

TOGGLE

WEEKEND LIVING IN THE DIGITAL AGE

A publication of *The Daily Star*

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Realme launches Realme 8 and C25 in Bangladesh

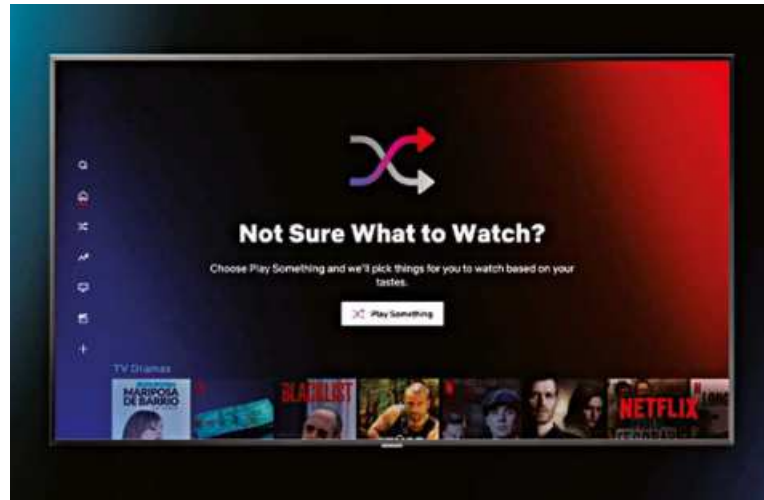
Realme has launched two of its devices on April 26, 2021, through an online event – the Realme 8 priced at BDT 22,990 and Realme C25 in 2 variants, the 4/64 at BDT 13,990 and the 4/128 at BDT 14,990.

The Realme 8 comes with a 6.4-inch Super AMOLED Display FHD+ with the light-sensitive in-display fingerprint sensor. The phone weighs 177gms and is 8mm thick and boasts a Helio G95 chipset.

The Realme 8 boasts a flagship camera setup of 64MP as the primary sensor, 8MP with a 119-degree ultra-wide-angle, macro lens, and B&W portrait lens. The phone comes with a 5000mAh battery along with 30W Dart Charge.

The C25 boasts a 48MP AI Triple camera and is TÜV Rheinland High Reliability certified and features a 6,000mAh battery with 18W Type-C fast charge. The device is powered by MediaTek Helio G70 processor.

C25 features 48MP triple cameras and this is a significant upgrade to the camera of the C series and this is the first smartphone with 48MP main camera.



Netflix introduces "Play Something" shuffle feature

Netflix rolled out a new shuffle feature that will allow users to find something to watch when they are unable to make a decision.

Dubbed "Play Something", the feature, when selected, will play a show or movie based on the user's previous viewing behaviour

and interests.

To use the option, the user will need to access the navigation menu on their Netflix app homepage and select the shuffle icon.

Screen-readers can also use Text-to-Speech to enable it, the company claims.

Instagram Live adds "mute" and "turn off video" features

Instagram added new features to its "live" video platform that will allow users to mute their microphones and turn their video off at will.

The new feature, Instagram explains, will give users more flexibility during their livestream experiences as users don't have to worry about how they look on screen.

For the time being, hosts will not be able to turn off another person's video or audio in the livestream, but according to a report from TechCrunch, the company is working on offering more of these types of capabilities to the broadcaster and expects to roll them out soon.



EDITOR'S NOTE

Work, when does it end?

In case you needed a stern reminder, where here to tell you this week that work from home does not mean working 24/7. We get it—there's no time to waste if you want to climb up that corporate ladder. But here's a secret: the hustle culture is probably a hoax. Want to know why? Turn to the centrefold. While you're at it, check out the exercises we listed for you on page 7 to get you moving while you're stuck at home. Need some inspiration? Turn to page 2 and see how working moms are handling WFH like a pro. And lastly, when you are relaxed enough, do check out the books we listed on the last page.

Relax, take a deep breath, cut yourself some slack. You got this. Did anybody tell you how amazing you are?

Zarif Faiaz, *Your shrink for the week*

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GigaSSD reportedly working on an "extremely fast" external SSD

Shenzhen based startup GigaSSD is running an IndieGoGo fundraiser to bring to the market an extremely fast SSD capable of write speed well over 2,000 MBps.

The GigaDrive, which the company claims to be developing since April of last year, can reportedly hit sustained speeds of 2,800 MBps read and 2,500 MBps write, which would make it one of the fastest SSD in the market. The exterior case is made out of aluminium (which doubles as a heatsink) and reportedly supports both Thunderbolt 4 and USB 4. The SSD is offered in 1TB, 2TB, and 4TB capacity options

According to an article published on Forbes, the drive prototypes feature a WD Black SN750 paired with a DRAM cache chip and an Intel JHL8440 Thunderbolt

4 controller. It's said to be compatible with Windows, macOS, iOS, Android and Linux, and features an IP67 rating, making it dustproof and protected against water immersion up to a meter for up to half an hour.

