

TOGGLE

A publication of *The Daily Star*

WEEKEND LIVING IN THE DIGITAL AGE



HOME COOKING PROS GO ONLINE

Honda
versus
Toyota
- PG4



● Purify water with
a pen...and other
cool gadgets
- PG7



WALTON IS NOW
Superbrand

WALTON

Helpline: 16267
waltonbd.com





YouTube to run ads on smaller channels without sharing any revenue

Youtube has begun to run ads on smaller creators' videos without sharing revenue with them.

Typically, creators receive a portion of the revenue through their role in YouTube's Partner Program. However, to get into the program, the creator's channel has to accumulate 4,000 total hours of watch time over the last 12 months and have more than 1,000 subscribers.

Before the update, YouTube claims these videos only received ads in limited circumstances, such as if they were monetized by a record label as part of a copyright claim. Under the company's new Terms of Service, a creator who is not in the partner program "may see ads on some of your videos,".

Naturally, this update has put further strain on the already tense relationship between content creators and YouTube.

YouTube refrained from commenting how many channels will see non-revenue shared ads run on their videos, but confirmed channels of all sizes may see ads appear. They also claimed they will monitor the impact on creators.

Content moderators at Facebook demand safer working conditions

More than 200 Facebook content moderators, as well as some full-time employees, raised their voice to the social media company with concern over workplace safety.

In an open letter to Facebook and the company's content moderators contractors, Accenture and Covalen, the group demanded the tech company "stop needlessly risking moderators' lives,". This protest



was triggered after some of the moderators — who deal with sexual abuse and graphic violence content — were required to return to office during the middle of the pandemic. Shortly after returning to the office, a moderator reportedly tested positive for COVID-19.

In the letter, the group wrote "After months of allowing content moderators to work from home, faced with intense pressure to keep Facebook free of hate and disinformation, you have forced us back to the office," it further reads, "Moderators who secure a doctors' note about a personal COVID risk have been excused from attending in

person. Moderators with vulnerable relatives, who might die were they to contract COVID from us, have not."

The group demands that Facebook maximizes the amount of work people can do from home and allow those who are high-risk (or live with someone who is high-risk) to be able to work from home indefinitely. They also want the company to offer hazard pay, healthcare, psychiatric care, and employ moderators rather than outsource them.

In response, Facebook's VP of Integrity Guy Rosen said on a press call that they are "not able to route some of the most sensitive and graphic content to outsourced reviewers at home,".

"This is really sensitive content. This is not something you want people reviewing from home with their family around." He added.

The moderators argue that Facebook's algorithms are nowhere near ready to successfully moderate the site's content. They claim the algorithm cannot spot satire, sift journalism from disinformation, and unable to respond quickly to self-harm or child abuse.

Currently, the group represents content moderators throughout the U.S. and Europe and has support from legal advocacy firm Foxglove. In a tweet Foxglove claims, this is the "biggest joint international effort of Facebook content moderators yet."

NEW BIKES THIS WEEK

Ducati refreshes Panigale, Damon debuts budget-friendly E-superbike

The two-wheel track weapon from Italy got an update, as it's as crazy as ever. The Ducati Panigale V4 SP is a carbon fiber forged, dry clutch screaming superbike whose 1,103cc Desmosedici Stradale 90-degree V4 engine produces 214 HP and 91.5 lb-ft of torque. In the hands of the right maniac, this 381 pound machine can reach 0-100 in less than 2 seconds and then come to a safe stop without killing its rider. Despite the mind-numbing figures Ducati claims this \$37,000 terror on wheels is "easy to ride" and "amateurs friendly". Go figure.



From ear violation to complete silence, the Canadian e-bike maker Damon has rolled out an affordable cousin of their \$24,995 200HP Hypersport HS. The new entry-level Hypersport SE 11-kWh battery only makes around 100HP, but can still hit a top speed of 193 Kmh. Range wise, it can travel 173 Kmh before needing a recharge, and can be topped up to 80% in 20 minutes with a DC fast charger. Damon is asking \$16,995 for this stripped out version of their top of the line model, which is quite reasonable, all things considered.



