

TOGGLE

A publication of *The Daily Star*

WEEKEND LIVING IN THE DIGITAL AGE

TEAM ANTS FROM BANGLADESH TAKES FLIGHT



The strange new creatures from Beijing Motor Show – PG4



● Cutting edge cancer research from Bangladesh – PG5

Digital Campaign 2020
Season-8

12 YEARS OF SUKSESSES

100% COPPER Condenser Ensures Longevity

Enjoy up to **500%**
Cash Voucher
Free

Buy Fridge, Washing Machine & Microwave Oven, you may get Crores of Taka Cash Voucher and many more Walton Products

WALTON

Smart Fridge

Conditions:

- Have to complete product registration through SMS after buying Walton Fridge, Washing Machine & Microwave Oven
- This campaign is conducted by fully computerized system fairly
- Digital campaign facilities will be void in case of more than 3 registration of fridge from the same mobile number in a year
- The authority reserves the right to change the campaign anytime

This initiative is taken to ensure maximum customer facilities through research & development of products and digitalization
Return SMS may be delayed for the technical /network problems

100% COPPER Condenser
Power Saving & Environmentally Friendly

Intelligent **INVERTER** Technology
Maximum Power Saving

Real **Tempered** Glass Door
More Durable

PHthalate Free Gasket
Ensures Health Safety

NANO Technology
Prevents Bacteria

Globally Achieved Safety, Energy & Quality Ensuring Certificates



New bike this week

The newest addition to the “cool bike we can’t have” list, the Honda CB350 H’ness (Highness) is a retro cruiser made to mimic the original CB350 of the 1970 vintage. Design-wise, Honda pretty much nailed the look, making the new H’ness look like an evolved CB350 that never went out of production. Power comes from a 348cc single-cylinder engine, making 20 HP and 22 lb-ft of torque. And despite its old-timey looks, Honda loaded the bike with modern features such as LED headlight, Bluetooth connectivity, traction control, ABS disk brakes, etc. All these features do contribute to the bike’s pricetag, which is \$2,575. Making the bike quite a premium in its segment. Perhaps Honda chooses the “Highness” pretty consciously.

Google unveils Nest Audio, their \$99 smart speaker

Google has rolled out the Nest Audio, the successor to the Google Home smart speaker.

Priced at \$99, this mid-range smart speaker will prioritise more bass, added volume, and clearer sound. The design features a 19mm tweeter and a 75mm mid-woofer to hit high frequencies and low-end push. Google claims Nest Audio has 50% “more bass” and can get 75% louder than the Google Home could.

The device will go on sale starting October 5 in 21 countries. It will be offered in a variety of colours including sage, sand, sky, chalk, and charcoal.

CORRIGENDUM

Print issue of 2nd October, 2020: Spec list of 2019 Mahindra TUV 300 mistakenly stated to contact Rangis Ltd. The correct contact will be Rancon Autos Ltd. Additionally, the model year was incorrectly stated to be 2019, it should have been 2020.

We regret these errors.

Rolls-Royce’s ionBird concludes ground testing

ionBird, a 500 HP electric plane by Rolls Royce, has successfully completed its ground testing phase and is now ready for flight testing.

Parts of its “Accelerating the Electrification of Flight” initiative, Rolls Royce designed the ionBird to be the fastest electric plane in the world. The projected maximum speed of the aircraft is around 480 km/h, with a targeted range of around 320 km.

The company is yet to announce the date of the ionBird’s maiden



flight, though it is expected to be soon. The goal of the aircraft will be to reach a speed faster than the current record holder, an Extra 330LE, whose peak velocity is around 342.9 km/h.

Nissan Re-Leaf is an electrified disaster response vehicle



Japanese automaker Nissan has shown off the Re-Leaf concept a prototype crisis vehicle based on their Leaf electric hatchback.

The prototype has been given a yellow-orange high visibility colour scheme along with an LED light bar with amber flashes. The suspension has been raised by 70 mm and a custom ‘sump guard’ has been added to protect the underfloor. Larger wheel arches accommodate the 17-inch motorsport wheels, which are fitted with 90 mm at the front and 130 mm at the rear.