The same articles also note that there are virtually no public details about who is involved in GigaSSD, and while the company is registered in the U.S., it's actually based in Shenzhen, China.

On the other hand, AppleInsider and TechRadar have both allegedly received limited access to the drives and reported synthetic numbers are slimmer to GigaSSD's claims. Though other tests (AS SSD and AJA) fell to between 95% and 65%. Real-world data transfers tests saw similar

performance issues as well.

GigaSSD is also offering the GigaDrive at a notably low price compared to the market standards. For example, the 2TB model is being offered for \$438, which is \$162 less than its closest competitor, a 2TB Samsung X5. Which strikes as odd as the WD Black SN750 NVMe SSD that the GigaDrive is reportedly built upon cost \$800 in and of itself.

However, the company counters this by saying they are planning to switch to the "Intel AGI M.2 2280" models production version, which should raise alarm on its own.

GigaSSD is planning to ship the GigaDrive to its backers in July 2021, with retail sales starting sometime after that.



WORK FROM HOME:

The struggles of working moms

JINAT JAHAN KHAN

No matter how you slice and dice it, being a mother is never an easy task. And working moms always struggle more to maintain work-life balance. Most people picture this 'work from home' system as a blessing for such moms as they can now spend more time with their family at home. But in reality, many of them are struggling since it is likely to be both a stay-at-home and working mom at the same time. We have talked to a few working moms to know about their difficulties during this pandemic.

Dual challenges of homeschooling and work

Due to the pandemic, many schools are operating with distance learning where women bear the lion's share of the responsibility of childcare distance learning work. A faculty member of a private university in Dhaka, who wishes to stay anonymous, shared her experience as a working mom. "Usually my child and I have classes at the same time. So he needs to start and do the zoom class alone, which is a bit difficult for such a young child. Sometimes he shows up with his problems, while I'm taking a class. For which I pause for a moment to instruct him, as I cannot move from there and I resume my class again. I somehow struggle to look after both sides simultaneously." She also shared how she had a fixed time frame for her work before the pandemic and she could've given much time to her child and help him to finish his homework. But now as everything is online and her students also need assistance more than before, it seems to have a job of 24/7.

New moms with more responsibilities, more challenges

Working mothers with toddlers are more likely to face the hustle of handling the responsibilities of both parenting and office duties. Nusrat Zaitun Hossain, Senior Research Analyst, IFPRI expressed her struggles just after her maternity leave ended. "There was absolutely no work-life balance, especially with a six-month-old who still requires breastfeeding. On top of everything, I had to cover up for my absence from work for a long six months due to maternity leave. It became a double burden because I had to get updated

ILLUSTRATION:
ZARIF FAIAZ

about what I missed in six months and find work-personal life balance". Another new mom Samara Shameem working as a teacher at Sunnydale School said, "In the morning, I need to take classes of my students while worrying about my baby girl who can start crying at any moment after waking up. As she is still a toddler, she is more dependent on her mother. And she becomes frustrated if she doesn't get my attention". She also shared that she tried to finish all the teaching tasks when her baby was in sleep as doing both duties at the same time was too overwhelming for her.

Meeting deadlines, staying far from the cubicle

Most of the employers and employees had no experience carrying out office tasks online or from home before this pandemic. It's already challenging to be productive all the time in the remote work environment. And for working mothers who are already in charge of

most of the household chores, it is like going over the top. "During this pandemic, bosses have become over conscious to ensure that their teammates are working, and not holidaying. Works that previously needed only one update in a month, now require a daily update in written format along with a pressure to have a change in the status. In a nutshell, the same job suddenly requires four times effort with one-fourth time allocated to ensure the management that we are working", said Maliha Jahan, portfolio manager at a multinational company. She also added that most of the teammates who were male could never understand female members' struggles. "While I was thinking that I would need to do the cleaning after the meeting, they were talking about how to be fit, who bought a treadmill, how to keep the mind positive by watching movies and so on and so on," said Maliha.

The extra burden of household chores and less time to take a rest

Due to societal expectations, women are more likely or sometimes forced to involve in most of the household chores. And as domestic help is not available during this pandemic, the overall pressure is on female spouses. This doubled pressure of work causes women to have less time to take a rest or relax. Those working mothers with whom we talked, shared how they tried to complete their official duties when their children are asleep or while doing different household chores. In this situation, Nusrat said, "Mothers like me hardly get mental peace and isolation to concentrate on the work to be delivered in a particular time". "It is a 24/7 office-child-household chores- office; no boundary in between, and a nightmare for almost 5-6 months," added Maliha, another working mom struggling with her duties.

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“Made in Bangladesh” cars: how far are we?

RAHBAR AL HAQ

The personal ownership of a car in Bangladesh has always been an expensive prospect. High import taxes, combined with the lack of an indigenous auto industry in Bangladesh, mean prospective buyers have to pay to double over a car's original price, sometimes even more.

