

IFTAAR OF A DRIFTER

Ramadan may not be the start of a new year, but it brings with it resolutions. Resolutions that are of faith, health, and at times of the culinary arts.

Some important [read: successfully unpopular] resolutions include, but are not limited to: eating less of oily and fried items, have more fruits and vegetables, pray so much all your sins are forgiven, shop till you drop, and more. And so this Ramadan, I too, have decided to do something for the better. You see, the bulk load of my work requires to be carried out after iftaar. And I cannot process if I devour "generic iftaar platter set menu combo #001"; I feel bloated and therefore lethargic.

Therefore, every day, I bring muesli to work in a Ziploc bag. And in a flask, about half a litre of fruit juice. On the way, I purchase a 200ml carton of chocolate milk, chilled. Just before iftaar, I pour the cereal and chocolate milk in a bowl, as eyes around me widen in pleasant surprise. I have been praised for my healthy effort — I am the talk of the office canteen. My methods have been featured in Instagram stories — what more could I ask for?

But yeah, I do think about dunking that beguni in the haleem once in a while. Force of habit, just like life.

— Kazi Akib Bin Asad, Sub-editor, SHOUT



APP REVIEW



Live Football Updates on the go

FAISAL BIN IQBAL

Platform: Android/iOS

Being a football fan can be a difficult task, especially if you are someone who has to go through a hectic day of work or studies. Keeping up with your favourite team, staying updated on all the domestic and international matches, and the latest news in the football world becomes almost impossible due to your busy schedule.

But fear not, for there is FotMob. The

app keeps you up to date with all the latest news in the footballing world. You can select your favourite national and domestic team, and the app will keep you notified about the latest updates surrounding them. You can also look up the stats of different players and teams from leagues all over the world. Apart from all this, you will also receive live score updates and match day reminders.

FotMob is a simple app with a user friendly interface. It is a must have for all sorts of football fans.

MIXTAPE

BODY

FATBOY SLIM

Champion Sound

JOHN MAYER

Your Body Is A Wonder-land

BACKSTREET BOYS

Everybody

SIA

Move Your Body

TOVE LO

Talking Body

THIS WEEK'S HORRORSCOPE

ARIES

Are you sad for your grapes?
I am too.



TAURUS

Some frogs like living in
tree-houses.



GEMINI

Rabbits go up in the moun-
tains, but its okay.



CANCER

Water is your best friend this
time of the year.



LEO

If you don't believe in horo-
scopes, stop reading them.



VIRGO

Roses are red, violets are blue,
but potatoes are nice and so
are you.



LIBRA

Air is the best substitute for
any kind of meal.



SCORPIO

Monkeys can befriend anyone.



SAGITTARIUS

Wooden houses can be good
investment for other people.



CAPRICORN

Your number is very catchy,
Bella.



AQUARIUS

I know you think blue fire
sounds cool but think again.



PISCES

Riding off into the night is not
a good idea.



Reach out to us at shoutds@gmail.com