The rear seats have been removed to fit a custom bulkhead cage, which has been fitted with an “operational hub” consisting of a pull-out desk, a 32-inch LED screen, and a dedicated power supply. The job of the hub is to run

communications and manage the emergency response.

“Electric vehicles are emerging as one of the technologies that can improve resilience in the power sector. By having thousands of EVs available on standby, either as disaster-support vehicles or plugged into the network through vehicle-to-grid (V2G), they’re uniquely capable of creating a virtual power plant to maintain a supply of energy during a major outage,” said Helen Perry, head of electric passenger cars and infrastructure at Nissan Europe.

“Concepts like the Re-Leaf show the possible application of EVs in disaster management and demonstrate that smarter, cleaner technology can help save lives and provide greater resilience for the future.” He also said.

EDITOR’S NOTE

From Trump to K-Pop

We knew the big ‘rona isn’t going away any soon, unlike Donald Trump. And that is why we have decided not to bow down before the virus. We’ll hang out at star kabab, travel to the crowded, sweaty beaches of Cox’s Bazar and continue living our lives the Bangladeshi way. Coronavirus can take away our lives but it will not take away our collective spirit.

So, this week, we ignore the virus. Instead, we talk to a Bangladeshi researcher to find out details about his research on cancer therapy that could potentially save millions of lives. We find ourselves pleased to highlight a daunting UAS project, build by a bunch of Bangladeshi youngsters. We talk about how debating has found its new niche amid the new normal conundrum.

Also, K-Pop. Yes, that was long due.

-Zarif Faiaz, Sub editor

TOGGLE

Editor and Publisher
Mahfuz Anam

Editor (TOGGLE)
Ehsanur Raza Ronny

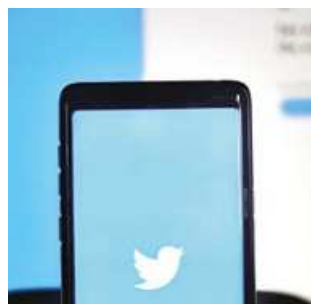
Team
Zarif Faiaz
Rahbar Al Haq
Nahaly Nafisa Khan

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.

TechBits



Twitter may allow users to edit their tweet previews

Google to pull support for Daydream, their mobile-focused VR platform



Facebook introduces cross-app communication between Messenger and Instagram

Twitch debuts Soundtrack, a rights-cleared music catalog for streamers



Motorola’s Razr II launches on October 2, starting at \$1,200

Online debating: The silver bullet of inclusivity and opportunity

SYEDA ADIBA ARIF

Co-ordinated social media celebrations fueled by the collective adrenaline rush that comes with an international victory - are scenes spotted during the aftermath of a breathtaking performance by our cricket team tigers. With frightening consistency, these scenes are now replicated within the ever-growing English debate community of Bangladesh. Over the years, Bangladeshi debaters have won major trophies such as the United Asian Debating Championship, the Asian British Parliamentary Debating Championship, the Austral-Asians University Debating Championship, The Worlds Universities Debating Championship and most recently the invite-only Hobart & William Smith Colleges Round Robin which is a battle of all the global champions!

The Bangladesh Debating Council (BDC) is a student-led non-profit organization that has been working to spread English language debating across the nation since 2005. Despite several outreach programmes, the debate has predominantly been centralised to the Dhaka circuit, as most of the prominent debaters are stationed in Dhaka, and it's quite difficult to juggle work and academic obligations to travel across the country to get up close with prospective debaters nationally. Although substantial progress has been made through sustained efforts from dedicated debaters, the COVID-induced world of virtual debating turned out to be a gamechanger, leading record numbers of students to get involved in debate owing to increased access. Asif Mehedi Adi, Chair of BDC said, "There is no doubt that teams outside Dhaka never lacked talent - all they needed was a bit more exposure, training and practice and that's exactly what online debating gave them." Tabassum Khan Prithi, Vice-Chair of BDC said, "In our flagship tournaments BDC Pre-Worlds & BDC Fempowerment, we had participants from different parts of Bangladesh and we are glad that we could take English debate to divisions like Chattogram, Sylhet, Rangpur, Khulna, Rajshahi, etc. At Pre-worlds this year, we saw a team from Chattogram

winning the tournament which made us jump and cry out of joy." Pre-world's is the most important school tournament in Bangladesh, being one of the key qualifiers for choosing the Bangladesh National School Level Debating team. For the first time in its 17 years of history, an out-of-Dhaka school won it. Prithi added, "Moments like these remind us that it's our job as council or organisers to ensure equal access for everyone, and establish a level playing field. Online debate tournaments showed us the potential that's out there and we can't wait to implement the same offline when the world heals."