However, with the massive 1,106% increase in car ownership (from 303,215 units to 4,471,625 units) in the past 15 years, combined with rapid industrialisation, local production of cars has become very close to reality. Some companies have already begun locally assembling cars for forging brands, while others are planning for future joint production. With this in mind, we have put together a summary of all these companies and their achievements to date.

For this article, we are excluding the development of commercial and motorcycle assembly in Bangladesh, as those topics are best covered with their own separate dedicated reports.

Pragati Industries Limited | Multiple brands

Pragati history of local car assembly goes back before our country's independence, when —Back then it was known as Ghandhara Industries— in the 60's it entered into an agreement with General Motor's European division to put together the Vauxhall Viva sedan. In more recent times, the Japanese automotive giant Mitsubishi has entered a five-year agreement with Pragati around 2010 to locally assemble the second generation Pajero Sport SUV. Both companies maintain this agreement to this day, with assembly switching to the new third-generation QX model. In recent years, the State-run enterprise reportedly also began working closely with Mitsubishi to make their brand of motor vehicles. In a report published on The Daily Star last year, Industries Minister Nurul Majid Mahmud Humayun said that Japanese Ambassador Ito Naoki had told him “He [Ito Naoki] also said that Japan would provide technical assistance for the production of Bangladesh's own brand of motor vehicles. He further offered to assist Bangladesh in developing the vendor industry related to automobile and light engineering industries and setting up an Automobile Testing & Research Institute in Bangladesh.”

Other than Mitsubishi, Pragati also assembled 36 Mahindra Scorpio SUVs in 2017. The enterprise also offers the Foton SUV and various other commercial vehicles.

Rangs Limited | Mitsubishi Motors

Although Pragati has been putting together cars with the three-diamond badge for a while, most of their output ended up in the government fleet. The cars that do end up on the consumer market, are sold by Rangs Limited, a concern of Rangs Group. The local industrial giant has been putting together the cars on their own as well, assembling the Mitsubishi Outlander SUV for well over three years, with more than 200 units being successfully completed.

Shoeb Ahmed, divisional director of Rangs Limited, informed daily star in February that for 2021 they hope to assemble 200 SUVs in a single year.

PHP Motors | Proton Holdings Berhad

PHP Motors, a sister concern of the PHP Family based in Chattogram, has been putting together Malaysia's Proton car as early as 2017. Their facility at Sagarika in Chattogram is capable of the annual production of 1,200 units a year and currently employs about 265 workers to assemble 10-12 vehicles per shift. PHP started with the assembly of the Proton Preve, a decently equipped family sedan, but also began assembling the 2021 Proton Saga, according to PHP Automobile chairman Sufi Mohammed Mizanur Rahman.

Akhtar Parvez, managing director of the company, told The Daily Star last February that PHP currently locally produces 25 of

capable of producing 5,000 vehicles a year. Fair Technology, which has also been manufacturing Samsung smartphones since 2019, hopes to begin production as soon as 2022 and claims the locally assembled cars are likely to be 25 per cent lower than prevailing market rates.

Uttara Motors Limited | Maruti Suzuki

Another dealership that has switched its focus on local car assembly is Uttara Motors Ltd. They are investing \$33.63 million to build a local assembly and manufacturing plant for Maruti Suzuki cars in Bangladesh. The company signed a lease for a 50-acre plot at Bangabandhu Sheikh Mujib Hilpa Nagar in Chattogram, last march.

Matiur Rahman, Uttara Motors Chairman and Managing Director, said the high-quality plant will generate employment for 800 people.

