

# HOROSCOPE



## ARIES (MAR. 21-APRIL 20)

Don't push your opinions on others this week. Put some work into home improvements. Concentrate on yourself or your work. Your lucky day this week will be Tuesday.



## TAURUS (APR. 21-MAY 21)

Try to shake away your depressed outlook. Partnerships may be strained. Your ideas may be a little ahead of their time. Your lucky day this week will be Saturday.



## GEMINI (MAY 22-JUNE 21)

You will communicate with ease this week. Don't hesitate to ask for help. Don't get involved in other people's personal affairs. Your lucky day this week will be Monday.



## CANCER (JUNE 22-JULY 22)

Children may not be honest with you. Offer assistance to those who need it. You will be overly sensitive this week. Your lucky day this week will be Wednesday.



## LEO (JULY 23-AUG 22)

Don't blame others for your bad mood. Travel could be extremely exciting. Listening can be valuable. Your lucky day this week will be Friday.



## VIRGO (AUG. 23-SEPT. 23)

Work on projects that make progress. Delays will cause setbacks. Your greatest gains will come through your creative ideas. Your lucky day this week will be Monday.



## LIBRA (SEPT. 24-OCT. 23)

Accomplish all that you set out to do. Communications with loved ones may be strained. Health problems may prevail. Your lucky day this week will be Sunday.



## SCORPIO (OCT. 24-NOV. 21)

Real estate investments will be profitable. Focus on your own actions. Try not to stress yourself out. Your lucky day this week will be Saturday.



## SAGITTARIUS (NOV. 22-DEC. 21)

Think twice before taking on new projects. Don't let domestic problems interfere with your objectives. Propose your ideas. Your lucky day this week will be Tuesday.



## CAPRICORN (DEC. 22-JAN. 20)

You're intuitive this week. Unpleasant situations will be unnerving. Avoid any kind of risky undertaking. Your lucky day this week will be Tuesday.



## AQUARIUS (JAN. 21-FEB. 19)

Take some time for yourself. Make changes regarding friendships. Lay all your cards on the table. Your lucky day this week will be Wednesday.



## PISCES (FEB. 20-MARCH. 20)

Consider a job with more responsibility. Courses dealing with psychology will be of interest. Favours will be offered readily. Your lucky day this week will be Saturday.

## THANK GOD IT'S FRIDAY

BY TANZIRAL DILSHAD  
DITAN



## JOURNÉE INTERNATIONALE DE LA FRANCOPHONIE

**Date:** March 19 – March 24

**Time:** 10:00AM- 8:00PM

**Venue:** Alliance Française de Dhaka

'Journée internationale de la Francophonie' or 'The International Day of the Francophonie' is celebrated around the world every year on March 20 to rejoice the love for French language, the cultural diversity and harmony it beckons, as well as to foster the values of peace, democracy and respect for human rights. Seven member countries of Organisation internationale de la Francophonie (OIF) are officially represented in Bangladesh and contribute to the celebration, the countries are: Canada, Egypt, France, Morocco, Switzerland, Vietnam, and as an observer member, Qatar. From March 19 to 24, Alliance Française de Dhaka is going to organise a number of events such as pétanque, cooking competition, musical performance, guided tour in French, poster design competition etc. at multiple venues.

Visit [francophonie.org](http://francophonie.org) to learn more about OIF.

## TRIANGA YOGA WORKSHOP

**Date:** Friday, March 16

**Time:** 10AM - 11:45AM

**Venue:** Satori Meditations, House #100, Road #25, Block A, Banani, 1213 Dhaka

Trianga (The Three Limbs) Yoga Workshop has been organized by three yoga teachers in Dhaka who will be bringing forward a truly unique experience! This workshop will be suitable for yoga practitioners of all levels and we especially encourage beginners to join so that they can kindle their interest in yoga. The 90 minute workshop will comprise of the following:

**Zen with Farhin** -- The workshop, will open with healing breathwork by Farhin and she will be conducting a pranayama energizer sequence in this segment as well, which will awaken your senses and prepare you for the flow sequence.

**Flow with Eza** -- Eza is a vinyasa teacher, trained in Rishikesh and Chiang

Rai, will help you find your inner fire as you flow through your way in and out of poses that will help to tone, define, cleanse and strengthen.

