

04 LIFE STYLE

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Keep yourself as busy as you can. Talk to others about your plans. You're in a high cycle for romance. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Don't get involved in joint financial ventures. Expect a little more energy than usual. Business trips will unfold romance. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Your partner could get on your nerves. You can pick up some overtime this week. Take time regarding serious decisions. Your lucky day this week will be Sunday.



CANCER (JUNE 22-JULY 22)

Communication will be your strong point this week. This is a good week for shopping. Keep your opinions to yourself. Your lucky day this week will be Tuesday.



LEO (JULY 23-AUG 22)

Don't let anyone hamper your progress. Spend time with loved ones. Travel for pleasure. Your lucky day this week will be Wednesday.



VIRGO (AUG. 23-SEPT. 23)

You need some rest. Colleagues may try to undermine you. Don't confide in any relatives. Your lucky day this week will be Sunday.



LIBRA (SEPT. 24-OCT. 23)

Let go of the past in order to progress. Family responsibilities are escalating. Secret affairs will eventually backfire. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Opportunities to enhance your reputation are ahead. Don't overspend on entertainment. Plan a day out with your partner. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Not everything you hear will be legitimate. Go out with the whole family. Don't reveal anything about your personal life. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Be prepared for an active week. Try your best to help others. Don't let your personal problems interfere with work. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Your partner may not be very accommodating. Romance may be likely if you travel. Catch up on your correspondence. Your lucky day this week will be Monday.



PISCES (FEB. 20-MARCH. 20)

Help loved ones with their personal affairs. Don't start arguments with your partner. Redirect your passion positively. Your lucky day this week will be Sunday.

THANK GOD IT'S FRIDAY BY TANZIRAL DILSHAD DITAN



EMK HAPPYHOUR PRESENTS — 4CATS: A MUSICAL WORKSHOP & PERFORMANCE

Date: Thursday, 3 May

Time: 6 PM - 8 PM

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

The 4Cats is a combination of the explosive musical talent of Nishad Pandey and The Robert Russell Trio. Nishad was born in India, and has lived in Japan, UK, USA, and Australia. As a result of his cosmopolitan upbringing, Nishad was exposed to a variety of musical and cultural traditions. He is a member of the experimental world pop band Hatchlings, modern classical/jazz piano-guitar duo Tinctures, pop-jazz band Carola Ortiz Group, Indian Classical fusion band Calcutta Chronicles, improvised violin-guitar duo Escalator Shimmy, and German-Indian acoustic folk trio Bengal to Bavaria.

The Robert Russell Trio's sound is an amalgamation of musical styles that have influenced their musical journey. They incorporate elements of Asian, Middle Eastern, Jazz, Classical, Latin and Rock to create music that is unique, complex and eclectic.

Robert's virtuosic piano melodies are accompanied by the groove of his stellar rhythm section; Towfiq Arifin on



drums and Tanveer Haque on bass.

The quartet will perform original compositions by Robert Russell and Nishad Pandey as well as a few standard jazz tunes.

Tickets: Tk 100 (Free for EMK Center and American Center Members upon showing ID card).

Tickets will be available at the venue prior to the event.

DISPLACED IN DHAKA, ART EXHIBITION BY KUNTAL BARAI

Date: Friday, 4 May to Friday, 18 May

Venue: La Galerie, Alliance Francaise

Dhaka is somewhat a necessary evil, but the majority of Dhakaites do not find the city safe any longer. As an artist, Barai's work takes into account the chaos as well as the sense of loss we have developed over the years. Still, he believes there is an organic form of life in this chaos through which a new vision may one day burst out. His work is neither a mere depiction of the lived experience, nor an interpretation where reality has dissolved into conventional aesthetic standards. It is in fact a mixture of both.

