

04 LIFE STYLE

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Make your intentions known. Don't let your stubborn nature get the better of you. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Don't spend on unnecessary luxuries. You may make someone else look bad. It's a favourable time for investments. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUNE 21)

Stick to your own projects. Prepare for a passionate encounter with someone special. Don't get depressed, get busy. Your lucky day this week will be Tuesday.



CANCER (JUNE 22-JULY 22)

Clear up any misconceptions. Your tendency to vacillate will drive everyone crazy. You can ask for favours from close friends. Your lucky day this week will be Tuesday.



LEO (JULY 23-AUG 22)

Avoid serious discussions with loved ones. Don't lose your cool. Rewards from investments can be expected. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEPT. 23)

Try not to donate to organisations. Be discreet about your feelings. Family get-togethers will be interesting. Your lucky day this week will be Friday.



LIBRA (SEPT. 24-OCT. 23)

Your communication skills will win you points. Not everything you hear will be legitimate. Look after financial transactions. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Invite friends over. Use your talent to work with detail. Ferret out information that will hold them responsible. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Your lover will be annoyed. Channel your energy into physical work. Try not to hang onto empty promises. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Don't force your opinions on loved ones. Financial gains can be made through wise investments. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

You will meet a potential partner through friends. Try to change your self-image. Take advantage of travel opportunities. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MARCH. 20)

Don't let loved ones make you feel guilty. Don't take on more than you can handle. Your lucky day this week will be Wednesday.

THANK GOD IT'S FRIDAY BY TANZIRAL DILSHAD DITAN



NAZIR HOSSAIN PATTACHITRA EXHIBITION

Date: Tuesday, 24 April to Monday, 7 May
Venue: Galerie Zoom, Alliance Francaise

The subjects of Hossain's works of art are fishermen, farmers juxtaposed with tigers and cobras that are taken from the traditional pattachitra style. The lines and colours take one away to the idyll of the riverine Bangladesh. The fresh breeze, the birds and the bees, the cows, goats and endless 'barret clouds' speak of repose and tranquillity.

PHOTOSEUM BY NASIR ALI MAMUN

Date: Tuesday, 24 April to Thursday, 3 May
Time: 10.30AM to 8PM

Venue: Bangladesh National Museum

Nasir Ali Mamun is a celebrated photographer and his exhibition is now open for visitors. This is a rare opportunity for photography enthusiasts to not only experience the world through Mamun's lens and for budding photographers, but also an opportunity to learn from one of the best in the country.

SUMMER FASHION & LIFESTYLE EXHIBITION

Date: Friday, 27 April – Saturday, 28 April
Time: 11AM – 10PM

Venue: Gardenia Grand Hall, House NW(I) 8, Road 51, Gulshan 2

The Premium Heritage Fashion & Lifestyle Exhibition at Gardenia Grand Hall, will showcase the latest products by premier fashion houses.

Participants include Koral Klauset, Maaya, Almirah by Sharukh Amin Tinku, Khubsurty, Asheka Hossain, Shazfa, Dressing Room, Ogaan by Shumi, Anaqa, Walia, Posh & Pink, Kinara, Samara Haider Luxe Pret, Azaraz, Print Me Yellow by Sabah Khan, Cape Town, Rubana Ali couture, Z&Z by Shimily, and many more.

JETECHAO? JAZZ NIGHT AT SHAW'S STEAKHOUSE

Date: Saturday, 28 April
Time: 8PM - 11PM

Venue: Shaw's Steakhouse, House #6/B, Road #44, Gulshan #2

End the month with a day you won't forget, filled with good music and scrumptious food. Enjoy a live jazz performance by the very best while indulging in an exclusive 3-course meal. Shaw's Steakhouse Signature Hawaiian Breeze Mocktail will be served complimentary.

Limited to 60 seats only.

Ticket prices are Tk 2700 per person for the meal and musical performance.

CHECK IT OUT

3-in-1 exhibition at Drik Gallery

Dhaka's popular Drik gallery will be hosting an exhibition of postal stamps, currencies and match boxes. This exhibition will run through 26 -28 April, 2018 from 3pm to 8pm.

Enthusiasts can take a peek at currencies, coins and stamps from various countries, the smallest matchstick in the world, as well as various matchboxes from around the world.

On 26 April, this exhibition will be officially inaugurated at 6pm. Collectors around town; don't forget to mark your calendars this weekend!

Before you gag on the thought of bitter vegetables and fruits, ask yourself what matters most to you — junk food or good health. For all 'junk food' lovers out there, adding some bitter food to your diet can help counteract the ill-effects fast food can have on your system.

FYI

Bitter is the new sweet

BITTERGOURD (OR BETTER KNOWN AS KOROLA)

Soft drinks and fastfood raise cholesterol and blood sugar levels. A glass of korola juice a day, keeps blood sugars low and bad cholesterol away. Still not convinced? Do not cry when you are 40 and need insulin shots.

CHIRATA HERB

Are you suffering from bloating and gastritis from eating all the delicious, deshi fried food? Chirata, unlike ant-acid, is your natural medication that detoxes your liver while strengthening the stomach to help with indigestion.

AMLA (BETTER KNOWN AS AMLOKI)

Vitamin C supplements are no match to amlas. Vitamin C from amla, or other natural sources, is absorbed better into the body than from supplements. So pop in an amla everyday for wrinkle free, glowing skin, gorgeous hair, and a strong immune system.

JUTE LEAF (OR AS WE SAY PAT SHAAK)

Pat shaak, a favourite of mothers across the country, is a gold mine for vitamins. Enriched with vitamins K, A, B9, B2 and C, have numerous health benefits that need another article of its own. Only one serving a day is enough to provide you with the daily vitamin requirements.

NEEM LEAVES

Neem is magic! The alkaloids that give neem its bitter taste have antibacterial, antifungal and anti-inflammatory properties, which not only prevent infections but also detoxify the entire body.

It is okay to think of it as torture for your taste buds, but if there is one thing that life has taught us, it is that everything good comes at a price and your health is no exception to that rule. Eat healthy today for a better tomorrow; for bitter is the new sweet!

By Tanzim Islam Silony

NEWS FLASH

Pathshala alumnus selected for 2018 Joop Swart Masterclass

Bangladeshi photographer, Ashfika Rahman has been selected for the prestigious international platform for young photographers, Joop Swart Masterclass 2018. Organised by World Press Photo, this program announced the 12 young photographers from 9 different nationalities in its 25th edition.

World Press Photo's nominating committee selected 219 young photographers this year, who were invited to submit their portfolios. Only 12 young photographers were selected and the selection committee reflected on this year's candidate portfolios. The participants will receive an immersive, hands-on educational experience and will create a photo essay on one single theme.

Rahman is an artist from Dhaka, Bangladesh, who primarily works with a medium of classical dance and theatre. She is a multidisciplinary artist

working with photography, alternative printing and texts. She completed her photography studies from Pathshala South Asian Media Institute and also studied in Hochschule Hannover, Germany.

Founded in 1994, the Joop Swart Masterclass has brought together some of the finest young photographers from around world, and leading professionals in the fields of documentary photography and photojournalism and since then, seven Bangladeshi photographers are Pathshala Alumni which include GMB Akash (2002), Munem Wasif (2007), Andrew Biraj (2008), Saiful Huq Omi (2010) and Sarker Protick (2014), Samsul Alam Helal (2016) and Shadman Shahid (2017).

For more information, please visit www.worldpressphoto.org/news/2018-04-12/announcing-2018-joop-swart-masterclass-participants