen.

Xodo

No matter what you need a PDF if you want a document to look the same everywhere. PDFs are ubiquitous for all kinds of documents, eBooks, and forms. You can easily highlight text or add some basic annotations, but things get complicated when you want to edit the PDF. Xodo, one of the highest-rated PDF annotators, has a large number of annotation tools. It can help you fill out PDF forms, add images, highlight or strikethrough text, and add text boxes, shapes, signatures. However, the existing texts and photos in PDFs can't be edited or replaced. Like Google Docs, you can share PDF files with friends and colleagues by signing up for an account in Xodo and inviting them via email or



sending them a link. And there is no subscription fee needed to use Xodo. **Autodesk SketchBook** Sketching and drawing are something that creative people do for fun or for professional purposes. You may be an amateur or a professional artist, but Autodesk SketchBook offers you a large selection of tools, brushes, surfaces, and features according to your competence and need. The best thing is that you can now get the full version of this drawing app, including some Pro tools

for free. It has a clean and uncluttered workspace for quick access to the tools. Graphic professionals and architects can get greater control over their artistic projects as SketchBook offers over 190 customizable brushes and proper precision and speed.

Plumbago

Do you know the feeling of messing up on an art or your precious calligraphy piece? Or are you too obsessed with proper stroke-matching? Then Plumbago is something that you would like to

try. It is a digital notebook with a special technology called "handwriting beautification". This technology involves over thousands of efficient stroke-matching written by users. Plumbago appropriately adjusts the smoothness level in your handwriting. It is also a note-taking application and there is a variety in the pages. These can also be other hues besides white such as yellow ruled paper with pink margin lines, music sheets, grid paper, and so on. Try this free app to enhance your drawings with calligraphy and make creative notebooks.

CollaBoard

There is no doubt that whiteboards are a staple of classrooms and offices. CollaBoard takes the concept of the whiteboard and extends it to anyone who has an internet connection. It is like a virtual whiteboard with a good set of inking tools and upload options. You can add and edit information on the whiteboard along with your friends and colleagues in real-time. This virtual workspace lets you to do brainstorming sessions with your team, hold virtual meetings, create and modify mind maps, and share proofs of concept or prototypes. Unfortunately, this app is only free for 30 days. After this period, you need to pay a subscription fee.

Replicating your summer travel plans at home

SADMAN SAKIB PANTHO

Are you an avid traveler who is sick of staying quarantined and dying to hit the road? Have all your summer travel plans been foiled because of the corona pandemic? Don't worry, we got you covered. Here's how you can replicate all of your summer travel activities without leaving your home. We cannot guarantee your health or sanity though.

Sunbathing

Missing the beachy nirvana of Bali or a soothing sunbath in Cox's Bazar?

Just take your chair, put on a pair of shades, your beach clothes and a hat and head on to the roof. If you miss being in the water just fill your bathtub (if you have one) or use a big plastic bowl. Don't use a bucket. If you're not under five-years-old, you are liable to get stuck for days. Play some soothing beach ambience and if you really miss Cox's Bazar, ask a family member to come and pester you repeatedly to buy something useless.

Bird watching and camping

Birds are back. Without people around, you can hear a lot of chirping in a lot of areas in the city. Off to the roof again with your binoculars and camera. Be like Steve Irwin (minus getting stung) and hide behind potted plants to peacefully look at the birds. No plants? That's your fault for living in a desert. At night, bring out your tent and get ready to gaze at the sky. Take some coal to light a fire on your barbecue grill and pretend it's your campfire.

No grill? Use bricks and coal?

No coal? Use your educational certificates because you are never needing them again if the apocalypse happens.

Take out that fish you have been saving for your post-quarantine party and pretend you just got it from the nearby stream! Catch it from a bucket of water. Buckets are so useful for the traveler going mad at home. Plus point: you won't have to worry about animals attacking your tent. We can't say much about family members though.

