## Equality

On my way home, saw this man pushing a wheelchair; woman in wheelchair possibly his wife or sister. They're on the street, trying to move as fast as possible; cars behind them honking incessantly, CNG drivers cussing them out.

If you're wondering why were they not on the sidewalk, have you seen the sidewalks in Dhaka? Are they wheelchair-friendly?

They were not on a bus because, well, public transport is not wheelchair-accessible.

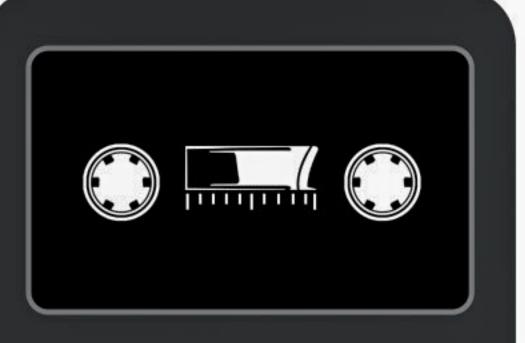
What would they do? Fly away? I'm sure if they could, they would have.

Message 1: In Bangladesh, if you're poor and disabled, don't leave home.

Message 2: If you're poor and disabled and absolutely have to go out, leave your dignity at home.

So are we equals?

- Karim Waheed, Editor, SHOUT



#### MIXTAPE

### UNFINISHED BUSINESS

#### QUEENS OF THE STONE AGE

Suture Up Your Future

•

#### HOOVERPHONIC

Unfinished Sympathy

#### ......

#### **MUMFORD AND SONS**

**Unfinished Business** 



#### QUEEN

Death on Two Legs



#### **WIZARDS**

Undone



#### **TONE CIRCUS**

Free (When I Got You With Me)

#### **APP REVIEW**

## pacifica

# YOUR POCKET THERAPIST

**MAYABEE ARANNYA** 

Platform: iOS, Android Size: 84.6 MB

Pacifica is a stress, anxiety and depression relief app that claims to use principles from Cognitive-Behavioural Therapy (CBT) and mindfulness. If you've ever faced a situation where you needed to relax

as soon as possible but nothing seemed to help, this could.

The first thing you need to do is rate your mood from a range of "Very Good" to "Awful" and the app will automatically suggest activities to help with your mood, also taking into account how much energy you have to do certain tasks. The app offers five different methods of relaxation, where all you need to do

is put on your headphones and do as the voice guides you.

The first method is the Basics, where you will be taught deep breathing, meditation, etc. The next is Mindfulness, which helps you get in tune with the present. In Stressful Situations, you can choose from social situations, flying, public speaking, public transit, etc. when you're feeling a little brave so that you can try to tackle specific situations that cause you anxiety. The next is Calm Down, that has helped me calm down quickly in very stressful situations. The last is Inner Strength and it focuses on improving your confidence.

The app also allows you to track your thoughts, health, and set goals. Frequent trips to the therapist are not always possible, so this app is perfect for keeping your mental

## THIS WEEKS HORRORSCOPE

#### **ARIES**

Arial is your lucky font today.



#### **TAURUS**

Try mayonnaise and tea with fried chicken.



#### **GEMINI**

You know who your soulmate is? Gemaxi.



#### CANCER

Wearing a skull bracelet doesn't make you cool.



#### **LEO**

Leopold Butters. Remember the name.



#### **VIRGO**

Do you know how to be a banana? Help.



#### LIBRA

Ask your local barber if he can give you the Taco Look.



#### **SCORPIO**

Take a swig of coffee and mayonnaise. Mixed together.



#### SAGITTARIUS

Did you rice your Probox yet?



#### CAPRICORN

Don't try attaching a stapler to your mouse.



#### **AQUARIUS**

I did warn you about the loop pedal.



#### **PISCES**

Do you know your star sign is pronounced as "Pie-sees"?