When we zoom out of the national debating scene, another silver lining can be spotted where Bangladeshi debaters now have easier access to international

money. More international judges and debaters started becoming familiar with us and recognized our abilities." Even in terms of hosting international events, the debaters from Institute of Business Administration hosted perhaps the most competitive debate of the year "IBA Nations League", where the crème de la crème debaters of the world represented their nations, leading to an intense clash of verbal repartee. Team Bangladesh rose to the top winning the championship, beating some of the best debaters from across the globe.

For both students outside Dhaka and for the overall Bangladeshi debating circuit - the digital revolution in debating goes on to prove that without geographical barriers, unexposed talents can thrive and reach newer heights.



tournaments, without constantly worrying about filling up piles of paperwork and spending heaps of money to strive for international glory. Asif said, "Going to international tournaments with a Bangladeshi passport was the biggest challenge I have come across in my debating career. The visa hassle and managing finance make you physically and emotionally exhausted." The bureaucratic and logistical constraints would exert an unfair pressure on debaters to make something out of the debate trips, in fear of wasting the copious amounts of money spent to afford these trips. Asif added, "With online tournaments, it felt nice to be able to do international tournaments without the constant worry of visa or

One can hope that the world will soon go back to normal, and when that happens, it will be interesting to see how the council and broader organizers are continuing to stay inclusive. Fardeen Ameen, Director of BDC said, "Generations of debaters have worked tirelessly to create a safe space, where every weekend, students can gather, learn and speak about topics that convention education won't approach. The vision is to ensure this culture stays alive on the biggest scale possible. Bangladesh Debate has made incredible strides, but we believe the best is still yet to come."

Reach the author at adibaarif.3@gmail.com

Illustration-Zarif Faiaz

THE BOSSMAN

BY E. RAZA RONNY



4-LANE DHAKA-BHANGA
EXPRESS HIGHWAY
BUILT WITH BS RM XTREME

COUNTRY'S NO. 1 STEEL EXPERT

BSRM
building a safer nation

2020 Beijing Motor Show concept car Roundup

RAHBAR AL HAQ

2020 has not been kind to motor shows. Dhaka Motor show was canceled, SEMA pulled the plug after months of trying, and the organizers of the Geneva motor show are now considering selling their venue. Amid all the woes, the 2020 Beijing Motor Show is a ray of hope for car enthusiasts, which successfully managed to meet its September reschedule. We bring you a list concept cars from the show that managed to catch our attention.

Great Wall Ora Futurist Concept

Ever wanted one of those quirky and adorable Trabant, but backed away due to their awfulness? Well, then Great Wall just might have made the car for you. The Futurist concept is a retro electric luxury sedan made under the Ora marque. The interior of the car strongly resembles a 50's US land yachts while the exterior looks like a modernized take of a compact car from the Soviet bloc. Chinese sources claim the car is designed by ex-Land Rover Phil Simmonds and is based on the company's new "Lemon" platform. Great Wall claims the car is "near production ready" but remains quiet about whether they will actually put it into production.

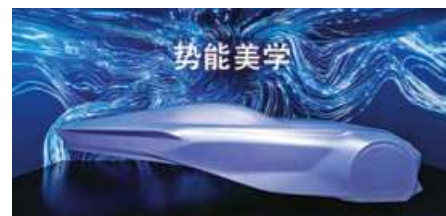


Neta Eureka 03 Concept

Eureka Model 3 Neta's answer to the Tesla Model. The exterior of the car looks like a tasteful update of the Lincoln design from mid-2010, while the interior is left to speculation because Neta left all the windows blacked out. Lack of dashboard pictures notwithstanding, the Eureka 03 is one of the few cars that actually gave out some hard numbers. The has an NEDC rated 800 KM range and can reach 0-100 in 4 seconds. The company also confirmed they are putting the concept into production and it will hit the market somewhere around 2022.