INDALO | NO SURPRISES

Date: Friday, 4 May

Time: 3:30 PM - 8 PM

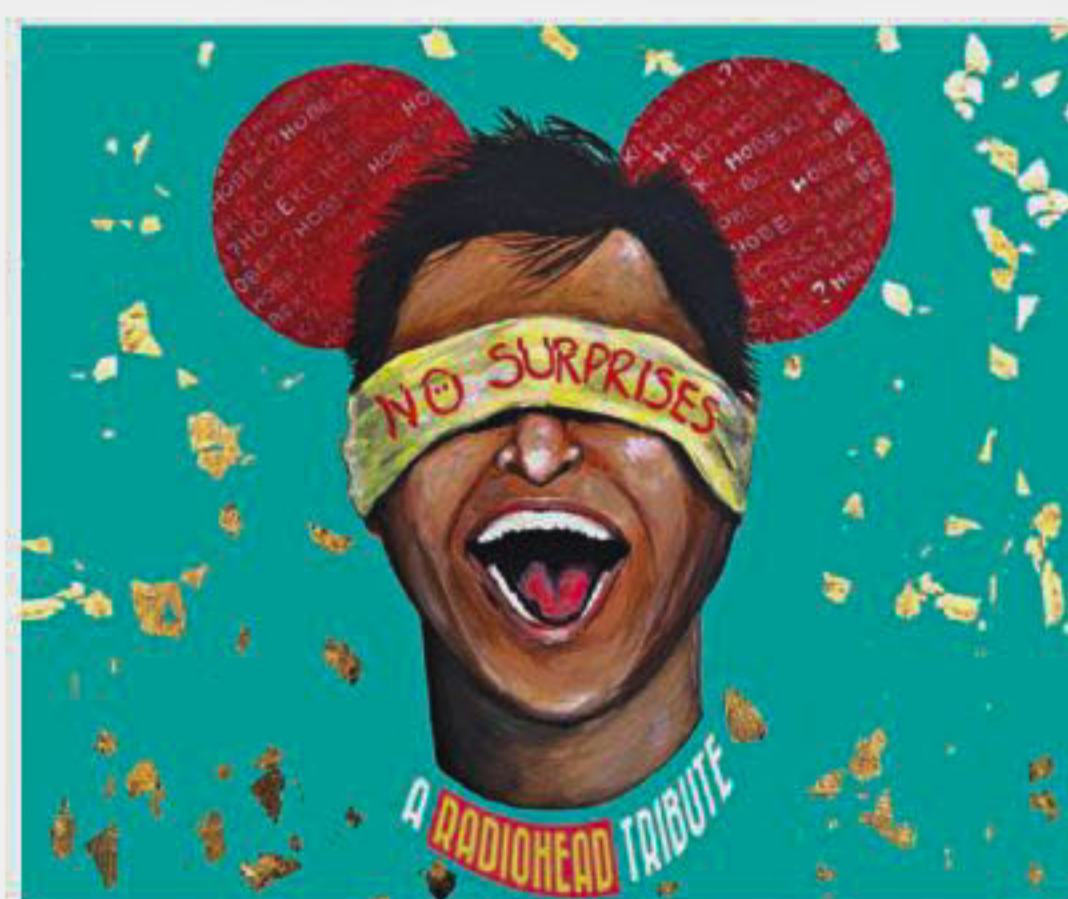
Venue: Russian Cultural Centre, House #510, Road #7, Dhanmondi

When the band actually started, Indalo used to play covers of songs that had a profound impact on all the members. As an introduction to the audience they once uploaded songs from the early jam sessions. One of them happened to be a Radiohead number. Over the years they have picked up and played many songs by Radiohead, a tribute they felt was long overdue.

'No Surprises'...but how can you be sure? Nothing like the band levitating, but something equally exciting.

Priced at Tk 400, tickets are now available at Tokyo Diner, Taste of Lanka, Burgerkill, and Bull n Barrels.

For online bookings log on to:



www.jetechao.com/event/2612/indalo-%7C-no-surprises

ECO FAIR - PART 2

Date: Thursday, 5 May

Time: 10 AM - 8 PM

Venue: Cityscape, 53 Gulshan Avenue

Eco Fair is back with the one of a kind event in the city, and this time they are bigger and better than before. In addition to the ventures featured in the first Eco Fair, this time they will be bringing grassroots organic producers that you have never heard of before, yet they are fully verified by Bangladesh Agriculture Research Institute. They will also have a session conducted by eminent scientists, agriculturists, conservationists and other experts in relevant fields. Mark your day and enjoy.

DILNAWAZ: RESIDENCY AND THEATRICAL PRODUCTION

Date: Tuesday, 1 May to Sunday, 29 June

Time: 10 AM - 9 PM

Venue: Bangladesh National Museum

Shadhona and Sashar Zarif are engaged in a creative project, Dilnawaz. The project was inspired by a short story by Rahat Ara Bagum, an early 20th century Calcutta based Urdu writer.

Dilnawaz is a term in Sufi mysticism. The term like many other mystical terms is very hard to translate in a concise form. Dil means heart, the centre of our body and our presence in this life. The event intends to "touch the heart."

A NOTE ON NUTRITION

CHOWDHURY TASNEEM HASIN
Chief Dietician, United Hospital Ltd.
Organizational and Press Secretary,
Association of Nutritionist and
Dieticians (AND)



Country fruits



In the current context, where food adulteration is a common phenomenon, perhaps consuming seasonal fruits, in their right season, is as safe as we can be from toxic chemical preservatives. They are also cheaper and as the years go round, makes sure that the taste buds don't get bored.

Amra, kamranga, guava and amlaki — these magic fruits are available almost all over the year in our country.

Amra contains twice the vitamin C content than oranges. It is rich with antioxidant properties, which help to prevent various types of cancer. It prevents toxicity of blood and makes it pure. Amra also prevents aging, gives healthy skin, prevents sunburn and manages hairfall problem. It also prevents different skin infections like acne, rashes etc. Lastly, it helps to absorb iron in the body and improve the digestive and the immune system.

Amlaki is another excellent source of vitamin C and antioxidants. It helps fight common cold and infections due to the presence of vitamin C, while various antibacterial and astringent properties help stimulate the immune system of the body.

Amlaki is high in fibre that helps prevent constipation.

Kamranga has a sweet-and-sour flavour, contains pantothenic acid, potassium, vitamin C and copper, which helps to cure hangovers, treats sore eyes, etc. It also helps cure headaches, ringworm, chickenpox, and prickly heat. The fruit along with its waxy peel provides a good amount of dietary fibre, which makes our bowel healthier.

Guava is one of the most popular, nutritionally rich fruit. Guavas are low in calories and fat, and contain several vital vitamins, minerals, and the antioxidant polyphenolic and flavonoid compounds that play a role in prevention of cancers, anti-aging, immune booster etc.

The vitamin C of guava protects cells and lower cancerous damage to them. It helps to regulate blood pressure and work as a nerve relaxant.

Photo: Collected