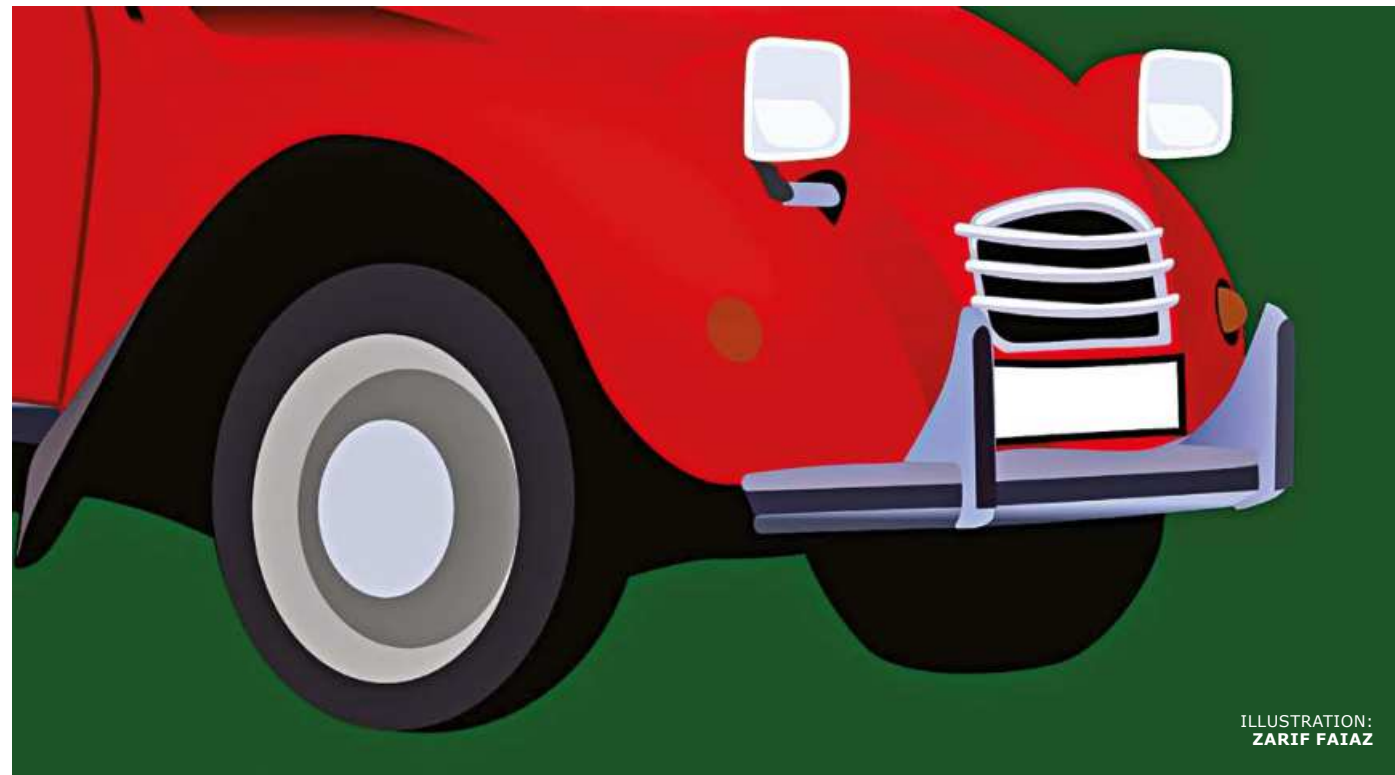


ILLUSTRATION: ZARIF FAIAZ

the 800 parts required to build a car. He hopes they will be able to manufacture most of the important parts in their factory by next year.

Upcoming projects

Fair Technology Limited | Hyundai Motor Company

Fair Technology Limited's entry into the Bangladesh auto industry has been recent, but it has already made significant headway toward setting up local production. Being the new sole distributor of Hyundai cars in Bangladesh, the company signed a contract in January with Bangladesh Hi-Tech Park Authority (BHTPA) to establish an assembly plant at Kaliakair, Gazipur. Mohammed Mesbah Uddin, Chief Marketing Officer of the Fair group, told The Daily Star last February that they plan to invest \$125 million in the next three to five years to set up a plant

Stalled prospects

Although the companies mentioned above are already producing or soon to start production, many other local automotive ventures had their venture abruptly halted because of the ongoing pandemic.

Bangladesh Auto Industries Ltd. (BAIL), was planning to establish an electric vehicle factory on Bangabandhu Industrial Park. With an initial investment of \$200 million that would total to \$1 billion within the next five years, the company planned to manufacture from two-wheelers to sedans, SUVs, pick-ups, mini-trucks, and multipurpose vehicles. Unfortunately, the pandemic slowed down BAIL's plans considerably, with all plans being moved back a year. In an interview with The Daily Star Mir Masud Kabir, managing director of BAIL, said “We missed the target as the suppliers could not

ship the required equipment on time even though we opened letters of credit earlier on,” said Mir Masud Kabir, managing director of BAIL. “We were on track before the Covid-19 crisis hit but the prevailing situation has not been favourable for us. Regardless, we are maintaining correspondence with our foreign partners via digital platforms to keep the project alive,” he added.

Nitol Motor's Suvare electric cars project also suffered similar delays because of the Covid-19. The company has finished the construction of the assembly plant building on 10 acres of land in Pabna, but are unable to import the machinery required to build the car themselves.

“As per new target, we will bring the EV within next two and a half years,” informed Abdul Matlub Ahmad, chairman of Nitol-Niloy Group.

The hustle culture is a lie, here's why

OISHEE EERADA MAUDUD

Recent times have seen a significant rise in this culture of putting work above everything else and putting everything you have into working hard. Known as the hustle culture, this lifestyle teaches people that overworking is the only way to earn respect, whether it be from others or yourself. If you are not putting every possible minute of the day into something productive, you do not have what it takes to be successful. If you are not working overtime, are you even working?

Like many health professionals, studies, and others have already, we are here to tell you that the hustle culture is a lie. Hard work is necessary, but overworking yourself to the point where you do not have even a second to yourself is not.

