

04 LIFE STYLE

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Difficulties with emotions may be likely. Your generosity will impress no one. Keep spending habits in check. Your lucky day this week is Monday.



TAURUS (APR. 21-MAY 21)

Accomplishments will depend on communication. Changes at home will be positive. Don't let others use you. Your lucky day this week is Friday.



GEMINI (MAY 22-JUNE 21)

Be wary of deceptive co-workers. Put some trust in others. Don't torment yourself. Your lucky day this week is Wednesday.



CANCER (JUNE 22-JULY 22)

Romantic relationships should stabilise. Help around the house. Keep your thoughts to yourself. Your lucky day this week is Wednesday.



LEO (JULY 23-AUG 22)

Family members will be erratic. Avoid financial binds. Spend time with your partner. Your lucky day this week is Sunday.



VIRGO (AUG. 23-SEPT. 23)

Don't make unreasonable promises. Prepare for arguments with your partner. Get creative at work. Your lucky day this week is Sunday.



LIBRA (SEPT. 24-OCT. 23)

Focus on your progresses. Put in the effort and money will follow. Time to change houses. Your lucky day this week is Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Your ideas are not for all. Work related projects will lead to love. Don't trust everyone. Your lucky day this week is Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Avoid troubles at home. Keep your personal and professional life separate. Tie up loose ends. Your lucky day this week is Saturday.



CAPRICORN (DEC. 22-JAN. 20)

Get those creative juices flowing. Exhaustion will cause minor injury. Help family members navigate difficulties. Your lucky day this week is Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Be supportive of your partner. Find ways of earning extra cash. Be confident in endeavours. Your lucky day this week is Saturday.



PISCES (FEB. 20-MARCH. 20)

Creativity will help accomplish goals. Be more self-dependent. Acknowledge your lover's needs. Your lucky day this week is Saturday.

শ্রী
সঞ্চয়িতা
আশ্বিনের
চা চক্র

20th Sept 2018
Time: 6 pm Onwards

MANAS
House: 96, 1st Floor, Road: 13/C, Block: E,
Banani, Dhaka 1213

01672-704823

THANK GOD IT'S FRIDAY BY TANZIRAL DILSHAD DITAN



OPEN MIC THURSDAYS AT JATRA BIROTI

Date: Thursday, 20 September, 2018
Time: 6 PM

Venue: Jatra Biroti, 60 Kemal Ataturk Avenue, Banani, 1212 Dhaka

Come gather around, bring your guitars, poetry books, and short stories as the mic is open for you to play, dance, and throw in some funny lines. Bring your own instruments. Entry is Tk100. Free entry for performers. You can also register at the ticket counter. To register, visit:
<https://docs.google.com/forms/d/e/1FAlpQLScWr4VNf4I5vkncVN2wR8V6xlzp9uPmWoUqYUjvAtEjdYzu2w/viewform>

S. M. SULTAN — THE COSMIC JOURNEY OF A FUGITIVE BY NASIR ALI MAMUN

Date: Thursday, 20 September to 05 October, 2018

Time: Daylong
Venue: La Galerie, Alliance Francaise

Over the span of a decade, Nasir Ali Mamun recorded the one-man journey of the 'fugitive' and bohemian painter S. M. Sultan — his pathos, darkness and struggle as he went about recreating on giant canvasses the essence of human spirit. Mamun's camera chronicled Sultan's closeness to the common people and how he spoke for the people who had toiled through ages for the advancement of human civilisation. Dedicated to Shilpacharya Zainul Abedin, the exhibition titled 'S. M. Sultan — The Cosmic Journey of a Fugitive' will showcase these historic and iconic photographs.

AJO WEEKEND ORGANIC FARMERS MARKET

Date: Thursday, 20 September, 2018
Time: 10 AM to 4 PM

Venue: Ajo idea space house 14/ a road 2, sector 13, Uttara, Dhaka 1230, Bangladesh

Ajo Organic Farmers Market, in collaboration with Bangladesh Agricultural Research Institute (BARI) and Bangladesh

Great weekends heading your way!

Organic Association Network(BOAN), brings to you fresh organic vegetables. Come and buy your favorite fruits and vegetables. Also, pro planters will be participating with their green plants, ShishuPolli Plus brings along their hand made products from Jute along with Surjomukhi with their children's toys. Kacha bazar joins with their organic spices.

