

# EID SAFETY GUIDE

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When Eid comes around every year and everyone is busy reminding themselves of the happiness and celebration that comes with these festivities, one thing that goes unsaid is how that happiness can turn into tragedy very fast. Everyone decides to cut loose a bit, and that puts both public and personal safety in considerable jeopardy. Here's what we should take into account.

## DRIVE SAFE

Dhaka is to cities what the Amazon is to jungles, *dense*. You could argue that the Amazon has unmatched wildlife diversity and all Dhaka has are people, cars, CNGs, rickshaws, trucks and buses. Cars, buses and trucks kill way more people than wild animals. During Eid, the city empties overnight and everyone on social media busies themselves in publicly wishing the city remained that way the whole year round, despite knowing that one's greatest wishes rarely come true. Besides polluting social media with wishful thinking, another stupid thing that occurs during Eid is speeding on the roads. Many with cars rely on chauffeurs to drive them around but during Eid, when they are on holiday, there are way too many amateurs taking the wheel and creating an unsafe environment. **DO NOT** drive if you don't have a license, especially at a time when roads are empty and speeding is prevalent. **DO NOT** speed if you have a license because dying is pretty terrible. More so during Eid because a lot of potential mourners just won't bother leaving home and missing all those Mosharraf Karim dramas.



## EAT SAFE

For many of us, the food during Eid isn't a part of the festivities, the food **IS** what defines it. It's easy to get carried away when the dining table looks like it might as well be from a 16th century Mughal palace but sadly, overeating is a problem and we must address it. It's a tough ask to control consumption after a month of no breakfast and lunch, but physical wellbeing is almost as important as mental wellbeing and thus we won't neglect it. Be wary of the oily delicacies, especially for breakfast. I went for some fried eggs and porota for breakfast last year and having

overdid it a touch, I regretted my actions by the time lunch came around. Acidity can make life very difficult, especially if eating is an integral part of it. Although it didn't stop me from eating my heart out for the rest of the day, not everyone is borderline obese and an oily breakfast might pose difficulties for many. The trick is to eat small portions of everything (including the pudding your sister made that looks suspiciously wobbly) and not large portions of a few items. Have a bit of those desserts to maintain balance and you'll come out of Eid having gained only weight, avoiding various digestive compli-

cations. Keep some dysentery pills handy just in case.

## HANDLE THE SALAMI WITH SURE HANDS

Eid can be your financial boom/dip of the year depending on what end of the age spectrum you are on. Although a boom is always welcome, if you don't know how to handle things smartly, things could get ugly pretty quick. The trick is to plan ahead of time, work out the spots you are going to cover this Eid, and have an estimate of who's going to give you money and who you are going to lose money to. If you can minimise the unprofitable options you will come out of Eid better off. Keeping change handy is a must; there's nothing worse than having to pay some kid 500 bucks when the going rate is 100. Those who are too young to be giving money away might be thinking they're safe from this financial uncertainty, but it's necessary to remember that spending shoots up during Eid as well. If your friends want to eat outside, divert them to someone's house because let's face it, the food at restaurants can't be better than the stuff at home, especially when it's free. A little restraint during Eid can become an excellent investment for the future. If you have a dodgy back, sit down when you touch people's feet instead of stooping, this provides the same results. If people's feet disgust you, be poor.

This is your bare minimum guide to stay safe this Eid, but they'll work wonders for you if you let them. The general idea is to be vigilant, and to prepare for everything. Carry an umbrella when you go out as the rains have picked up this year, and I can ensure your Eid will be as dry and fun as you can imagine.

## ZERO DANDRUFF\*

### DOUBLE FRESHNESS\*\*

CLEAR®

NOTHING TO HIDE

\*No visible flakes with regular use. \*\*Action against two problems: dandruff and greasiness. \*Unilever calculation based on Nielsen value/volume sales information for the total grocery market. †12 month period ending within Oct'16 or 12 month period ending within Nov'16