Arijit Saha, who is a Senior Business Analyst at a leading IT company, says, “When you work in a fast-paced work environment, and regardless of where you work, your employer will claim it's a fast-paced workplace; there is always an emergency that requires you put additional time during odd hours. The company culture will eventually become



toxic if employees consider every single task a high priority.”

Constantly hustling can lead to burnout, have negative health effects, and more

Aside from the fact that it is exhausting, steadfast compliance with the hustle culture can lead to burnout. Yes, burnout is legitimate. The World Health Organisation (WHO) defines it as “a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed”. Burnout causes employees to have a pessimistic approach to work. They experience a lack of motivation and energy to work and in turn, a decline in their work competence.

On the risks of overworking, Dr M. Tasdik Hasan, a global mental health researcher, said, “The direct link between overworking and mental health is still unestablished. Such exhausting schedules may lead to disruption in the biological rhythm of the body and can have significant effects on work efficiency, sleep patterns, mental health, psychological or behavioural changes, stress, depression, Type II Diabetes, reproductive outcome, obesity, hypertension and developing cerebro-cardiovascular complications. We should not exclude the risk of suicides as Japan has reported such cases lately.”

Hustle culture also breeds a toxic sense of competition among employees. While healthy competition can motivate employees to do better, if they are taught that hustling is the way to earn promotions and get better opportunities, healthy competition will turn into fierce rivalries with everyone trying to hustle harder than the rest to bring down others. This culture can even hamper the company's overall productivity.

Corporate employees are not the only ones affected.

While it is tempting to think of corporate overlords cracking whips and being the flag bearers of hustle culture who rob employees of all their joy and sanity, that simply is not the truth. Hustle

culture affects everyone, even university students.

Zarin Fariha, a Bangladeshi student pursuing Philosophy and Sociology at Monash University, Australia, said, “I used to tend to associate productivity with the number of hours I was putting in for work per day. There were days when I would stay up all night to cater to tasks for various occasions in different places, as the mentality of ‘more work equals more efficiency’ had completely grasped me. Having burnouts now and then took a heavy toll on me and I felt there was no energy left in me to go on with my daily activities as usual, which largely included my academic pursuits as well.”

Entrepreneurs are also a major group who have been significantly affected. “Amongst the many prices I paid for such a crazy work schedule, one of the biggest has to be my mental health. To put it bluntly, it has been in extremely poor condition throughout these years. While the underlying causes for my depression aren't singular, not having any sort of work-life balance certainly damaged it to a severe extent. Ironically, I was consciously overloading myself with even more work as a way of “coping” with my depression, not realising how it was having the opposite effect,” shared Muhammed Asif Khan, co-founder and CEO at Alpha Catering.

The pandemic could not have made it any easier

The Covid-19 pandemic has wreaked havoc on people's normal routines. Many have lost jobs and tried to switch to new ways of making a living. Some have had to think up new ways to drive sales to somehow save their businesses. Others have had to learn how to deliver a quality performance while working from home. If the stress brought on by the hustle culture and the need to earn more was not enough, this disruption has certainly added to people's worries.

“The Covid-19 pandemic has resulted in changes to the working arrangements of millions of employees who are now

based at home and may continue to work at home, in some capacity, for the foreseeable future. Also, many people have lost jobs, experienced severe cuts in salaries. All these are impacting their mental health and contributing to them developing different symptoms,” said Dr M. Tasdik Hasan.