Prospect of career in neuroscience explored in a workshop hosted by BNSS

Bangladesh Neuroscience Society (BNSS) has recently organised a special workshop on "Prospects of neuroscience research", sponsored by the International Brain Research Organisation (IBRO). The program was arranged for the O/A level students of the Kids Tutorial and Wills Little Flower school and focused on the importance of neuroscience research was discussed and how one can think about pursuing a career in this particular field. The first speaker was Dr Mohammed Uddin Dafil, Associate Professor of Human Genetics at the College of Medicine, MBRU, Dubai. He spoke about the different scopes of neuroscience and the career pathways one can look forward to in this field. The program was conducted by Dr Ashrafur Rahman, the VP of BNSS and Assistant Professor of Department of Pharmaceutical Sciences, NSU. The program was concluded by Dr Hasan Mohammad Reza, President of BNSS and Dean of School of Health and Life Sciences, NSU. He summed up the entire session briefly by encouraging students to be more open minded towards neuroscience as it covers an interesting area in science.

EDITOR'S NOTE

Cars, Apps, Startups and Hacks

In this week's issue of Toggle, we attempt to reignite the age-old debate of which one is a better dad-mobile: Civic or the Corolla? To be exact neither of them, in 2021, are dad-mobile anymore but we still say it occasionally to rattle the fans a bit. We also get to know how you can overcome your pandemic blues and enhance your productivity by trying a few of our scheduling hacks and distraction-busting apps. We also bring you stories of people making the most out their self-imposed house arrest by growing their very own rooftop garden. Our centrefold for this week covers how some busy bees turned their mom's kitchenettes into a full-blown on-demand restaurant. We also have our regular sections in this week's issue as well. Honestly, this is my first editor's note and I was asked to write at least 150 words – so I am just typing till I am a little over that word limit. Done!

- Shahriar Rahman,
Resident overlord, Toggle

TOGGLE

Editor and Publisher
Mahfuz Anam

Editor (TOGGLE)
Ehsanur Raza Ronny

Team
Zarif Faiaz
Rahbar Al Haq
Nahaly Nafisa Khan
Shahriar Rahman

Graphics
DS Creative Graphics

Production
Shamim Chowdhury

Published by the Editor from Transcraft Ltd, 229, Tejgaon Industrial Area, Dhaka on behalf of Mediaworld Ltd., 52 Motijheel C.A., Dhaka-1000.

Not enough time? Here's 5 scheduling strategies to maximize your productivity

OROBİ BAKHTIAR

When you have plenty of tasks on your to-do list, you may feel overwhelmed, and find it a struggle even to get started. But having a routine provides structure to your day and allows you to get more done in less time.

People spend more than 40 percent of their time at work unproductively, according to a study. Effective scheduling does not just mean filling your days with important tasks – you need to consider how mental and physical factors affect your productivity and use that knowledge to your advantage when you are planning your days.

The Most Important Task Method (MIT)

Once you determine your 1-3 most important tasks, they are scheduled first in your day. You then make progress on essential items before you get bombarded by distractions. You can use this in conjunction with the time blocking method, saving your initial hours for the most important tasks. Email, phone calls, and meetings come later after you've completed your essential tasks. By focusing obsessively on your most important tasks, every day is productive. You never have a day where you waste time on meaningless tasks.

The MIT method is all about focusing on what is essential. Rather than writing out a massive to-do list and trying to get it all done, determine the 1-3 tasks that are absolutely essential and then relentlessly focus on those tasks during the day. It is not that you never do more

than three tasks in a day, but that you don't do anything else until you've completed the three essential tasks.

The Pomodoro Technique

The Pomodoro Technique is a relatively simple scheduling method that can work alongside most of the other ones here. A "Pomodoro" is a 25-minute block of uninterrupted work where you focus on a single task, followed by a five-minute break. The goal is to string together three to four Pomodoro "sessions" before taking a long break to recuperate.

When it comes to how to make a schedule with the Pomodoro Technique, you can schedule them into an open slot. For example, if you have a block of free time after lunch from 1 p.m.–3 p.m., you can dedicate that to Pomodoro sessions. At the start of the session, choose four tasks you will focus on and then start your work timer. What's great about this method is that it helps you focus intensely without burning out.