CAFÉ SHANCHAYITA PRESENTS ASHWINER CHA CHAKRA

Date: Thursday, 20 September, 2018
Time: 6 PM to 10 PM

Venue: Manas, House: 96, Road: 13/C, Block: E, Banani, Dhaka 1212

Cafe Shanchayita's latest edition of the beloved Cha Chakra will be held on the month of Ashwin! Join them for a delightful evening of music, poetry, conversation and special tea flavors that come to you straight from the pages of Tagore's Shanchayita! Due to space constraint, they have introduced the pre-registration for which they will be charging to ensure a comfortably enjoyable experience for everyone! Please note that pre-registration is mandatory for attending the event and you can pay the charge on the 20 September while attending the event.

Contact Number: +880 1672-704823, +880 1824-850938

CAKE TASTING AT THE FLOURIST

Date: Thursday, 20 September, 2018
Time: 3PM to 9PM

Venue: The Flourist's Studio, Apartment B2, House 15, Road 18, Block A, BananiJhilpar

With the wedding season drawing ever closer, The Flourist's studio is hosting their first Cake Tasting Session where you can come in and try all 12 flavours in their menu along with some bonus ones! Open to everyone, there is a flat fee of Tk500 which you pay on arrival and dive into bite size pieces of goodness. Flavors to be featured: Lemon Meringue, Red Velvet, S'mores, Peanut Butter & Choc, Sea Salt Caramel & Choc, Vanilla Sea Salt Caramel, Oreo, Peppermint, Espresso, Malt Chocolate, Nutella, and Birthday Cake!

Register: bit.ly/caketasting_sept
Contact: +880 1730429738

LEARN. KNOW. GROW

GHULAM SUMDANY DON

Professional corporate trainer
and Chief Inspirational Officer at
Don Sumdany Facilitation &
Consultancy



Win against low self-esteem

To define self-esteem, you need to realise that different people attain validation in different ways. What gives a meaning to your self-esteem would not necessarily invoke the sense of fulfilment in someone else. I recently came across a book by Dr. Nathaniel Branden named, The Six Pillars of Self-Esteem. In the book, Dr. Branden talks about 6 pillars of self-esteem that works as a road map to achieving the highest peak of self-esteem in one's life. Let me break down these pillars for your better understanding.

1. The practice of living consciously:

This pillar focuses on your ability to live consciously in the moment. We often get too caught up trying to reach our goals that we forget how to stop and smell the flowers. Here Dr. Branden talks about practicing the art of living consciously to attain self-esteem. Being present in the moment is a present to you.

2. The Practice of self-acceptance: If you don't accept yourself as you are, you can never win the battle against self-esteem. The biggest problem most people face now is they keep comparing their journey with others and if that is something you do too, you need to stop, and start accepting yourself right from this moment. Remember, you and others are like pages of a book and every page has a different story to tell.

3. The practice of self-responsibility: We become a judge to others, and lawyers for ourselves. Learn to take responsibility for your actions and own up to your mistakes. The person who makes a mistake is not wrong but the person who can't accept his mistake is wrong. People with high self-esteem have no problem taking responsibility for their actions.

4. The practice of self-assertiveness: You need to be able to stand up for your own and other people's rights in a calm and composed manner without being aggressive. Self-assertive people are the master of handling a critical situation in a positive way.

5. The practice of living purposefully: Like the saying goes, "a life without any purpose is like a ship without a captain. If no one takes charge of it, it won't go anywhere." No matter what you do in life, always have a purpose and keep your eyes fixed at your destination. You will reach there surely.

6. The practice of personal integrity: Personal integrity is perhaps the most integral part of successful leadership. Integrity means telling the truth even if it is ugly. And when one decides to break free from the concept of sugar-coating and accept life as it is, they will get closer to reality.

Lastly, all it comes down to is how you direct your life. You have to ask yourself that how confident you feel that you can create a purposeful life for yourself and handle things in a deserving way. Self-esteem is not an unattainable skill. It just needs dedication, persistence and patience. With a blend of all these, I can assure you that things will work in your favour, just don't give up.