

CHECK IT OUT

Easy's Eid special

Fashion house Easy has a collection of new wardrobe with the upcoming Eid in mind. Easy has consistently provided new designs for its customers at affordable prices. These clothing, designed keeping in mind the youth, is now available at all outlets of Easy. The collection includes colourful T-shirts, Polo shirts, casual and formal shirts, short and long panjabis, pants among others. Easy has 19 showrooms all over the country including at Jamuna Future Park, Bashundhara City, Mirpur, Uttata, Aziz Super Market, Sylhet, Chittagong and Narshingdi. Contact them at 0171 573 2800; www.easyfashionbd.com or at [fb/easyfashionltd.bd](https://www.facebook.com/easyfashionltd.bd)

Nipun's Eid line

Keeping in mind the devious weather that changes from being intolerably sunny to stormy in a matter of hours, Nipun's Eid attires has chosen fabrics that promise to be a comfortable wear: cotton, linen, joy-silk, and 'taat' cotton. Floral, zigzag and geometric motifs adorn the shalwar kameezes, kurtis, panjabis, shirts and fatuas. Nipun also has a collection for kids.

TIPS

Stay hydrated this Ramadan

Ramadan is here and with it a month of abstinence. This will be a month of the spiritual reawakening for many, involving prayers, charity and self-examination. But the most tangible part of Ramadan is its physical manifestations, and a day of not eating and drinking any water can have its toll. Therefore one has to be wary of being fresh and healthy throughout the month, and staying properly hydrated.

For the majority, fasting involves staying away from food and drinks from dawn to dusk and then at iftar chugging down jugs of water and plates of food like a glutton.

Most of us prefer a nice refreshing juice to

break the fast, but these usually contain a lot of sugar and can actually make you gain weight. Water on the other hand is essential to the functioning of the body and it is better to stick to it.

Even drinking water should be kept to moderate levels. Instead of drinking 5 glasses at one go, sip continuously till sehri time. If you go out, carry a bottle and sip occasionally. Keep a bottle next to your bed at night.

The important thing is to give the body the regular amount of water it needs to function between dusk to sehri. Drinking too much can make the digestion process slow down. A

Citi Women's Network arranges iftar

On 28 June, 2015 Citi Women's Network Bangladesh hosted an iftar party at KFC's Gulshan branch, for 30 girls from Happy Homes, Mohammadpur. The event was sponsored by Citi Women's Network Bangladesh and the employees of Citi Bangladesh.

The Happy Homes project, which began in 2006, provides 150 of most vulnerable street girls with a permanent and stable home. It provides the girls with long term care and support, enabling them to enrol in government primary schools and receive vocational and long term training.

The Citi Women's Network Bangladesh came to know about this project through Citi's local community partner, ActionAid Bangladesh, who has been pro-actively supporting this programme since it began.

The iftar had treated the 30 girls with a scrumptious meal and provided them with some basic hygiene products and a bag of goodies to remember it as a special day. However, the organisers believe that the more important thing had been give these girls a feeling of belonging to the community.

simple formula to approximate how much water you need is to calculate by dividing your weight in pounds by 2 and drink that number of ounces of water. If you really must have juice, make them yourself.

Food should always be part of the consideration as well. Eat things with high water content, like cucumbers, watermelons, tomatoes, apples. Avoid overly spicy food as these will increase thirst. Do not add too much salt to salads and other dishes. Avoid eating salty foods like salted fish and pickles as they increase the body's need for water. Eat fresh fruits and vegetables because they are rich in

water and fibre. They stay in the intestines for a long time and reduce thirst.

With the sweltering heat, it is easy to get dehydrated despite the best precautions. Try to minimise time spent outdoors. Carry a towel or a napkin to wipe sweat regularly and wear weather appropriate clothing to not get stuffy. If you cycle to commute, be sure to wear clothing which helps the sweat to evaporate fast. And remember, drinking iced water to break your fast does not replenish your thirst but can cause your blood vessels to contract and cause indigestion. For this reason, it is recommended you drink water at room temperature or slightly



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