Honorable mention: Ford "Future Design" sculpture

We are giving this a special mention as unlike all the other entries on this list, this one isn't a car. What it is a sculpture from Ford, depicting a vehicle profile. The sculpture feature a front end with a massive grill, with its long hood flowing to a sleep racecar cockpit-like passenger compartment. The rear tapers into a teardrop shape, giving the overall design a flowing fin-like aesthetic. Ford claims the sculpture is a preview of their future design language, which will bring a "Progressive Energy in Strength" look into future cars. Guess we now know massive front grilles aren't going away anytime soon.



Qoros Milestone Concept

Either the designer of this car has no chill, or they are huge Cyberpunk fans. The Qoros Milestone is an edgy design, featuring motion-controlled sliding doors, crazy wheels, and lights that illuminate all four corners of both ends. The interior is taken straight from an early 2000 science fiction video game, complete with a detachable steering wheel remote control and a holographic interface that covers the entire windshield. Technical information about the vehicles is hard to find, but Chinese media claims Qoros developed the concept to "accommodate a range-extending powertrain", meaning we at least know it's a hybrid.



Honda SUV e:concept

Moving from Chinese brands to a familiar nameplate, we have the Honda SUV e:concept. The Japanese automakers claim the car "indicates the direction of a future mass-production model.", and will be their first EV in the Chinese market. The design of the car is nothing special, resembling a minimalist version of Honda's current design language. What's is special about the car is its omnidirectional advanced driver-assistive systems, which feature improved recognition, prediction, and decision-making performance. Oh, and for those who are excited about 3 door SUV, Chinese sources indicate the production version of the car will be a 5 door. Which is depressingly typical of modern Honda.

Pioneering cutting edge cancer research from Bangladesh

In conversation with Dr Sajib Chakraborty of the Department of Biochemistry and Molecular Biology, University of Dhaka.

ISRAR HASAN

Dr Sajib Chakraborty, a computational biologist at the University of Dhaka has been working with his colleagues at the University of Freiburg to find out new horizons in the treatment of cancer, which in reality remains one of humanity's gravest illnesses.

Toggle sat down with Dr Sajib this week to talk about his research and more. **T: What is the current stage of cancer research in Bangladesh?**

Dr Sajib: The survival rate of cancer patients, especially for childhood cancer, is much lower in the low/middle-income countries such as Bangladesh, compared to developed countries. The reason is multifaceted--lack of molecular diagnosis, limited access to effective cancer drugs, affordability, to name among few.

We are lacking far behind in identifying the molecular causes of cancer in Bangladesh, where the developed countries have achieved tremendous success and generated a wealth of molecular data from cancer patients which are proving to be crucial not only in untangling the complexities of cancer but also in determining the effective drugs for cancer patients.

T: How effective is gene therapy in the fight against cancer?

Dr Sajib: Genes, RNAs, and proteins are like three pillars of any cellular functions. Cancer initiation depends on the multiple genetic mutations but the effects of these mutations are far-reaching and can modify a great number of RNAs and proteins without causing a direct mutation in their respective genes.

Therefore, by analysing genes we can only understand what genetic mutations caused the cancer initiation in the first place but if we want to understand how cancer evolves over time and becomes metastatic we need to focus on RNAs and proteins as well. Proteins are particularly important in the fight against cancer because they can directly serve as biomarkers and targets for anti-cancer drugs.

T: What are the other exciting findings from the world of cancer research?

Dr Sajib: The success of anti-cancer drugs broadly depends on the clinical stages of cancer. If we can detect cancer in the early stage, a combination of surgery or radiotherapy with anti-cancer drugs can have a powerful effect to combat and destroy the cancer cells.

However, the same drug can become less effective when administered in the advanced or late stage of cancer. Physicians rely on a trial and error basis when it comes to administering anti-cancer drugs. All these factors boil down to the major challenge in cancer treatment.



However, we are now beginning to understand why this might happen and what changes from early to late stages of cancer. We now know that as the cancer progresses, it acquires a variety of different genetic mutations that contributes to the alteration of a large number of RNAs and proteins making it immune to the body's natural defense system as well as certain anti-cancer drugs.

