

# Podcasts to uplift you in periods of self-isolation

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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.

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ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

**অ্যান্ডালিনা**  
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রূপচর্চায় আভিজাত্য...

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