



ARIES

(MAR. 21-APRIL 20)


You need to take a break from loved ones. Residential moves are evident. Travel will be in your best interest. Your lucky day this week will be Thursday.



TAURUS

(APR. 21-MAY 21)


Your persuasive nature will win hearts. You will be very detailed oriented this week. Take a break and rediscover yourself. Your lucky day this week will be Wednesday.



GEMINI

(MAY 22-JUNE 21)


Be careful with your money. Family members may have unreasonable expectations of you. Make plans to enjoy. Your lucky day this week will be Sunday.



CANCER

(JUNE 22-JULY 22)

New romance is on the horizon. You may not get your facts correct this week. Jealous attitudes may lead you astray. Your lucky day this week will be Monday.



LEO

(JULY 23-AUG 22)


Your attitudes may cause your partner grief. Try to wrap up unfinished business. Take care with matters at work. Your lucky day this week will be Tuesday.



VIRGO

(AUG. 23-SEPT. 23)

Sort out your true feelings when it comes to your relationship. Take advantage of your good fortune. Your lucky day this week will be Thursday.



LIBRA

(SEPT. 24-OCT. 23)


Try not to spoil kids too much. Outings with loved ones will prove to be stimulating. Don't make rash decisions. Your lucky day this week will be Wednesday.



SCORPIO

(OCT. 24-NOV. 21)


Changes in your domestic scene are evident. Keep an eye out for secret information. Don't be shy to promote your own interests. Your lucky day this week will be Sunday.



SAGITTARIUS

(NOV. 22-DEC. 21)

Don't get depressed if things don't go your way. Express your feelings to your loved ones. Your lucky day this week will be Friday.



CAPRICORN

(DEC. 22-JAN. 20)


Get involved in various activities. You may need a good friend to lean on. Your mate is going to want some attention. Your lucky day this week will be Monday.



AQUARIUS

(JAN. 21-FEB. 19)

Work diligently from a quiet spot. Travel will be favorable and bring about possible romance. Social events will be rewarding. Your lucky day this week will be Sunday.



PISCES

(FEB. 20-MARCH. 20)

Travel will be enjoyable. You will be able to communicate well this week. Don't make too many promises. Your lucky day this week will be Friday.

FYI

ICE – In Case Of Emergency

Imagine you are stuck alone in the lift between two floors and there is no electricity. The doors are closed and your mobile has lost network. You press the call or emergency button, but get no response. Your first instinct is to shout out for help, but it's close to midnight and the chances of someone hearing you are slim.

What should you do in such an 'emergency' situation?

DON'T PANIC

When faced with an emergency, the worst thing you can do is go into panic mode. It does not help the situation and wastes precious time. This is what happened when a couple went to visit a park with their son and another relative. Suddenly, they realised that the child was missing. When they could not locate him after a cursory look around, the boy's mother literally had a panic attack and went hysterical.

At this point, when all three adults could have spread out to look for the child, the relative had to sit with the mother to calm her down, while the father went looking for the child.

He did ultimately find him, but the search took extra-long, which added to the anxiety. The situation could have even become even more dangerous if the child landed in the wrong hands.

ASSESS THE SITUATION

Making a proper assessment of the situation helps figure out what action should be taken. For example, if you are indeed stuck in an elevator like mentioned above, don't panic and pass out. Bang the doors and make noise, it will catch someone's attention sooner or later. Even if it does not happen for a while, rest assured that a stuck elevator will most definitely be noticed, and you will be rescued.

Keeping calm and being patient is the key in this situation.

However, if your house or building is on fire, you cannot afford to be patient, you need to act fast. Do not dilly-dally in calling the fire department. If the fire is spreading fast, don't waste time collecting your valuables. None of it will come to use if you cannot escape the fire. So whether you

need to act fast or be patient depends entirely on the situation.

PRESENCE OF MIND

To overcome an emergency, you need to be able to make best use of the resources available to you. The following incident took place on-board an Air Canada flight from Spain.

Dr Khurshid Guru saved the life of a 2-year-old toddler having an asthma attack. The child's parents were not carrying any medication on board with them. His oxygen level was dangerously low and he needed oxygen along with his asthma medication.



Dr Guru managed to make a temporary device, which acted as a nebuliser and administered the child with medicine. The child was soon feeling well. The doctor's presence of mind saved the child's life.

MAKE USE OF MODERN TECHNOLOGY

Social media has become a great boon in helping with many emergency situations, especially that of missing people. Facebook, in particular, is one of the best mediums to spread the word. You can share a picture of a missing person, with details of who to contact if found. In case you find a lost child or adult, you can

upload their picture with the hope of finding someone who recognises them. Numerous children and adults have been located in this way. However, informing the police should always be the first step in trying to locate a missing person. Social media helps speed up the process. Also, carrying some kind of an ID on you is very useful in case of accidents.

HAVE FAITH IN YOURSELF

The importance of having faith in yourself and your abilities in an emergency is paramount. A classic example of this is the 'Miracle on Hudson' incident. US Airways

flight 1549 was struck by a flock of geese just 15 minutes after it took off from the New York Airport on January 15, 2009. Its engine lost all power and since the flight was unable to return to the airport, the pilots were forced to make an emergency landing on Hudson River, which they did perfectly, saving all passengers and crew.

Emergency situations can be taxing, but it is only by overcoming them that we become aware of the strength we possess.

By Samina Hossain

Photo: Collected

CHECK IT OUT

LATINO Dance Night at Radisson Blu Dhaka

Bored at home, contemplating foreign trips and lively dance sessions?

SD Digital Marketing Solutions headed by Mishal Karim makes sure that you no longer miss out on any kind of internationally acclaimed event while staying in Dhaka.

Sponsored by Standard Chartered Bangladesh and Qatar Airways, a high powered and visually exhilarating Latin dance night has been organised at Radisson Blu Dhaka's Grand Ballroom on the 13th of July, exclusively for the management and top clients of the men-

tioned corporate houses.

Nazia Tariq, Senior Account Manager of SD Digital Solutions, informs us that this is only the beginning of a range of similar, high society corporate events in the country. "We are trying to re-establish international level of entertainment in Dhaka, where corporate employees and customers can enjoy A-Grade entertainment, all within the comfort of their country. No longer do the corporate houses have to fly abroad to enjoy such occasions."

Ten world renowned and professional

Latin dancers are being flown in to Dhaka to participate in the event. They'd be performing a whole range of Latin dances including Salsa, Flamenco, Cha-Cha, Rumba, Samba, Jive, Pasodoble, Bachata and lots more.

The line-up of the illustrious artists includes Matt Harris, Senay Taormina, Corina Wursch, Delarry Sawyer, Gaz Davis, Abbey Taylor, Vladimir Kozevnikov, Julia Luis Fernandez, Aaron Brown and Florence Edge.

– LS desk