



Virtual Reality made easy

Since the onslaught of the coronavirus, many of us have been cooped up in our homes far away from the usual hustle and bustle of the concrete jungle. The pandemic has eroded the essence of what we once considered the daily moments of life. Thanks to the evolving and malleable nature of technology, we have been able to find more interesting mediums of engaging with the world from the comfort of one's room through virtual reality.

Virtual reality (VR) is a three-dimensional computer programmed environment that can be explored and delved and looks very realistic to the naked eye. Interaction with the world takes place using the VR devices such as earphones, headsets, and gloves projecting the user wearing them onto a world very much like the one they once took for granted.

The great magic of virtual reality is that it can be used anywhere as long as there is good Internet connectivity. You can have stimulating outdoor sessions exploring diverse landscapes or environments, which makes one's mind, ease into a sense of



comfort. The amalgamation of technology and machines help to turn the virtual into the reality, generating stimulating, playful, and exciting aspects.

One of the VR headsets in the market is the one made by the South Korean giant, Samsung. With a good compatible headphone, one can use the headset to do whatever one wishes, be it travelling in a rocky landscape or playing a game. In the times of social distancing, such social activities and entertainment is something our mind yearns for.

High-end virtual reality headsets have been available for years now. One of the most common and easily accessible headsets is Google Cardboard. Google Cardboard consists of biconvex plastic lenses that go hand in hand with the Cardboard app. For Android users, this is a major boon in having the chance to explore and delve oneself into more beguiling experiences evoking the memories of the old adrenaline rush we would feel when going hiking or adventuring in the woods or hilltops. Now, with VR headsets, you can take visit cities,

places, and natural landmarks of your own liking.

However, the best-known device for experiencing virtual reality is Oculus, as they produce some of the finest headsets in the market. Their most popular model, the Oculus Rift needs to be connected to a powerful computer, and the other is more accessible in our day and age which is Oculus's standalone headset of the same name. Simple to use, this does not require any phone or PC to use. If needed, it can be customised with graduated lenses for those who wear glasses.

In the middle of a break from work, one can feel free to use the VR headset to get a glimpse of a forgotten holiday destination or to relieve him/herself of stress by simply transporting to a place of peace and comfort. With VR headsets, we bring reality home shaping it the way we want it to resemble.



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Photo Courtesy: The Palace Luxury Resort

LEARN. KNOW. GROW

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Time in traffic, waste or invest?

Living in Dhaka and spending time in traffic comes hand in hand. Either we find a way to deal with it or just sleep through it. Even though it might seem like a distant memory now with the ongoing coronavirus, traffic seems to have persisted nevertheless. And so, traffic is going nowhere anytime soon, so let's just find our ways to make use of it and invest our time while in traffic instead of wasting it.

Set up your day

Spend time in traffic setting up your day. If

you do so, you will be able to allocate your time better. Navigate through the chores you have throughout the day, think if there is any way to give time to family. By doing so, you will have a clear visualisation what your entire day might look like.

Learn something

A plethora of platforms catering to all sorts of learning are at your disposal. You can read through pages; you can close your eyes and listen or you can watch and learn new things while commuting. I understand

the need of taking some time off and scrolling through social media just for nothing but then again, learning will pay off in the long run.

Start working early

Many of the readers might not be fans of this idea, but I would always prefer an extra hour put into work. It is not because of my infatuation towards working as an entrepreneur but starting early will give you more time throughout the day. You could send e-mails, follow up, start

working on your task at hand or just talk with your team members before they start the day.

Sleep

Sleeping is not a waste of time; it is an investment on your health. In the rat race of 9-5, we end up having very little time for sleeping and recharging our body. Sleeping while commuting might balance the lack of sleep and give you energy to navigate through the day. If possible, do take a quick power nap and reenergise.