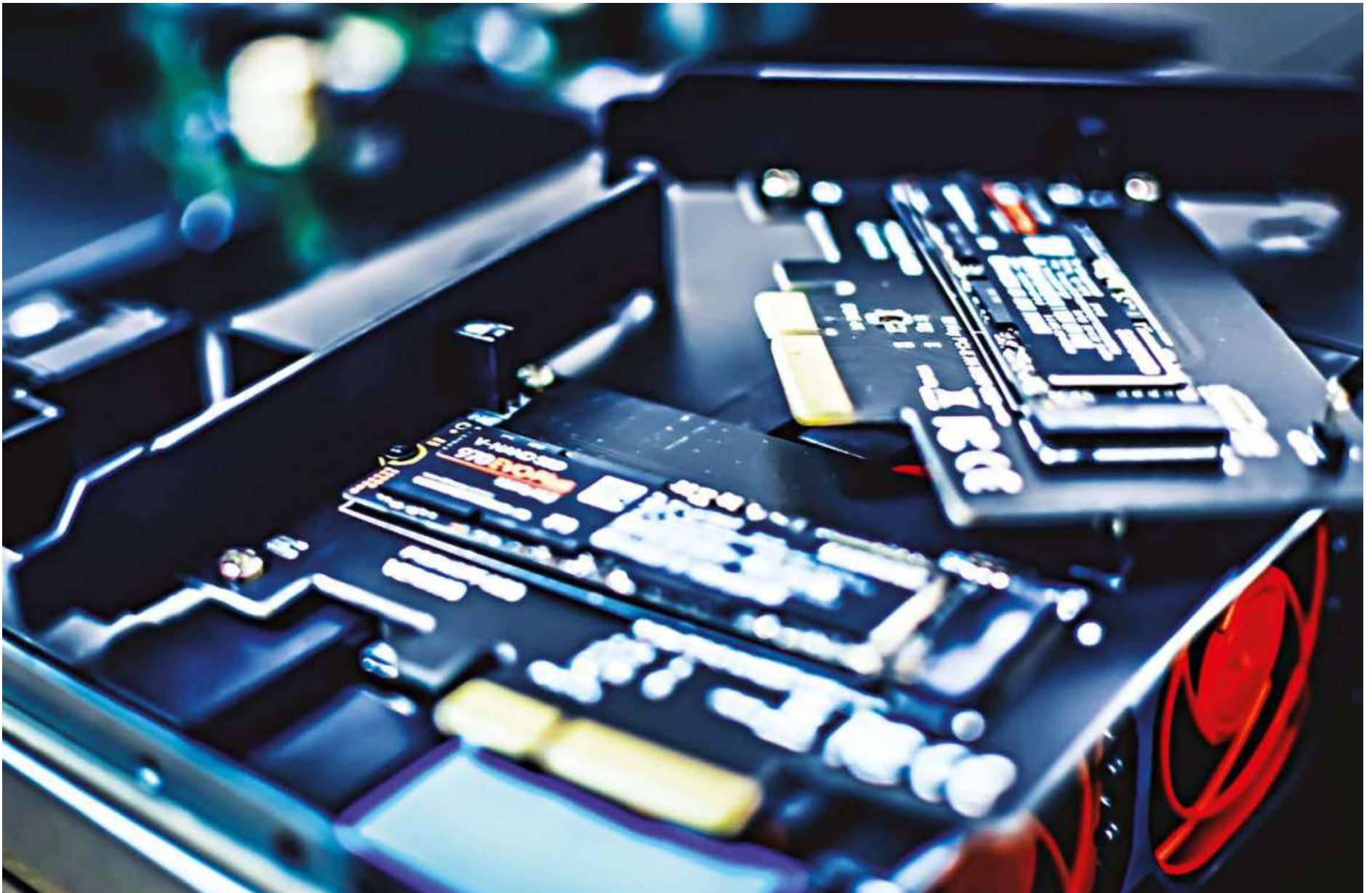
What can you do then?

The first change you can implement is the most obvious - schedule your day such that you get enough sleep. As per an article by Harvard Business Review, only 1 to 3 per cent of the population can sleep for only five to six hours each night without the lack of sufficient sleep affecting their performance. It is possible but unlikely that you are among that 1 to 3 per cent. So, do not neglect your sleep.

Secondly, you can also try blocking out times for other activities. If this is not possible on weekdays, try scheduling these time blocks on weekends. Muhammed Asif Khan recounts his own experience, “Today, I exercise regularly, meditate, read far more than I used to (which is something I absolutely love), and also write more often. I don't work like hell anymore. But strangely, I feel just as productive as in the past, if not more so. And most importantly, I am now happy.”

Lastly, it is normal to want to keep going even when your eyelids start drooping or you feel those acute pangs of hunger. You fear that taking a break would mean losing your momentum and concentration. But not taking breaks leads you to become more prone to distractions and hence less efficient.

It is also important for organisations to understand the value of empathy and their employees' well-being. As Arijit Saha added, “People need to embrace empathy in the workplace. It is hard to imagine anyone who likes working on their day-offs or out-of-office hours. Setting boundaries is important”, burned-out employees trying to desperately fit into an unhealthy culture can only hurt the organisation in the long run.



The need for SSD speed: How to find the perfect SSD

ABDUS SALAM SHAWN

Installing an SSD is a sure-fire way of reviving an old and slow computer or adding warp-speed performance to your beloved system. It is a much faster, power-efficient and robust storage device than traditional spinning hard drives. But there are SSDs of various sizes, bus interfaces and technologies out there such as 2.5-inch drives and different sizes of M.2 drives, SATA and PCIe interfaces, TLC and QLC technologies and so on. As a result, it is really easy to buy the wrong one that your computer would not support. We will arm you with the right questions to ask and enable you to apprehend the specifications when buying a shiny new SSD.

Dealing with SSD form factors might seem like a simple process, but there is more to it than meets the eye. Generally, you have two options: getting a 2.5-inch SSD or an M.2 SSD. 2.5-inch SSDs are similar in size to 2.5-inch hard drives. M.2 SSDs on the other hand, are far smaller in size and connect directly to the motherboard without any wiring. Firstly, you have to know if your computer's

motherboard has an M.2 slot or not. It should be written on the product specification page. If yes, you need to find out what size of M.2 drive it takes as there are several sizes available. The most commonly used size nowadays is 2280, which is 22 mm wide and 80 mm tall, though, modern motherboards can accommodate several sizes of M.2 SSDs. Some other common form factors are 1630, 2230, 3030, 2242, 22110. There are also Add-In Cards or AIC and M.2 adapters for desktop computers that can be connected through a PCIe slot which can take several SSDs.