Saying No to Tasks that Do Not Contribute to your Goals

Constantly accommodating other people's requests makes it nearly impossible to effectively manage your schedule since you spend too much time reacting to irrelevant tasks as opposed to working on the projects that drive your success. You may be hesitant to say no because you fear damaging professional relationships, however, if you decline requests politely, the risks of negative impacts

are small and well worth it.

The Chatfield Method

One of the biggest challenges of any scheduling method is that we're notoriously bad at knowing how long a task will take to complete even if we've done it in the past.

But this is the cornerstone of time management. If you do not properly estimate your time, you'll always be behind on tasks and playing catch-up. Most of us have tasks that repeat each day or week. And this method lets you dig into how long they actually take to do.

If you want to automate this process, use a tool like RescueTime to automatically track your time in apps, websites, and even specific projects. For example, if you want to see how long you spent reading this article, you can look at my Activities Report in RescueTime and see.

Schedule Time to Enjoy and Reflect

Organizing your schedule around your brain's peak times is an effective way to boost your productivity; however, to perform your best, you need to schedule times to engage in reflection and enjoyable, non-work activities. Researchers found that people who pursue hobbies perform 15% to 30% better than those who don't regularly engage in activities they enjoy doing. This is because engaging in fun activities is relaxing, thus lowering stress levels. This can improve focus and decision-making abilities. Additionally, research has found that employees who spend fifteen minutes each day reflecting on the lessons they learned perform 23% better than those who don't. Reflecting has such a huge impact because it enables you to quickly learn from the mistakes you made so you can move on from them. Though it may be challenging to fit these leisurely activities into your schedule, the performance benefits outweigh the need to push back non-urgent tasks.

THE BOSSMAN

BY E. RAZA RONNY



The Steel
Revolution Continues
....

Introducing

BSRM **Xtreme**
B500 DWR

the tough steel

BSRM
building a safer nation



Battle of the 2021 Toyota Corolla and Honda Civic: what do local enthusiasts think?

RAHBAR AL HAQ

Toyota Corolla and Honda Civic. Two of the most popular affordable cars in the world and the darlings of our JDM focused car community. Both of them recently got their generation upgrade, triggering the inevitable discussion of what the local petrolheads think about them? Well, we did some snooping about on their interwebs and this is what we found.

Starting with the new 2022 Civic, the overall reception to the new model has been positive, with most liking the design. One opinion that was echoed by many was the new model bears strong resemblance to its upmarket brother, the Accord. Enthusiast Abdullah Al Masud commented the new design appears to have taken inspiration from the 1996 Accord, a claim that holds merits since both cars share almost identical width and wheelbase. Although most reacted positively to the change, others such as fellow automobile Journalist Tahnic

Murshed thought otherwise and found the “repetitive design language among manufacturers disappointing”.

In terms of performance, the new Civic will share a good chunk of its platform with the outgoing generation, meaning the figures remain mostly the same. That said, the performance-oriented Type-R variant of the new Civic is rumoured to get a 400Hp hybrid drivetrain with rear-axle torque vectoring, which is a cause for excitement for many. For looks, car magazine MotorTrend speculates the new Type-R will take a step back from the over the top styling of the current model, dropping the triple exhaust and huge fake vents for a sleeker, refined look.

As with the regular Civic, the speculation surrounding the Type-R drew in mixed comments. Some welcomed the perceived tone down of the design, while others, mainly younger enthusiasts, found the new car to be “too tame” even in Type R form.

Switching gears to the other side, the reception of the 2020 Corolla has also been generally positive, with one Samiur Rahman Tushar going as far as to say he prefers it over the Civic. Opinion surrounding the new Corolla mostly revolves around the lack of availability, as pointed out by a K M Wasif. Toyota only offers the region-specific Toyota Altis in Bangladesh, with the said model being available with only one hybrid drivetrain. The Altis lacks many of the visual design elements of the new Corolla, such as the “Tripple J” headlights and the objectively nicer looking alloy wheels. Despite this, the price of a brand new Altis is 41 lakh, almost double the price of a fully optioned out Corolla XSE. The high price of basic models combined with the lack of option is a source of disdain for many local car fans, with one Munajj Ahamed stating the only way to drive inexpensive fun cars in Bangladesh is not to be in Bangladesh (unless you are incredibly

wealthy).