These acquisitions of mutations over time modify a number of molecular pathways in the cancer cells so that it becomes resistant to anti-cancer drugs. Molecular pathways are like a network of proteins that act in concert to achieve a certain biological function.

So far we have generated evidence suggesting that different molecular pathways are switched on and off depending on the stage of cancer. Therefore we need to administer specific drugs that can inhibit those pathways at a particular stage of cancer.

In essence, we are proposing stage-dependent anti-cancer therapy. For instance, 5-fluorouracil (5FU) is an anti-cancer drug that is normally administered to colon cancer patients.

We now have preliminary data that supports the theory that molecular pathways that confer resistance to 5FU are switched on in the late stages of cancer. **T: What are the other exciting findings from the world of cancer research?**

Dr Sajib: Experimental scientists and clinicians worldwide are generating a massive amount of molecular (DNA, RNA, and protein) data from a huge number

of cancer patients with the aim to better understand the intricate mechanisms of cancer.

In this endeavor, the computational biologists are playing a pivotal role in analyzing the huge amount of data in a biologically meaningful manner. For instance, by developing a mathematical algorithm, Dr. Andrea Califano at Columbia University, USA and his team identified the molecular pathway that is responsible for developing resistance against the drug trastuzumab (Herceptin) in breast cancer patients.

The algorithm also predicted that blocking the pathway with another drug ruxolitinib may overcome the resistance. The combination therapy consisting of these two drugs (trastuzumab + ruxolitinib) is now under phase II clinical trial.

Another exciting area of cancer research is immunotherapy which acts by augmenting the body's immune response against cancer cells.

However, the challenge of immunotherapy is that all the patients receiving immunotherapy do not respond in the same way. Nearly half of the patients remain unresponsive to immunotherapy. Recently, Prof. Matthias Mann at Max Planck Institute of Biochemistry, Germany and his team identified a pathway that is associated with higher immunotherapy response in skin cancer patients.

My team in collaboration with the University of Freiburg, Germany is also working on identifying such molecular pathways that can alter the response to a particular anti-cancer drug.

So far, what we saw was that these molecular pathways are not static rather show dynamic behavior over time. The pathways become switched on and off with the different cancer stages. Therefore drug targeting a particular pathway may become ineffective over time when the pathway is switched off.

Overall, aided by computational and mathematical models, cancer research is heading in the right direction, and in near future, we may see the fruitful outcome which may lead to early diagnosis and effective therapy development for cancer. **T: What are its technological barriers?**

Dr Sajib: In Bangladesh, molecular testing is not widely available and it costs a significant amount which raises the question of affordability.

However, I believe with the advancement of technology, these testing will become pervasive at the same time cheaper. The second challenge is the skilled manpower that is required to perform widespread molecular testing. This certainly is achievable as we have seen for Covid-19 molecular testing in Bangladesh.

Graduate students with a background in Biochemistry, Molecular Biology, Microbiology and Biotechnology can certainly meet the requirement of skilled manpower to perform widespread molecular testing for cancer.

Finally, the clinicians should work closely with scientists to facilitate the molecular diagnosis of cancer patients.

Visit our website at thedailystar.net/toggle to read an extended version of the article



NOW YOU KNOW

Mitsubishi Xpander: from concept to production

For automakers, Motor shows serve two purposes. Firstly, companies roll out their latest production models in these shows, complete with price and other critical information. Besides that, they also show off fantastical concept cars to give people a glimpse of what's to come. When Mitsubishi unveiled the three-row **XM Concept** at the 2016 Gaikindo Indonesian International Auto Show (GIIAS), they promised it will reach production "soon" with "80% representation". A promised they fulfilled the following year with the introduction of the **Mitsubishi Xpander** at 2017 GIIAS, the production version of the **XM Concept**.





UAS F-71

By Bangladesh, for Bangladesh

MD. SAIFULLAH JAMIL

It is commonly believed that 'collective hard work to achieve goals' is how ant colonies function. That is also the motto of team ANTS from the Islamic University of Technology, Gazipur. This is how they won 3 awards in the IMechE UAS Challenge 2020. They built a UAS named Freedom-71 (F-71) and won the Business Proposition award, the Media and Engagement award, and the highest positioned entrants. We sat down with a couple of members from the team to hear their story.