After resolving the form factor dilemma, you should turn your head to the bus interface problem. In simple words, interfaces are the connectors at the end of SSDs that connect to the motherboard. There are two generally used interfaces known as, SATA (Serial Advanced Technology Attachment) and PCIe NVMe. The SATA interface delivers a maximum data transfer speed of 550 MB/s, while NVMe, a standard for connecting SSDs

using a PCIe interface can deliver up to 7,000 MB/s of data transfer speed.

2.5-inch SSDs generally use a SATA interface, NVMe being very rare and expensive for this form factor. You will therefore not face any problem buying a 2.5-inch SSD. M.2 SSDs however, can use SATA as well as PCIe NVMe interfaces. Although most modern motherboards support both SATA and NVMe M.2 SSDs, it is important to know which kind of M.2 SSD your motherboard supports as many old motherboards do not support both.

One very critical thing to keep in mind is that M.2 SSDs have cutouts or notches to prevent them from being inserted into the wrong slots. Modern NVMe SSDs have one cutout and SATA SSDs have two cutouts. You can determine which one you need by looking at the M.2 slot on your motherboard.

Lastly, there is one technical issue that concerns the monetary aspect. Consumer SSDs use TLC and QLC cell technologies to offer more storage and cut down prices. TLC or Triple Level Cell SSDs store 3 bits

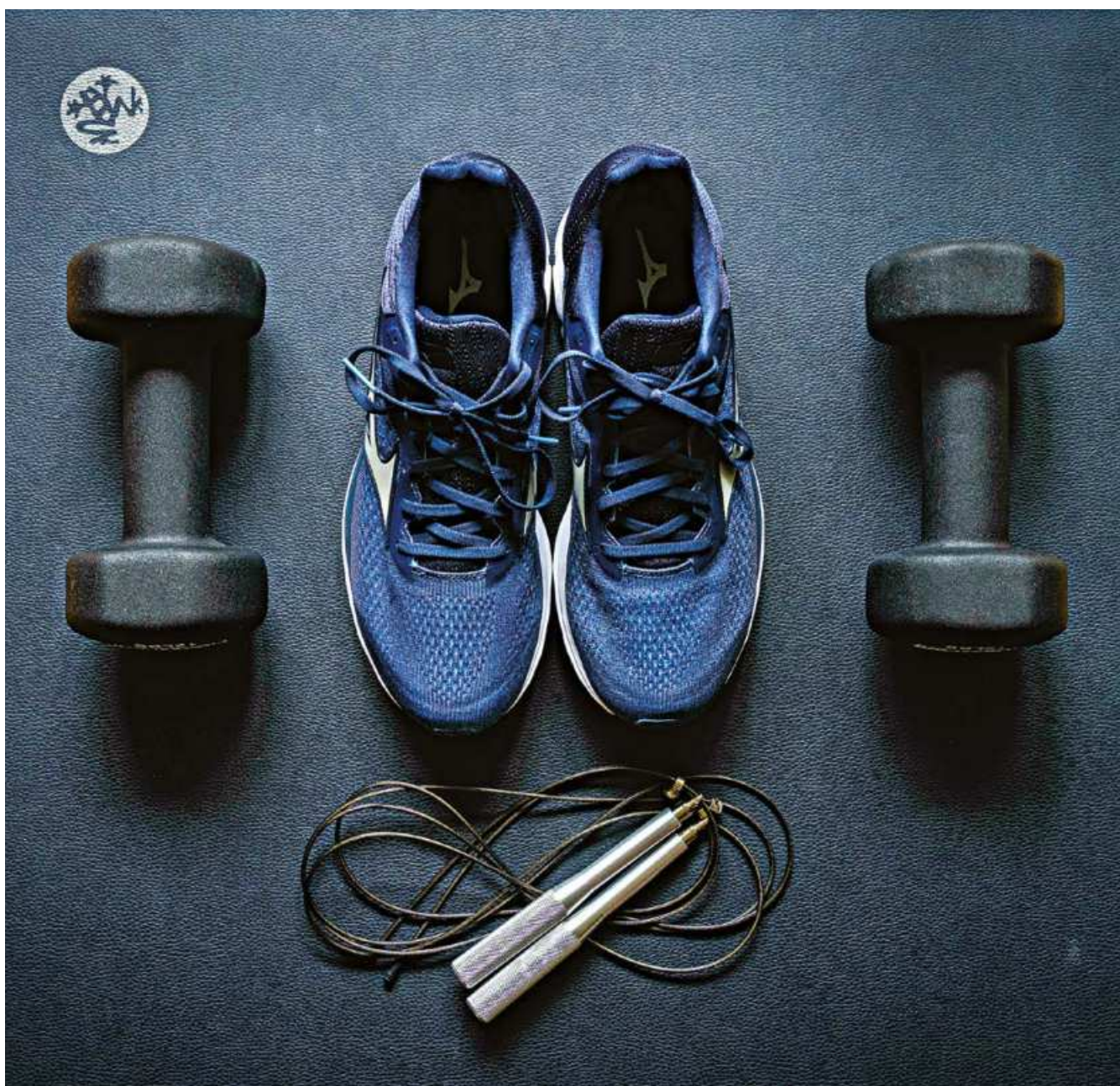
of data per memory cell and QLC or Quad Level Cell SSDs store 4 bits of data per memory cell. The more you divide a cell, the lower the P/E cycle becomes of an SSD which determines its life expectancy. Therefore, TLC drives have a longer life expectancy than QLC drives and are technically faster. However, you do not need to be afraid of getting a QLC drive as it will last a great many years anyway.

