

HOROSCOPE



ARIES (MAR. 21- APRIL 20)

This will not be the best week to try to push your ideas. You can pick up some overtime today. Your lucky day this week will be Sunday.



TAURUS (APR. 21- MAY 21)

Don't get involved in gambling. You might have a problem hanging on to your money today. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUNE 21)

Your involvement in sports or entertainment will lead to new romances. Extravagance will be a problem. Your lucky day this week will be Saturday.



CANCER (JUNE 22-JULY 22)

Your sensitivity toward those you love will capture their hearts. Put your energy into home renovations. Your lucky day this week will be Thursday.



LEO (JULY 23-AUG 22)

You must be careful not to ignore the needs of the youngsters in your family. Your outgoing nature will surprise others. Your lucky day this week will be Monday.



VIRGO (AUG. 23 -SEPT. 23)

Make changes around your house and plan to do some entertaining. Make decisions about your professional objectives. Your lucky day this week will be Tuesday.



LIBRA (SEPT. 24 -OCT. 23)

You're best to avoid disputes. Don't argue with family. Be diplomatic and honest. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24 -NOV. 21)

Be careful how you deal with colleagues. Be stubborn about making changes around your home. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22 -DEC. 21)

Don't start any arguments unless you're prepared to accept irrevocable results. Focus on forming business partnerships. Your lucky day this week will be Saturday.



CAPRICORN (DEC. 22 -JAN. 20)

Dig deep to find out how costly a new venture will be before you sign on the dotted line. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21 -FEB. 19)

Think about starting your own small business. Abrupt changes in your home may send you for a loop. Your lucky day this week will be Saturday.



PISCES (FEB. 20 -MARCH. 20)

You may be frustrated by the way situations are being handled in your personal life. Your lucky day this week will be Sunday.

WOMEN'S HEALTH www.maya.com.bd



**Dear Maya Apa,
My son is now 16 and I can understand that he is quite curious about girls and the topic of sex. I do not want him to get wrong information from various outlets. How can I talk to him about this sensitive topic?
- Confused Parent**

Dear Confused Parent,
The topic of sex education is of immense importance in a country like Bangladesh where more than one third of its population is under 14 and a further 21 percent between the age of 10-19. With such a large youth population, sexual reproductive health information and education should be at the top of the priority list for government, educators, health service providers, and most of all, families/parents.

Our social norms and taboos prevent us from talking to young people openly about sex, sexuality, sexual health, fearing that if we talk to them about these topics, we will encourage them further. Unfortunately, reality is that without access to medically-sound and factually correct information about all things sex, young people will find other avenues, such as porn sites, explicit books/novels, and other unverified sources that will give them incorrect information, throwing them more at harm's way.

While the topic is sensitive and difficult to address for parents, sex education and cautiousness starts from home. We are glad that as a parent you have taken the first step on having the willingness to talk to your son. Remember that it is equally difficult for your son to talk

about sex and that too with either of his parents.

Firstly, make him feel comfortable. Either at your own home or take him out some place where you can have a heart-to-heart to chat. Do not start directly on "sex" but ease into the conversation - such as do you like anyone, if yes, who is the girl, if not, why is that so, etc. Then explain to your son that it is very normal at his age to be curious about his own body and certain changes and sensations that he has started to feel. That it is only normal for him to be curious about girls and that he will feel attracted to some.

Normalise "sex" for him, explain to him that it is a biological act with the main intention of procreation. Because of this, it is nothing to be ashamed or embarrassed by as if it were not for sex, none of us would be here.

It is important to listen to your child. Give him the time and respect to express his thoughts about sex. Try to ensure that you understand their point of view by saying "I can see where you are coming from..." or "I also felt like that at your age..."

It is quite possible that your son will not want to talk about it all and will brush the topic aside. Do not force him into the conversation but try again sometime later. The more you give him space and the more you practice going back to the conversation, your child will get more comfortable talking about it.

It is important to find out what your son already knows about sex. Listen to him. Even if he has some wrong ideas, do not interrupt him. Teenagers are exposed

to all types of information from various sources so it is important to ensure that he has the correct knowledge when it comes to sex.

He may have some questions that you do not know how to answer. For this you can access many parenting sites regarding how to talk to teenagers about sex.

Sex should not be viewed as a scary shameful topic by your son but he should be aware that sex is not only a physical matter but also a mental one.

Sex is a big responsibility and one that you have to be physically and mentally ready for. It is an act that should be shared between two people who have mutual love and respect for each other. It is not something that can be or should be forced upon someone else.

It is essential to encourage safe sex. Unsafe sex can spread diseases and affect people's lives forever so it is imperative that your child is aware of how important condoms are.

By the end of your conversation, I would hope that your son feels that he understands sex and when he does choose to take that step he can do it safely.

Addressing sensitive topics like sex with your child ensures that in the long run, your bond will become closer and your child can feel he can come to you with any more delicate queries and decisions.

If you want further information on basic sex education, please visit the Maya website: www.maya.com.bd or you can always ask one of our specialists.

EVENT

The stars of our time

Nattyoshova is an organisation that has been promoting the arts and culture of our country for four decades now. The prestigious group is currently celebrating its 40th anniversary. To mark this occasion, Nattyoshova has a year-long list of events.

One such programme was held on 1 January, 2016 at National Press Club, Dhaka. Nattyoshova made a list of 40 outstanding media personalities (from print and electronic media) and 27 eminent cultural figures, for awarding them in recognition of their success, influence, and hard work.

The Conference Lounge of National Press Club was flooded with many revered people who the society looks up to as role models. To make the occasion even more wonderful, Iqbal Sobhan Chowdhury, Media Advisor to Prime Minister, graced the stage as Chief Guest.

The list of special guests comprised of many important individuals of our country, from politicians to cultural figures.

Shahidul Haque Khan, Chairman, Nattyoshova, was the host of the event. Sheikh Mohd. Azhar Hossain, Chairman, Azhar Group of Enterprises, who is the Advisor to Nattyoshova, was the Chairman of the event.

For the category of eminent cultural personalities, Nattyoshova had planned to give out memorial awards. Therefore, each award receiver's name was associated with a legendary figure who had inspired his/her generation as well as the current one with their works and achievements.

The memorial awards were given in names of people like Shahidullah Kaiser, Chashi Nazrul Islam, Zahir Raihan and others. It was therefore indeed a matter of honour for the awardees to receive

such awards, attaching their names with some of the most revered people of the country.

Lutfe Tahera was presented Begum Rokeya Sakhawat Hossain Memorial Award. Tahera had been the host of a widely popular television programme about health and family planning which aired on Bangladesh Television for twenty long years beginning 1981 until 2000.

"I am immensely delighted that my name has been associated with her," Tahera said. "Begum Rokeya was a person who fought for the education rights of women and worked towards their enlightenment. This award is a major source of inspiration for me."

Hopefully, the awardees will use such inspirations to gift the world with even better works and ideas than ever before.

By M H Haider