The Project

The F-71 is designed to be able for aerial monitoring and carrying light packages. Samin Hasan, the head of ANTS R&D said, "the best way to use the F-71 is for data collection and light delivery. It is great for info gathering such as surveying or crop health monitoring through aerial photography."

The team has presented that the aircraft has applications in package

delivery, emergency response, agriculture and journalism. The context of Bangladesh played a major role in the team's planning. Since delivery by road takes a lot of time, the F-71 could be used to send some primary aid beforehand or to monitor emergency situations (an epidemic/pandemic, floods, fire accident etc.), enabling the preparation of efficient and effective countermeasures. The F-71 can be prepared for flight and delivery in just 10 minutes, the team stated in their presentation.

Cost and environment pollution



was also taken into account. "The UAS uses an electric power source. We also used jute based composite construction instead of carbon fibres, which is cheaper and environment friendly," said Samin. Overall, the project has innovated an emergency response system which saves time and resources.

The Beginning

The journey for ANTS began around September 2018, during the founding

members' first year in IUT. Four friends Atik, Neehal, Tanvin, Samin participated in a competition arranged by Naval Architecture and Marine Engineering of BUET. They built an unmanned ship model for that occasion.

Over the next few months, they participated in fury racing, mud racing, soccer bot competitions. Then they decided to build an aircraft for Techfest IIT but could not finish the project in time and missed the submission date on 15 November 2019. They finished the plane on 16 November, and unfortunately, it crashed. That is when the team targeted the IMechE UAS Challenge. Meanwhile, the team also grew to 14 members. Some members left, new members joined.

Highs and Lows

Their path was thorny since the logistics are not available in Bangladesh and sometimes the shipping process is also complicated. "We had to think at least 3 months ahead and order parts accordingly straight from foreign suppliers just to avoid the delays. It is difficult and extremely stressful because a minor slip may cause months-long delay," said Samin.

Neehal picked up on this point, "When looking for a proper shipping route and method, sadly we could not find any that met our requirements. This was a big concern and will remain to be for future teams from Bangladesh. Also, a trip to the city centre where we had to go for the parts usually cost us around 5 hours being 50 km roundtrip. With our

tight academic schedule, this was pretty tough." Both of them stated how hard it was to self-fund almost the entire project.

The team acknowledges help received from several agencies. "Professionals from the Civil Aviation Training Centre under the Civil Aviation Authority of Bangladesh (CAAB) have mentored our team with ample knowledge of flight control and navigation. Manufacturing support in CAM was also received from PuzzleFun Games and Gifts and logistic support for importing materials & components was carried out by MMRC Technology Ltd," said Neehal.

They also appreciated the huge enthusiasm they were met with from various educational institutes they went to for workshops.

The Vision

When asked about what is next for the team, Samin said, "next step is to complete the automation process for F-71 and do even better in the 2021 event." The team's founder Neehal shares their vision "Carrying this momentum, we hope to participate in the 2021 competition as well and do even better than what we could in 2020.

Our ultimate goal is to create a market for Unmanned Aviation in Bangladesh. At ANTS, we dream to do something new in the prospect of Bangladesh. We try to open doors and create paths for others. We try to pave the way for other aspiring engineers to chase their dreams, we try to encourage them. We try to reach what was previously thought unreachable."



Cutting down on screen time during Covid-19

OROBİ BAKHTIAR

“How would we have managed before the internet?”

Beyond being a hypothetical statement, this question is relevant at a time when the digital age is ridiculed as the end of social skills as we know them. Covid-19 has seen society turn 180 degrees, almost overnight, from real-world interactions to the online space.

We have gone from mingling with colleagues, family and friends to being told to move our social interactions safely behind a webcam and sanitized keyboard. Internet providers and servers around the globe are being pushed to the limit as dinner tables become boardrooms and walls become screens.

We have to acknowledge the broad

term “screen time” can denote both positive and negative interactions with technology. Just as there are good and bad calories, so too, exist good and bad examples of screen time. It is therefore not helpful to use the comprehensive term “screen time” when discussing how technology use should be moderated.