Surfing

Never tried it, right? But want to because it looks so cool on TV? Balance sofa cushions on top of another. Tell yourself it will be alright. If you have an ironing board then it is perfect. In not, just pile up the cushions as high as possible and try to balance with arms stretched out. Children do this all the time without running the risk of facing shark or worse, those salesmen offering restaurant coupons. Have someone spray water at your face while you

balance.

Family friendly safari

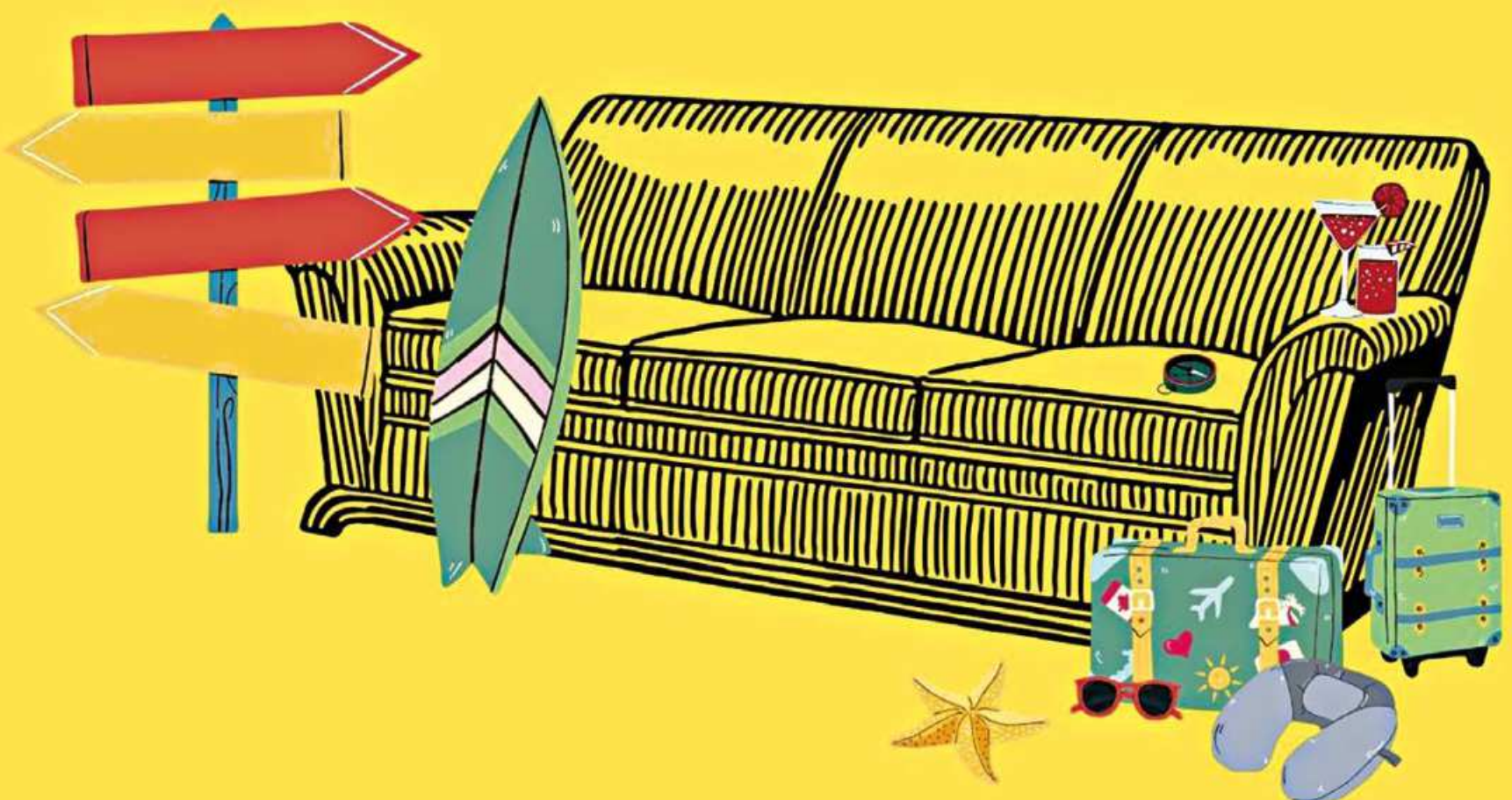
You need participants. You need kids. Safaris are fun with the kids. A safari needs animals and little children cooped up inside can be just that. Same with spouse or siblings. Parents don't really have to dress up the kids into an animal. Just let them have their freedom when they refuse to take a bath. 3-4 days and they will look and smell like the jungle. Take notes and record commentary as if you are an intrepid explore.