Interest for the Corolla’s performance variants has been minimal, as the Corolla Apex Edition will mostly just offer suspension upgrades. Toyota will limit production to just 6,000 units for the 2021 model, of which only 120 will be manual. It seems a “hot” Corolla fails to catch the imagination of most car enthusiasts, something that can be partly blamed on the company’s refusal to make anything exciting for well over a decade.

Overall, it appears the local enthusiast considers each car for a different role. The Honda Civic is preferred by those who want a little turbocharged touch of performance in their daily driver while the Corolla is preferred by those who enjoy fuel economy and comfort, reasonable parameters if you factor in all the time we spend in traffic jams. As for reliability, the perceived bulletproof nature of Toyota’s engineering remains dominant, as said by one Sami Islam.



From hobby to business: home cooks take their food online post quarantine

SADMAN SAKIB PANTHO

This quarantine, people have adopted a myriad of ways to keep themselves busy. Needless to say, food and cooking are at the very top of the list. And if the number of social media posts isn’t enough of a testament to this, then the booming number of online homemade-food businesses surely is. Today, we’ll talk about some of the journeys of these homegrown businesses amidst the pandemic. Saucepan – By Tazree

Saucepan – By Tazree, run by Farisa Tazree Ahmed, offers delicious brownies for delivery and takeaway. Tazree is an undergraduate student at North South University and Saucepan is the manifestation of her love for baking and cooking.



from wholesale markets and I print the stickers myself. But due to the pandemic, I have been taking extra safety measures in sanitizing the packets and containers before discharging them for delivery”, she said. “The biggest challenge was finding a good delivery company which charges reasonably,” she added. All the deliveries for Saucepan are carried out by a third-party company.

The Homemade Chefs
The Homemade Chefs, or THC, as they call themselves, is a venture by two sisters-in-law who offer a variety of delicious homemade dishes. Maliha Tasnim is currently studying as a major in Biochemistry and Biotechnology at North

Creative and appealing visuals
The Facebook and Instagram pages for The Homemade Chefs are filled with nice photographs and visuals of their food. THC also sends handwritten and customized notes when requested by customers for any special occasion. The creative visuals also help them attract customers by boosting their most loved posts and setting up social media ads.

Orders and deliveries
When there are many orders for a day, the chefs complete some of the preparations the night before. “Since we strive to keep up the quality of every order we prepare, we limit ourselves to a certain number of orders per day. Time management had been a real challenge in the beginning and we would easily feel overwhelmed,” said Maliha. As far as the delivery is concerned, THC gained Shohoz as a delivery partner within Khilgaon after they applied online. They use their car to complete some deliveries. They used Pathao Parcel a few times as well. For the packaging, they fixed a shop after looking for good rates at various places both online and offline.

Ammurrannaghor
Ammurrannaghor offers tantalizing food straight from Mrs Tanzima Mahmood’s kitchen. Mrs Tanzima is a mother of two, and it’s the appreciation of her entire family that motivated her to start this venture. Ammurrannaghor is where Mrs Tanzima’s passion for food comes full circle.



South University, and Sumaiya Nasrin Rayta is a Computer Science graduate from Brac University. The Homemade Chefs is the result of the sisters’ obsession and experimentation with food amidst the quarantine.