Some of the contempt and concern associated with time spent on digital devices can be attributed to a fear of the new.

Swiss scientist Conrad Gessner was among the first to raise questions over information overload, claiming an overabundance of data was “confusing and harmful” to the mind. A continuous stream of news reports about an outbreak can cause anyone to feel anxious or distressed.

You should seek information updates and practical guidance at specific times during the day from health professionals and the WHO website. Try avoiding listening to or following rumours that make you feel uncomfortable.

Try to avoid excessive exposure to media coverage. Constant monitoring of news updates and social media feeds about Covid-19 can enhance feelings of worry and distress. Consider turning off automatic notifications and taking a break from the news.

Setting boundaries to how much news you read, watch or listen will allow you to focus on your life and actions over which you have control, as opposed to wondering ‘what if?’. WHO advises seeking factual information mainly to take practical steps to prepare your plans

and protect yourself and loved ones.

Keeping in touch with your friends and family may ease the stress caused by Covid-19. Consider talking through your concerns and feelings to help you find ways of dealing with challenges.

Receiving support and care from others can bring a sense of comfort and balance. Assisting other people in their time of need and reaching out to someone who may be feeling alone or concerned can benefit both the person receiving support as well as the helper.

Many people may also wonder what to do if they are put under quarantine. Although the idea of self-isolation may seem daunting, keep in mind that this is only temporary and that there are always ways to regularly connect with others digitally.

World's biggest girl band Blackpink releases their first full-length studio album

REHENUMA RAYSA

If you could not help yourself but scream "BLACKPINK IN YOUR AREA!" on top of your lungs, no one blames you. This is what all the Blinks (fans of Blackpink) all over the world have been chanting since the K-Pop girl group sensation Blackpink unleashed their much-awaited and wildly-anticipated comeback with a debut full-length album, simply titled "The Album" on Friday, October 2, 2020.



Blackpink made their acclaimed debut on August 2016 under YG Entertainment (one of the "Big 3" entertainment companies in the K-Pop world). The group since then achieved international success and became global artists. The South Korean girl group consists of 4 members- Jisoo (South Korea), Jennie (South Korea), Rosé (South Korea) and Lisa (Thailand).

They are currently the most listened K-Pop artist and most-followed girl group on Spotify with over 15 Million followers, most-subscribed band on YouTube with 49.7 Million subscribers and highest-charting female K-pop act on the US Billboard charts which makes them the most popular girl K-Pop group of all

time. They have 29.7 million Instagram followers and over 7 Million followers on their Facebook page worldwide.

The four-women group made history by becoming the first all-female K-Pop group to perform at Coachella (the largest American music festival) and has bagged 37 music show wins till now. The quartet has a plethora of awards and numerous achievements on their name.

They are wearing "crowns" by breaking one record after another. They have recently broken the record by having over one million stock pre-orders ahead of their new studio album's release, which makes "The Album" to be the first one to surpass this mark officially making Blackpink the first Korean girl group to

have more than one million pre-order copies.

They have already released music videos of 3 songs from the album. Their first single "How You Like That" got released on June 26, 2020, followed by "Ice Cream" on August 28, 2020, and "Lovesick Girls" (title track) on October 2, 2020. All of these three singles entered the top-forty of the Billboard Hot 100 list.

The album features Selena Gomez and Cardi B in the songs "Ice Cream" and "Bet You Wanna" respectively. Moreover, they have previously collaborated with Dua Lipa in the song "Kiss and Make Up" and with Lady Gaga in the song "Sour Candy" as well.

The album's running time is 24

minutes 26 seconds in total. Although the digital version of the album got released on October 2, the hard copies of the album got released after 4 days, on October 6, 2020, with four physical editions and one special version (Limited Edition).

The Blinks are also eagerly waiting for their upcoming documentary "Light Up The Sky" to be premiered on the streaming platform Netflix on October 14, 2020. This would be Netflix's first K-Pop documentary. The documentary will highlight behind-the-scene footage, sneak peek from their training days, how their team was formed, their struggles and an in-depth look at their four-year-long journey of rising to fame.

Like us on [f /Sandalina](https://www.facebook.com/Sandalina)

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL