

মনোভূবন সেন্টার



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Psychotherapy and counselling are given

2/5 Block # A, Lalmatia (Opposite the water tank), Dhaka.

Time : 5 PM - 9 PM

02-58152518, 01717-843533, 01736-611067 (For Serial)

POP UP

Things you didn't know about mosquitoes

The average life of mosquitoes is only two months. Yes!

Like most living being of the wild; mosquitoes also hibernate but they do this only when temperatures are below 50 degree Celsius. The Spanish - first named the bug; the term mosquitoes in Spanish basically means 'little fly'. The swelling that is caused after each bite is because our bodies tend to experience a reaction to the saliva of the mosquitoes. No wonder some of our swellings after a bite is bigger than others!

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Neighbour: friend or foe?

FROM PAGE 16

ask the authorities to provide a solution. Simply do not park your guest's car in a space allotted to your neighbour just because it appears empty.

DUMPSTER ISSUE

Please know the time when the garbage collector comes to your building. A trash bin in the hallway is not a pretty sight. Clean it regularly. Make sure to close your trash bin at all times since open trashcans spread foul odour and invite disease spreading vectors inside the building.

Do not throw your trash in your neighbour's bin and always be careful not to over spill trash.

A DOG IS NOT EVERYBODY'S BEST FRIEND

Not everybody is welcoming to pets. Some people may even be allergic to certain animals. It is a good idea to keep your pet on a leash when you are taking it outside your apartment. Even if you choose to keep a dog or a cat in your apartment, make sure they are of a suitable breed. Consider the safety of your neighbours when keeping a pet.



YOUR NEIGHBOUR IS NOT A MAKESHIFT SUPERMARKET

It is acceptable to occasionally ask for a screwdriver, if you cannot find yours. On the other hand, if you are baking a cake and you need to ask for flour, eggs, baking powder

and even sugar from your neighbour, it is time to reconsider your monthly grocery list. This can be exasperating if it occurs regularly.

THE HALLWAY IS NOT A PART OF YOUR APARTMENT

The hallway is meant to be used as a pas-

sage where neighbours can easily enter or exit their apartments. It is not a place for mini football tournaments for your children, who often create a racket, ruining peace inside the building. It is important to realise that hallways are a shared space meant for everyone and it is best to take your child outside to a nearby park for games.

BE HELPFUL TOWARDS ELDERLY NEIGHBOURS

Offer to help the elderly in carrying grocery bags to their apartments, holding the elevator doors open for them, and occasionally checking to make sure they are doing okay. The little things you can do will mean a lot.

Always keep in mind that being friendly is something that can benefit both you and the family living across the hall. If you are being a generous neighbour, occasionally doing little favours, then you are bound to be at the receiving end of favours too. Follow these simple rules and you are one step away from receiving the neighbour of the year award!

By Mayesha Raidah

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