

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Make changes to eliminate the tension. You could be tempted to overspend on unnecessary items. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Sudden trips will take you by surprise. Get out and get active. Try not to make abrupt changes. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUNE 21)

Don't overreact to your partner's poor attitude. You may exaggerate your emotional situation. Your lucky day this week will be Sunday.



CANCER (JUNE 22-JULY 22)

Deal with large institutions carefully. This might not be a day for hasty decisions. Time to reconsider career choices. Your lucky day this week will be Thursday.



LEO (JULY 23-AUG 22)

Make changes in your environment. Observe before getting involved. You will not be able to contain your emotions. Your lucky day this week will be Saturday.



VIRGO (AUG. 23-SEPT. 23)

Try to get everything done on time. Use discipline to get what you want. You may make someone else look bad. Your lucky day this week will be Monday.



LIBRA (SEPT. 24-OCT. 23)

Don't overspend. Secret information will be eye opening. Use some diplomacy to get your point across delicately. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

You are likely to reveal information unintentionally. Your devotion will be persuasive. Romance may be likely if you travel. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Outdoor activity should be on your agenda. Put in some overtime. Consider a break if things are rough with your lover. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Opportunities to make advancements are evident. Be prepared for an active but rewarding week. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

You may find yourself mixed up in a triangle of sorts. Double-check before you go out. Stress may cause minor health ailments. Your lucky day this week will be Friday.



PISCES (FEB. 20-MARCH. 20)

Don't overreact to someone's advances. Offer affection instead of conflict and rejection. Romantic opportunities are evident. Your lucky day this week will be Wednesday.

THANK GOD IT'S FRIDAY

BY TANZIRAL DILSHAD
DITAN



SCREENING OF THE "LEGEND OF THE LOOM"

Date: Wednesday, 2 August

Time: 4:10 PM - 5:30 PM

Venue: University of Liberal Arts Bangladesh (ULAB), House 56, Rd 4/A, Satmasjid Road, Dhanmondi

The film presents the tale of the legendary Muslin fabric and the effort that is now being made for its revival.

SUMMER SMARTPHONE & TAB EXPO 2017

Date: Thursday, 3 August – Saturday, 5 August

Time: 10 AM – 8 PM

Venue: Bangabandhu International Conference Center (BICC), Agargaon, Sher-E-Bangla Nagar

This is one great opportunity to find the latest smartphones and gadgets under one roof. The kiosks will not only showcase the new designs but also make exciting offers.

For more information log onto — <http://bit.ly/SSTE2017>

FIRST NATIONAL CHILDREN'S PHOTOGRAPHY FESTIVAL 2017

Date: Friday, 4 August – Saturday, 5 August

A NOTE ON NUTRITION

CHOWDHURY TASNEEM HASIN

Chief Nutritionist,
United Hospital Limited



A food allergy is an abnormal response to a food triggered by our body's immune system. Symptoms can occur when coming in contact with even a tiny amount of the food. As some of the symptoms of intolerance and allergy are the same, it is quite common that many people consider themselves 'allergic' to certain foods, while in reality they are 'intolerant.' Often people experience an itch in the mouth and throat after eating raw or uncooked fruits or vegetables, which may be indicate oral allergy syndrome, but not to the food itself. Eight types of food account for about 90 percent of all reactions allergic reactions — eggs, milk, peanuts, tree nuts, fish, shellfish, wheat, and soy.

Common symptoms may include — vomiting; diarrhoea or abdominal cramps and pain; itching or swelling in the mouth; hives or eczema; drop in blood pressure;

Time: 10 AM – 8 PM

Venue: Bishwo Shahitto Kendro, Kazi Nazrul Islam Avenue

For the first time in Bangladesh, Kashful Factory is about to arrange a Photography Festival exclusively for children. For more information on how to attend the event, visit the Facebook page: [facebook.com/kashfulfactory](https://www.facebook.com/kashfulfactory) or send emails to kashfulfactory@gmail.com

BATTLE OF THE SENSES

Date: Friday, 4 August

Time: 11 AM - 1 PM

Venue: ULAB Auditorium, Dhanmondi 4A

Food allergy

shortness of breath; wheezing; tight, hoarse throat; trouble in swallowing; swelling of the tongue, affecting the ability to talk or breathe; weak pulse; pale or blue colouring of skin; and dizziness. There is also a chance of having anaphylaxis, a potentially life-threatening reaction that can impair breathing and send the body into shock.

Most food-related symptoms occur within two to six hours of ingestion but they can start within minutes after consumption of the food. Delayed reactions are most typically seen in children who develop eczema and severe gastrointestinal reactions that generally occur after consuming milk, soy, and certain grains.

While allergies tend to run in families, it is impossible to predict whether a child will inherit a parent's food allergy or

The Department of English and Humanities at the University of Liberal Arts Bangladesh invites people to engage in an event where our 'five senses' are up for a dissection. The list of speakers includes Professor Syed Manzoorul Islam (Sight), Professor Kaiser Haq (Taste), Professor Fakrul Alam (Sound), Professor Azfar Hussain (Smell), Professor Shamsad Mortuza (Touch), and Professor Golam Sarwar Chowdhury (the Sixth Sense).

THE SKIN OF A LIVING THOUGHT: AN EXHIBITION BY NARGIS POLY

Date: Friday, 4 August to

Wednesday, 16 August

Time: 11 AM – 6 PM

Venue: Alliance Francaise, La Galerie

Nargis Poly's paintings bear in mind the conviction that the essence of art is very subjective. As a painter, her inquisitive mind explores diverse creative and intellectual avenues, yet she

never loses sight of the snowball effect of painting's pre-empting corruption. Always aware of her surroundings, Nargis's selection of subject and the media to express her inner self becomes clear to every watchful observer.