**Invert with Anika** -- Anika, an ashtanga yoga practitioner who studies at KPJAYI, Mysore, will lead you through the final, gentle, healing sequence that will help balance your body and lead you to a sense of inner peace. She will be working on methods that will help increase body and breath awareness, mobility exercises to heighten your awareness of "being" including a chakra meditation. The workshop will end with a yoga nidra meditation and chanting once again led by Farhin.

Price Tk 3,000.

Book your spot by sending a message to any of the teachers at: +8801918459149, +8801703186124, +8801918459149

## EYE OF THE FUTURE

**Date:** March 15

**Time:** 11:00AM - 9:00PM

**Venue:** Drik Gallery House 74, Road 15A, Dhanmondi

For the very first time, Tripod is going to organise an Inter School and College Photography Competition named 'Eye of the Future.' The main focus would be to gather all the budding photographers under one roof and provide a chance to showcase their talents. Photographers are cordially invited to participate. Entry is free and open for all school and college going students. This exhibition is a great platform to encourage young photographers.

## NOT HER FAULT

**Date:** March 17

**Time:** 2:00PM - 6:00PM

**Venue:** EMK Centre, MIDAS Centre, House 5, Road 16, 9TH Floor, Dhanmondi

'Not Her Fault' is a seminar on women empowerment for the youth which addresses the patriarchal stigma, victim blaming, rape culture and gender disparity in Bangladesh. The workshop will dig deep into the root causes of these issues and conceptualize a scheme through

which we can encourage young people engage in the discourse of sensitive matters regarding women to eventually desensitize these topics and remove the taboo that exists in society surrounding them. The event will feature a workshop on women's issues which include but are not limited to: The Problem of Patriarchy, Women's Rights, Gender Discrimination, Rape Culture and Victim Blaming. The interactive session will deal with why we need discourse, where our society fundamentally does it wrong and the inner nuances of women's rights and gender discrimination in the context of our society.

Sign up for the event here:  
<http://bit.ly/notherfaultsignup>

## US WOMEN

**Date:** March 13 – March 22

**Time:** Daylong

**Venue:** EMK Center, Midas Center Building (9th Floor) House-5, Road-16, Dhanmondi

The month of March every year, as we know, is celebrated as the International Women's History Month. EMK Center's exhibition this March, titled 'Us Women,' therefore is a commemoration of that very occasion. With 27 extraordinary works of art by budding female artists, the exhibition presents a truly riveting medley of individual expressions of how today's youth is viewing the world around them and the state of women and their rights worldwide. While the artworks may vary vastly in terms of the mediums used for their creation, they all cross paths in their humble attempt to tell a unique story – be it tragic, cynical, optimistic, or even factual – based on the artist's personal experiences. EMK Center invites all to come and experience 'Us Women,' not only because of the message that it attempts to convey and its importance in our world, but to also appreciate the efforts of the incredibly skilled young artists behind it. The EMK Center continues to support both visual and performing artists in various fields, both from home and abroad.

## NEWS FLASH

# HomeChef- a platform for the home cooks

Homechef is the only online platform in Bangladesh where you can order food online by checking out the recipes first. Over 700 chefs from Dhaka, Chittagong, Khulna and Sylhet are a part of this online platform, with 900+ menus available for home order and 1650+ recipes shared.

HomeChef has given home cooks, especially women, a platform to cook their delicious meals not only for their families, but also for the community as well. The main idea behind HomeChef is to empower women and give them the opportunity to earn some extra income from home.

Take Tanha Zahur for example. Within one year, Zahur has successfully completed 76 meal orders, enabling her to earn more than Tk 1 lakh, while working with HomeChef. Zahur was also the proud chef who got the opportunity to cook and sell her Haleem

to famous Bangladeshi cricketer Mushfiqur Rahim and his wife.

HomeChef has made it possible for home cooks to earn some extra money and also share their recipes with everyone, while providing consumers the option to have healthy homemade food anywhere. People can even custom order their menu for events.

HomeChef will be able to employ at least another 5000 home cooks by 2018 and empower over 1 million women by the year 2020, according to estimates. For women, the opportunity to earn extra income by cooking a little extra food when cooking for their own family plays an important role in the domestic economy. For some home cooks, they are living their dreams of starting an eatery through HomeChef.

For more information, please visit <http://www.homechef.com.bd/> or <https://www.facebook.com/HomeChefLocal>