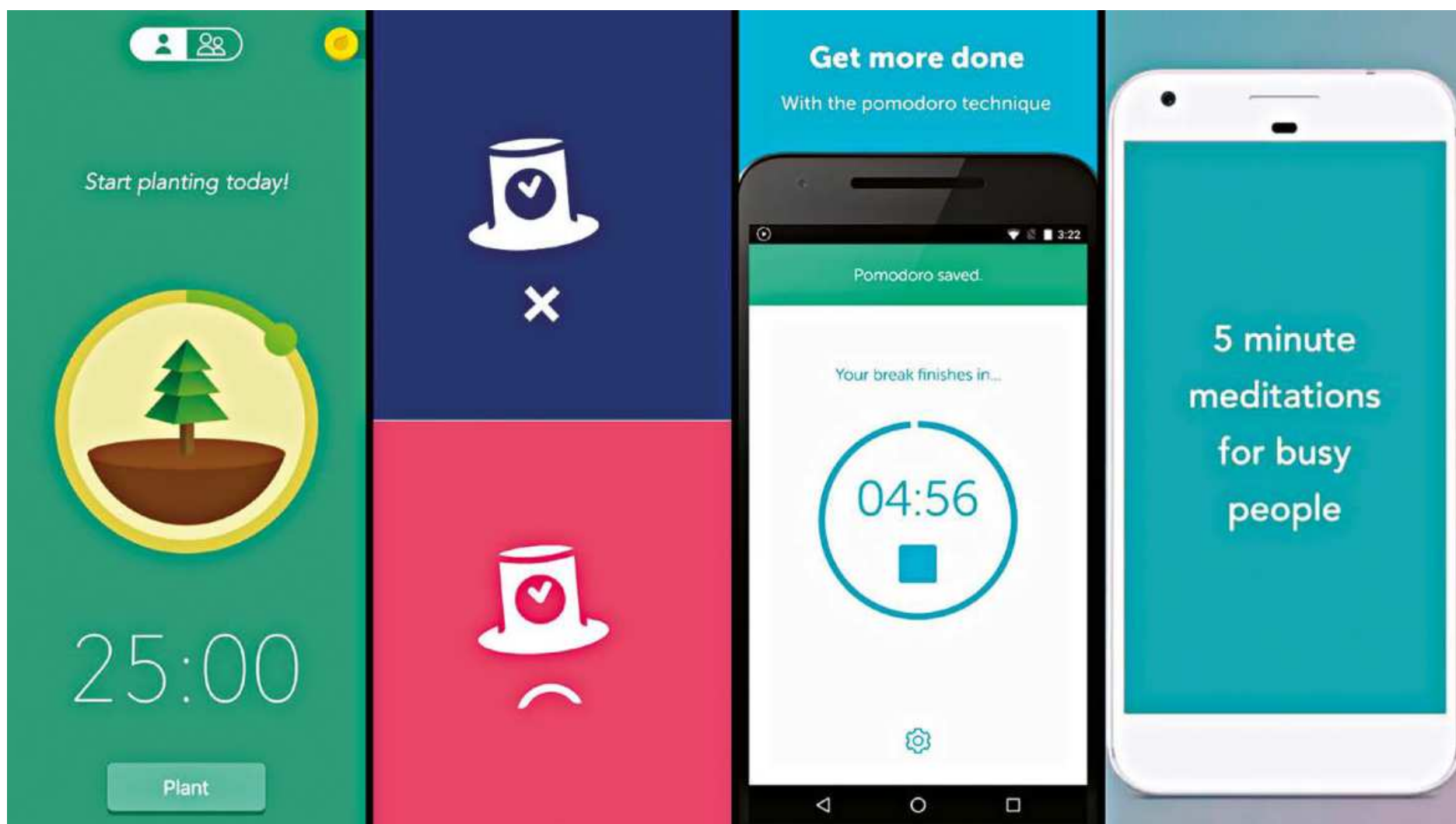
The logistics
Mrs Tanzima sources her packages and containers from different places. The boxes are mainly bought from Gulshan Market, but in times of emergency, she buys them online as well. Once the packages arrive, the entire family sits together to clean and disinfect them. She buys the baking items from Gulshan Market, but the rest of the ingredients are bought along with the monthly bazaar from New Market. She starts her work from the morning and finishes all orders by noon. The delivery for all the orders received by Ammurrannaghor is done by Mrs Tanzima’s car and chauffeur.

Customers and a sense of responsibility
From offering unique food to including items popular in demand to sending personalized messages – Ammurrannaghor goes above and beyond for the customers. “When people are ordering homecooked food this quarantine, they expect the freshest and most hygienic food,” said Mrs Tanzima, “and it’s my responsibility to give them food of the best quality.” Like any other business, customer satisfaction is important for online homemade-food businesses as well.

