



## KUNDALINI RISING

BY SHAZIA OMAR

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There are three core muscles in the abdominals: the transverse, the rectus and the internal and external obliques. In pilates, this core is referred to as the Power House. The power house is made up of three sets of muscles"

## TRANSVERSUS ABDOMINIS

This is the deepest muscle layer. Its main roles are to stabilize the trunk and maintain internal abdominal pressure.

## RECTUS ABDOMINIS

These are slung between the ribs and the pubic bone at the front of the pelvis. When contracting, this muscle has the characteristic bumps or bulges that are commonly called 'the six pack'. Its main function is to move the body between the ribcage and the pelvis.

## OBlique MUSCLES

External – these are on each side, allowing the trunk to twist. The right external oblique contracts to turn the body to the left and vice versa.

Internal – these flank the rectus abdominis and are located just inside the hipbones. They operate in opposition to the external obliques. For example, twisting the trunk to the left requires the left internal oblique and the right external oblique to contract together.

As we age, gravity and poor posture habits take their toll on us. We start to slouch, losing flexibility and lung capacity as our torso collapses. Building a strong core will help combat stooping, relieve muscle aches and prevent back injuries such as slip discs.

I would like to share a few abdominal exercises, which if repeated every morning, can help you strengthen your core muscles, give support to your back and reduce your tummy fat.

**1. Yin yang obliques:** Bend your knees, arms up bent at the elbow, rock side to side, working your obliques. Do 10 sets. Then reach the top arm over with each rock. Do 10 sets. Then top arm over and bottom arm under like a yin yang. Do 10 sets.

**2. Boat pose:** Sit up, feet flat against the ground. Then lift your legs up into a boat shape. Hold for 5 breaths. Repeat 3 times.

**3. Cycling:** Lay flat on the ground, then hug your knees to your heart. Reach out one leg, draw in one knee. Laced fingers, hands behind the head, elbow to the opposite knee. Do 20 seconds.

**4. Hip lift, leg drop:** Lay flat on the ground, arms to the side. Lift the hips off the ground inhale, drop the legs down to 30 degrees, exhale. Repeat 10 times.

**5. Pendulum:** Lay flat on the ground, arms to the side. Reach your legs (together) to one side, tap your palm, then the other side, tap your palm. Inhale centre, exhale to the side, inhale centre, exhale to the side. Repeat 10 times.

I hope this helps you!

To watch the companion video, keep your eyes on Star Lifestyle's Facebook page or The Daily Star's YouTube channel.

# Strong to the Core

"Practice, practice, practice and all is coming."

- Patabhi Jois

The core is made up of layers of muscle on your stomach, back, and buttocks. These muscles work together to support your pelvis and spine and keep your posture upright.

## EVENT

## Transcendence through Image: An Art Exhibition by M R Hasan

*The glamorous exhibition was an exposé of some of the most thoughtful digital art representation of Mohammad Rakibul Hasan in front of our eyes. 'Transcendence through Image: An Art Exhibition' was hosted on February 24-26, 2018 at Le Meridian Dhaka. French ambassador to Bangladesh, Marie-Annick Bourdin, inaugurated the exhibition as chief guest.*

Voyaging through the postmodern era has broadened our perspectives and allowed us to take a more critical step towards realism, meta realism, hyper realism and the magnificent images created by MR Hasan, a renowned visual artist and documentary photographer, has crafted a passageway to explore that. "In reality, all our senses are only limited to certain boundaries, but my photographs are intended to transfer us beyond these boundaries to an alternate dimension or void. Here, I have used digital art, colour filters and many mixed mediums to create a sense of spirituality. I have experimented with spiritual concepts and ideas to explore a deeper level of my artistic aptitude. I have tried to depict my spiritual journey through these photographs," said Hasan.

Barack Obama visited Germany in 2008, where two hundred thousand people gathered to see him and listen to his speech. He was not only the President of United States

of America, rather in that moment he became a global leader. The picture depicts his importunate journey that lead him to a significant persona who could create this world into a better place to live. The existence of the God might be a controversial matter but when a human governs other humans at a large scale—that distinguishable position is what Obama holds.

The photograph evokes thousands of people gathered in a crowd similar to bees surrounding a honeycomb. If we think or see humans or other species from an elevated point of view, or from a God's perspective with an authoritative view, we can distinguish these humans merely as a species where there is no individual identity as a stand-alone. We are nothing but creatures of nature and nature follows randomness on birth selection, and many other activities of ours are dependable on randomness or just on our fortune.

"Transcendence through the Image: An

Art Exhibition" is the first of the Le Meridian Brand flagship event series known as 'New Perspective'. At 'New Perspective' events, the hotel intends to invite creative minds to gather new insight and stimulus through interactive experiences such as exploring an artist's talent. This is the first signature event of 2018 where the brand took the initiative to bring Hasan and his soulfully blissful photographs for an exhibition.

The General Manager of Le Meridian Dhaka Constantinos S. Gavriel, was also present. Hasan is a brilliant artist who studied history of art at University of Oxford and is currently enrolled for an MA in Photography at Falmouth University UK. Throughout his lifetime, he has won an endless series of accolades and awards internationally and feels grateful to learn that this event will inspire artists and create opportunity for many others to explore such different mediums of art and photography.

By Mayesha Raidah

## NEWS FLASH

## Winners of Parjatan Idea Challenge 2017 announced

Out of 140 teams from 36 Universities, three came out on top as champions of the "Pran Mr. Mango Presents Parjatan Idea Challenge 2017 Powered by Mercantile Bank".

Starting with registrations from November 2017, after four months of challenging rounds, the champions were crowned on February 17, 2018. Team Archon from Army Institute of Business Administration became the champions of the event, while Team Nirvana from University of Dhaka and Team Fruit Sandwich from North South University secured the first and second runners up trophy respectively.

TripZip Tours, along with Bangladesh Parjatan Corporation, had started this com-

petition in November, 2017. The singular aim was to bring a revolutionary change in the tourism industry and solve its major problems by connecting the brightest and freshest minds of university students. The focus was on the flaws of the present tourism industry in Bangladesh, the competition welcomed new business models to combat these flaws while providing new ideas to uplift the current situation of the industry. The event kicked off with an online registration that ended on November 24, 2017.

From the online round, 20 teams were selected from the huge, nationwide pool of submissions based on their submitted ideas and were moved on to the presentation

round. Here, they were meticulously judged by officials of the Tourism Board and other esteemed judges from which five teams were selected to proceed to the final rounds, out of which the three champions were declared.

Considering the success of the competition, Bangladesh Parjatan Corporation and TripZip Tours plan to keep holding this competition in the years to come, and continue working on ideas which would assist the tourism industry to move further.

For more information, please visit [www.facebook.com/events/154827238452520/](http://www.facebook.com/events/154827238452520/) [permalink/183190322282878/](http://permalink/183190322282878/) or [www.parjatan.gov.bd](http://www.parjatan.gov.bd) and [www.facebook.com/tripzip.tours](http://www.facebook.com/tripzip.tours).

## CHECK IT OUT

## Aarong's end of season sale

Aarong has announced the end of season sale, which will run till March 14, 2018. Customers can enjoy up to 70% off on select items at all Aarong outlets and also online at [aarong.com](http://aarong.com).

Women's, men's and children's apparel, home décor, leather products, fashion jewellery and accessories are all available at discounted prices.

You can visit Aarong's special sales centre at Gulshan outlet parking and get special deals on clearance items.

For details, visit [aarong.com](http://aarong.com).