'I see five-year old in the wild smelling what appears to be yet another booger. Must be avoided at all costs'

If it is a spouse you are watching make sure you tiptoe because in these trying times, they can be feral.

Missing your travel buddies?

Video call with all your travel buddies and play the video of a tropical sunset or a beautiful beach using Zoom's "Select background" feature and enjoy a glass of homemade pina colada with the gang.



Podcasts to uplift you in periods of self-isolation

ISRAR HASAN

The recent pandemic of COVID-19 has all of us cooped up in the confines of our homes and at times running out of options to while our time away. Time seems to be in endless abundance when we are compelled to go into self-quarantine and eke out different routes to enjoy ourselves and relax into the current moment.

Aside from watching films and listening to music, there is another means of escape, which allows us to take a break from between the Zoom meetings, and tiresome Netflix binging to just lie down, put on some nice headphones, and listen to some exhilarating conversations punctuated by serene bits of poetic music.

Relish your inner spirituality

In such tiring times, "On Being with Krista Tippett" is a source of exploration

focusing on the abstract forces of life – beauty, religion, faith, nature, loss, and love – all that shapes our inner lives intertwining with questions of solace and meaning. Krista takes the listener on a journey on what it means to be human through conversations with writers such as Alain De Botton to religious leaders like the Dalai Lama to guests from different, diversified fields.

Aside from the conversations, there are 10-minute poetry recitations that will act as a balm to our chaotic minds and an antidote to our anxiety-filled days.

Have a good laugh

Comedy has always reached its peak in times of crisis, helping to find common ground as we relish the beauty of a joke and its immense ability to widen our facial muscles to give a vaunted smile.

"Staying In with Emily and Kumail" is one such podcast starring the dashing comic writers, Kumail Nanijani and his wife, Emily V. Gordon who work from home as writers and describe the trajectory of work amidst illness, anxiety, and isolation. A podcast made for the current time and broadcasted directly from the confines of their home, Emily's therapeutic advice and Kumail's cheery comic rigour mesh for an endearing and cheerful listen on every Thursday.

Gear up your brainboxes

Gathering knowledge about different topics has generally been highlighted in self-help articles. At times, reading and watching videos becomes tiring and painful for the eyes. That is where podcasts like "In our Time" come in with the melodious voice of Melvyn

Bragg navigating through discussions with expert guests on various topics of literature, politics, philosophy, religion, and music. A perfect cross-pollination of intersectional bouts of knowledge is brilliantly outlined in under one hour and is the best BBC podcast out there to enrich and nurture our existing acumen.

Another of BBC's heartwarming podcasts is "Desert Island Discs" – a fitting name given our worlds seems deserted in times of self-isolation and social distancing. An interview encompassing the stories, song and book choices from some of the most fascinating people from around the world and the century at large from the likes of the dashing Stephen Fry to the British Iron Lady, Margaret Thatcher to everyone's favourite childhood writer, JK Rowling. A treat and delight to listen to them all.

Like us on [f/Sandalina](#)

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ



রূপচর্চায় আভিজাত্য...



