

REVIEW

SPORTS TOURISM

Infinite Sports – an experience of a lifetime

Did you ever dream of watching an El Classico in the UEFA Champions League live in the stadium?

Just imagine the thrilling experience of watching legends such as Messi and Ronaldo tactically passing the ball to their teammates and gracefully taking a shot at the goal post right in front of your eyes.

Or what about front row seats to an IPL cricket match of your favourite team after which you get to have lunch with your favourite player? Now, while all of you will nod frantically at these suggestions, you will also dismiss such possibilities as stupid unattainable fantasies above your league, both in terms of money and opportunities. But what if there was a way to make it come true?

And this is where Infinite Sports comes in. Affiliated with Fanatics, which is a Dubai-based company specialising in sports-based tourism, Infinite Sports is the first of its kind in Bangladesh, providing sports fanatics a gateway to experience their favourite game, and support their favourite teams like never before.

As a sports tourism agency, Infinite Sports helps you plan the entire trip according to your prefer-

ences so that you can experience the best of everything suited to your budget.

First, you will have to make an appointment with Infinite Sports to explain your expectations from the trip. The agency will then cross check the events available and suggest a couple of options for you to choose from, based on your set requirements. It will then help you make a detailed plan for your travels, taking care of all necessary arrangements.

"We make it a point to dedicate plenty of time for activities related to the individual's main interest. If you are a Manchester United fan and your top priority is to watch Manchester United play, we will make sure you get to see Old Trafford, and perhaps even meet one of the players as well," explained Nayeem Yakub, CEO of Infinite Sports.

Starting from VISA applications and processing, they will help you out with air tickets booking, hotel reservations, airport pickup and drop, as well as tickets to all your favourite activities —Wimbledon to Formula 1— you name it!

In fact, if you want to keep a few days to just explore on your own,

that too can be arranged.

However, it hardly stops at sports. Infinite Sports also caters to a variety of other events such as concerts, art shows and film festivals. So, you can also fulfill your dream of watching artists such as Coldplay, Ed Sheeran and Guns N' Roses live within the same travel plan. If you just want them to arrange the concert tickets instead of opting for packages that include housing and air fare, that too is possible.

With tourism industry on the rise, and places like Malaysia, Thailand and Singapore becoming major tourist hubs for Bangladeshis, Infinite Sports indeed provides individuals with a unique experience. Prices will vary according to the package. For tickets to matches and concerts, it is best if one contacts them at least a month in advance as tickets are always subject to availability.

This looks like a great opportunity to make a grab for your dreams!

By Adiba Mahbub Proma

Contact: Infinite Sports, House 91/A, Road 3, Block F, Banani, Dhaka-1213. Or log on to their page: facebook.com/InfiniteSportsBD

TIPS

Basic hacks

FIXING A LIGHT BULB

Most of the light bulbs we use today have either twist lock bases or screw bases. Take a good look inside the holder: if it has spirals, then you need a screw base bulb, and if it has two square pits on the holder wall, then you need a twist lock based bulb. The screw based ones are to be held with one hand initially, then have to be rotated like a bottle cap until it is fixed. The more common twist-lock bulb has to be held into the holder, pushed and given a semi-circle twist until the two small extensions at the bulb base are placed inside the square pits on the holder. Most importantly, switch the main electricity line off before touching the holder.

FIXING WATER TAPS

Water taps are like screw base bulbs. Keep twisting it along the ribs until it locks. However, you most probably will find that the alignment of the tap is not vertical, as it should be, after you sweated over screwing the tap tight. Unfortunately, you will have to figure out where the screw will end by trial and error. Lastly, cover the junction by rolling white thread-tape over it to avoid soon-to-appear leaks.

SEWING A SHIRT BUTTON

Do not buy a button with a different

design than the other buttons on your shirt, unless you like dressing eccentric. Usually, shirt buttons have either two or four holes. The ones with two holes are easier. Hold the string-installed needle underneath the shirt with the button held in place. Bring out the needle through one of the holes (punching a hole in the shirt), change the direction of the needle and then push it down through the other hole (through the fabric again). Repeat this until you think that the button is firm. Make sure that the thread between the holes is always pulled taut. With four holes, check the other buttons to see whether the stitches are cross-patterned or parallel. Again, bring out the needle from underneath, and push it through the diagonally opposite hole, for cross patterns, and to an adjacent hole, for parallel stitches.

For the next part, bring out the needle through a hole adjacent to the one through which you took the needle underneath, and push it out through the diagonally opposite one for cross stitch. For parallel, do the opposite, i.e. bring out the needle through the hole diagonally opposite to the last one. In all cases, repeat the whole procedure at least three times for rigidity.

MOUNTING A HOOK OR SCREW

Using a hammer and nail requires no electricity and little knowledge, but it can be very hazardous and results in short-lasting quality. Instead, drilling machines can be used to drill a hole in the wall for a firm and long-lasting hook. You will need a drill machine, royal plugs, and hooks/screws. For those who never operated a drill machine, it might be scary, but it is not difficult. The sound does seem threatening, but once you hit the wall you will feel in control.

Hold it as horizontally as possible, and make contact with the wall. Now, this is most important: you are trying to pass through a concrete wall, so you are going to feel that high resistance on your chest, and to counter this, tilt your self towards the machine and shift your weight onto the machine.

When it seems that the drill bit (the screw-like thing that drills) inside the wall is just longer than the length of a royal plug, take your finger off from the trigger, and take out the drill bit, which is going to be extremely hot at this point.

Now, hammer a royal plug (the white narrow plugs with external spikes) in to the hole, and then twist in a hook or screw, as needed.

By Nawshin Tabassum Binte Alim

WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (adiponectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of tummy, hips, love handles, thighs, back & arms.
- The multisegmental ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concerned about shaping up themselves.



Dr. Jhumu Khan

MBBS (DMC), DCD (Cardiff University, UK)
MSc (Dresden International University, Germany)
Board Member WOCPM, Diplomat (WOSAAM) Dermatologist
Anti Aging & Regenerative Medicine Specialist

Dr. Jhumu Khan's Laser Medical

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Gulshan | Dhanmondi | Uttara
01711660938 | 01727001199 | 01784111888

f/lasermedicalcenter, web: lasermedicalbd.com