

CENTRE STAGE

Azmeri Haque Badhon

Model and actor Azmeri Haque Badhon stepped foot in the showbiz scene with Lux Channel I Miss Photogenic back in 2006. Rising to fame with her acting in dramas, like 'Choita Pagla', 'Shuvo Bibaho', 'Rong', among several others, she conquered the audiences' hearts. In this week's interview, she talks about her time in quarantine and what precautionary measures she has been taking for her society during this crisis.

Do you have any advice to the readers regarding the coronavirus? There is a world of misinformation spiralling around the Internet which people are believing, and the real information isn't reaching them. As a medical student, I think I have a slightly better understanding about this than some, so I would request everyone to listen to the authorities. People are getting beaten up for not staying home, but that is for their own well-being. We have to maintain quarantine since we don't want the disease to spread like Italy or the US. They are developed countries, but they're still going through a really rough time. As a developing country, we are sure to be in an even worse condition. So, we must stay home and maintain distance, even between family members, to stop the spread. If someone does get it, they can contact emergency services. To get more information, people can go to WHO's website. We should help in our own way wherever we are. We have a responsibility to us and everyone around us. We have to be mentally strong to battle this since we have to keep our immune systems in check, and if we're struggling mentally, it might affect our immunity.

How are you spending time in quarantine? This is the first time I've been in a situation like this. Although it is advised to not panic, I'm a little scared since I live with my father, who is elderly, my mother, who



is diabetic, and my child, who is only eight. I've always maintained a disciplined life, and I'm trying to do the same now, like exercising and eating healthy, although some things are bound to change. I still wake up early and do facial yoga. Then I drink some fluids to

cleanse my body, like lemon water, basil seeds mixed with water and blended aloe vera and turmeric. A few hours later, I do some home workouts. After my daughter is awake, I'm with her when she is doing her school work. Following that, we tend to watch movies or

listen to music. In the afternoon, we go to the rooftop where I jog. I'm also trying to maintain a diary now to record my days. I'm reading books as well. The new things that we're all following are washing hands regularly and maintaining physical distance because we don't know who might be a coronavirus vector without exhibiting symptoms. We've also told our household helpers and chauffeur to not come during quarantine. Another thing that I've done is forbid any family member to visit now. This may seem extremely rude in our society's perspective, but desperate times call for desperate measures. I've also uploaded a video on how to properly wash our hands on social media.

Can you talk about the disinfectant you have been promoting?

I have a friend, Amin, Dr Md. Nuhu, who is an assistant scientist at icddr. He told me a few years ago that according to a study conducted by icddr, if we mix four teaspoons of detergent with 1.5 litres of water, it can be used as a great alternative for handwash. They also found out that the handwash we used isn't potent enough to kill some powerful germs. This soapy water is very cheap, only 5 taka per bottle. I thought that this should be known by people, especially now. I've also installed it outside our house, so that our neighbours can use it before entering their homes.

By Amina Hossain

POPCORN HIGHLIGHTS

Here are some binge worthy movie and series you can spend your time watching while you stay at home social distancing, keeping yourself, as well as others, safe.



A Quiet Place Part II

A Quiet Place Part II is a horror film, written and directed by John Krasinski, produced under the banners of Sunday Night Productions and Platinum Dunes, distributed by Paramount Pictures, and stars Emily Blunt, Millicent Simmonds and Noah Jupe, among

others. The film, which is a sequel to A Quiet Place, was internationally released on March 8, 2020, revolves around the lives of the Abbott family as they tread in the outside world and discover threats far worse than creatures that hunt by sound.

THE VALHALLA MURDERS

The Valhalla Murders is a mystery-thriller television series on Netflix. It has been created by Thordur Palsson, produced by Kristinn Thordarson alongside others, and stars Aldis Amah Hamilton, Bergur Ebbi Benediktsson and Edda Björgvinsdóttir, among others. The story follows a detective who is out to catch a serial killer with the police. It was originally released on March 8, 2020.



FEEL GOOD

Feel Good is a comedy-drama TV series, following the life of a comedian, Mae, who is also a recovering addict, as she tries to balance every aspect of her life. It was created by Mae Martin and Joe Hampson, produced under the banner of Objective Fiction, and stars Mae Martin, Charlotte Ritchie and Lisa Kudrow, among others. It was first aired on March 18, 2020 on Channel 4, All 4 and Netflix.



A PIECE OF YOUR MIND

A Piece of Your Mind is a South Korean romantic-comedy television series. It has been directed by Lee Sang-yeob, distributed by tvN, and stars Jung Hae-in, Chae Soo-bin, Lee Ha-na, and Kim Sung-kyu, among others. The story follows a classical music recording engineer struggling in life, falling in love with an AI programmer. It was released on March 23, 2020.

Self Made

Self Made: Inspired by the Life of Madam C. J. Walker is a drama miniseries, first aired on March 20, 2020 on Netflix. It was produced by DeMane Davis, Eric Oberland and Lena Cordina under the banners of SpringHill Entertainment, Orit Entertainment, Wonder Street and Warner Bros. Television, and stars Octavia Spencer, Tiffany Haddish and Carmen Ejogo, among others. The plot, which is based on A'Lelia Bundles' biography, On Her Own Ground, follows the life of America's first female self-made millionaire and her haircare empire.

Amina Hossain & Shreya Shomoyeeta



GRAPEVINE



SONG against the virus

Two singers from two different generation, Akhi Alamgir and Oishee have released a Rabindra Sangeet together. The reason for them singing the song together is to call for people to unite in the fight against the novel Coronavirus. Music director Kaushik Hossain Taposh made the piano track for the song. It was then sent to the artists, and then Akhi Alamgir and Oishee recorded the song, Anondoloke

Mongolaloke Satya Sundoro from their respective houses, and alongside them nine other artists have also given their voices to the song. Akhi Alamgir said, "When Taposh sent me the piano track, I loved how it sounded. I then sang along to it and recorded my parts. Oishee and the other singers then recorded their parts. In these troubling times, this initiative is surely going to give people courage."

Mamo's ventures before shutdown

Before the ten-days shutdown, actor Zakia Bari Mamo completed the shooting for her two new dramas, Ek Boishakhi Bhore Bonlata and Jonakir Golpo, directed by Sagor Jahan, which will be aired during Pohela Boishakh. Mamo will be playing the roles of Rupa and Jonaki for the dramas. She will be starring opposite of Mosharraf Karim. Mamo said, "Sagor Jahan is one of my favorite directors and, not only do I like his stories, but I also enjoy working under his direction. He works professionally and maintains everything with care." The dramas for Pohela Boishakh will be aired on two different television channels.



Mahiya Mahi's TIME INDOORS

Actor Mahiya Mahi has put herself under home quarantine as a precaution against Covid-19. She has also been giving her fans advice on how to stay safe by posting videos about it on social media. Mahi said that she isn't coming out of quarantine until this whole situation stabilises. She said, "With each day the situation seems to be worsening. We don't know what is going to happen, so I would tell my fans

and followers to stay at home as going out might cause the virus to spread. That's why everyone should stay at home," aside from that, Mahi also said about how she spends her time now, "The staff at my house doesn't come anymore, so I have to do a lot of work around the house. I also spend time on Facebook nowadays. I never used to watch the news, but in these difficult times I watch the news multiple times throughout the day."