As for advice to any home cook aspiring to enter this business, Mrs Tanzima said, “There’s a lot of things to consider here. My husband and two daughters help me in all sorts of ways, so having everyone’s support really helps. It’s important to properly consider the hygiene factor as well.”

4 distraction-busting apps to stay focused while working from home

JINAT JAHAN KHAN



You're working hard, and then you get up and lie down on the couch because no one is looking. How about a quick check on who said what on your phone? Ooh, wait, there's a new game that tells you which Money Heist character you are. A nap now? Okay.

Here are 4 apps that can help you cut off from all computing distractions and get back to doing what matters.

Forest

This app follows a self-motivated method that helps you beat Internet addiction. To control your temptation of using the Internet, you need to plant a seed in this Forest app. Your concentration on your work or your patience to not to use social media sites will ultimately boost the growth of the tree. If you waste your time to check Instagram or to answer a text message being careless, your tree will wither away. The longer you stay focused on keeping the app open, the more the tree grows. You can also unlock different types of trees as you continue to use Forest app. For an extra push, there is a collaborative feature where you can plant trees with your friends. And your negligence will destroy your friends' trees too. It's available in both the App Store and Google Play Store.

Focus booster

It's a free desktop app that uses the

popular time management technique Pomodoro. It divides work sessions into 25-minute time blocks or 'pomodoros'. Each Pomodoro is separated by a 5-minute break to recharge yourself before jumping back into your work. However, you can customize your session and break length according to your need. One interesting thing about this app is that it has no pause button. This feature is introduced to inspire self-discipline and self-control. There are some additional features such as it has an option to enable or disable a ticking clock sound during Pomodoro sessions and breaks.

Hocus Focus

If you are someone who switches apps and window tabs very frequently and gets lost in all the chaos, then you must use this app. It clears clutter from your screen and minimizes windows that are not active after a set amount of time. It

keeps only one app in view at one time. In this way, you will hardly get distracted. You can also create and set up different profiles to change its window hiding behaviour based on the work you are doing.

Simple habit

You may love your job, but too much work can often make you frustrated. And while working from home with hundreds of distractions, it makes you more baffled. Sometimes you need something to boost up your productivity. Simple habit app offers stress relief for those who don't have much time for a break or relaxation. It offers five-minute audio meditations to reduce stress and calm the mind. You can choose your meditation sessions based on your interest or situation. You can find a full library of these sessions. Most of its contents are free. However, a subscription is required to have full access.

5 Portable health devices that you can use on the go

JINAT JAHAN KHAN

Nowadays people are always on the go and too busy to spend time on health issues, which is increasing the demand for portable health devices. These handheld devices can help keep your healthy routine and ease your conditions when you are out. Check out some of these worth-purchasing health gadgets.



SteriPEN UV water purifier

It is a perfect handheld device to purify water while hiking or travelling. It is basically a small pen-like electronic device that can purify half a litre or a full litre of water at a time with its ultraviolet light. Just submerge the light wand end into the water and wait for one minute or until the light turns off and flashes green. If it flashes red, then you need to repeat the dose.

Verilux CleanWave UV-C portable sanitising travel wands

The ultraviolet-C (UVC) light emitted by UV-C Portable Sanitising Wands has germicidal abilities to kill 99.9% of viruses and bacteria found on the common surfaces. Just hold this travel wand over an item or surface, such as a doorknob, seat, toilet seat, table, phone, etc. for 30 to 60 seconds. This handheld device is rechargeable and a reasonable alternative to using chemicals to disinfect the surfaces.



LARQ self-cleaning bottles

LARQ has an exceptional feature than all other reusable bottles and that is to purify water itself. This self-cleaning bottle uses powerful UV-C LED technology, which intelligently activates in every 2 hours to eliminate harmful microbes. The process of purification takes only 60 seconds in this bottle. LARQ is water-proof and it can work up to a month on a full charge.



GLO brilliant teeth whitening device

This innovative teeth whitening device combines professional elements of heat and blue LED light to provide faster and visible results without sensitivity. It requires four 8-minute application sessions daily which makes your teeth up to 5 shades whiter in just 5 days. All the required things such as mouthpiece and case, lip care balm and 10 G-Vials of the whitening gel are included in this whitening kit.



ScanWatch: health-oriented hybrid smartwatch

ScanWatch is the most advanced fitness and the first hybrid smartwatch to date. It continuously scans vital parameters that help monitor respiratory and heart health and improve overall fitness. It can track heartbeat irregularities, measure blood oxygen saturation during sleep, and keep track of your daily steps or activities. ScanWatch boasts a 30-day battery life.

Note that you can order these through e-commerce sites or online retailers who deliver in Bangladesh.

Rooftop gardens blooming amidst pandemic

REHENUMA RAYSA

Stuck at home? Can't go out to the park? There IS no park? Build your own then. Coronavirus has barred people from going out unless in an emergency. It has upended people's regular lifestyle by making a lot of the day-to-day action near-impossible for people, which made them turn to rooftop gardening. The number of roof gardeners is on the rise as people staying indoors are looking for ways to vent their frustrations into something productive. Consequently, the sales of saplings, seeds, soils, fertilisers and gardening accessories are soaring high.

Johora Khanom Roji, a part-time jobholder and recently turned rooftop gardener said, "I decided to give rooftop gardening a try recently as the pandemic took hold of the country. I am in the initial stage in this initiative of mine. I have planted different types of trees including Arabian Jasmin, Brinjal, Turmeric, Gourd, Ginger, Gardenia, Coriander, Grapes, Malabar Spinach, Aloe Vera, Henna, Holy Basil, Cactus etc. to mention a few till now. However, I have bigger plans for expanding the garden in the future as well".

"This new hobby of mine came in with tons of advantages as it is ensuring that my rooftop is put to good use as now, I can cultivate various vegetables, fruits, and flowers of my choice. It has been a great way for me to pass my leisure hours and combat boredom. Meanwhile, I no longer have to rely on store-bought pricy fruits and vegetables, which has a high content of pesticide, synthetic fertilizers, preservatives, and harmful chemicals. Knowing the source of the food, my



family can enjoy organic freshly-produced quality foods, which are saving us money as well", added she.

The benefits are many. The very act of gardening can help in relaxing by relieving stress or pandemic tension, improving our physical and mental well-being while boosting economic, recreational, and environmental benefits. Additionally, some get to opt for selling off surplus produce on the local shop within a year or two fulfilling the need



of their family. The process of gardening changed even for those who have been practising it before pandemic brought most of our activities to a standstill. They are getting some helping hands from family members also stuck, giving them the option to try new methods for urban horticulture and strengthen family bonds as well.

Ismat Ara, a housewife and a longtime rooftop gardener, shared with us how the pandemic has changed the experience for

her in terms of rooftop gardening. She noted, "Although I started doing this long before the onset of the pandemic, seeing my family members being interested in this makes me happy and gives me joy. Moreover, growing, nurturing and enjoying fruits like Guava, Mango or Pomegranate still remains as a bonus where my family members are involved in the process of creating a green space to feel closer to nature by occupying their free time tending to vegetables and fruits - an activity worth doing instead of being constantly busy on electronic devices. I would certainly encourage others - who have access to roofs - to try rooftop gardening and utilize the spare space while taking necessary precautionary measures. Trees can help save the planet, so we need more of them".

Roof Gardens can reduce carbon footprint, advance food security, alleviate food shortage, and ensure proper use of unused resources. Despite various practical challenges, the pandemic gave people a push to start the self-sustaining habit of rooftop gardening which gave them a chance to realize the amount of hard work that goes into getting food on the table increasing their respect for food. It also became a way for them to stay connected to nature while providing a chance for the natural sunlight or sun-ray generated Vitamin-D to bounce off their body, which improves immunity. As more people become interested in planting more trees and embracing a sustainable system of growing nutritious food, it becomes hard to refrain from acknowledging and appreciating this rare silver lining amidst the pandemic chaos.



Like us on f /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...



KOHINOOR CHEMICAL