It must be clear to you that TLC drives are costlier than QLC drives. For your convenience, Samsung EVO series drives are TLC SSDs and QVO series drives are QLC SSDs. If money is burning a hole in your pocket, you might even go for an MLC or Multi-Level Cell drive such as, Samsung Pro series, which stores 2 bits of data per cell and offers a much higher P/E cycle.

In the end, you have all the information to make a sensible purchase. Mind the size, find the bus and cut your technology according to your pocket. See you on the highway of supersonic computing.

Energising exercises to boost productivity when working from home

OROBİ BAKHTIAR



Working from home is unquestionably the most enviable of office settings. It will usually give you more flexibility in your life and encourage you to spend more time with your family. You still get to avoid the commute!

However, not having a place to work outside of the home can be harmful to our well-being. Inactivity is one of the most significant drawbacks of operating from home. When we have a busy workload, our instinct is to sit for as long as possible before the job is completed. Before you know it, hours have passed and you haven't gotten out of your chair. Excessive sitting will disrupt your metabolism, raise your blood pressure, blood sugar, and cholesterol levels, and cause you to gain weight around your waist – and that's just the beginning! The muscles in your back, spine, hip flexors, hamstrings, and calves may all be affected by sitting in one position for long periods.

Let's take a look at some of the exercise routines that can pick up the pace in our day:

Tap dancing

When you know you've been sitting for so long that your legs are numb, place your feet flat on the floor to help with circulation. And, as quickly as you can, make a tapping motion with both feet at the same time. If you were standing up to do the same workout, it would be similar to tap dancing or even running in place. This should be done several times a day in 30-second intervals, particularly if you sit for long periods. Another excellent seated-desk exercise you can do when working from home is this one.

Wrists and finger stretches.

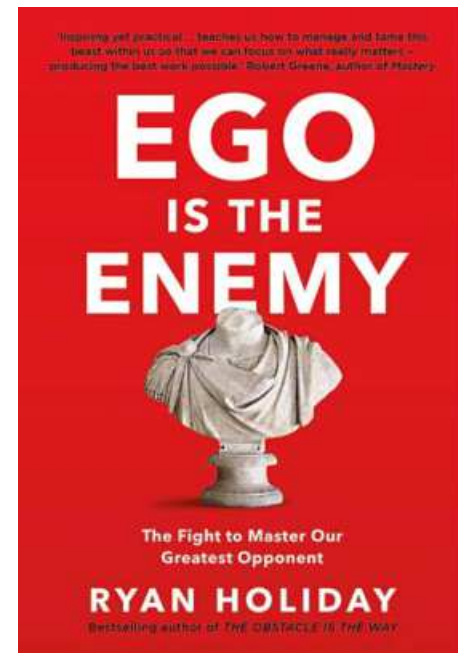
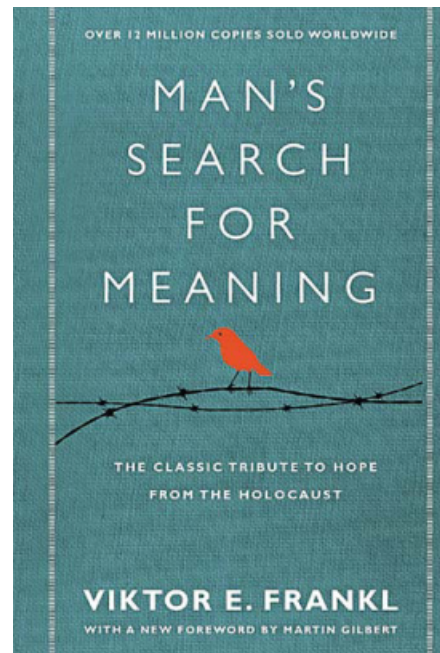
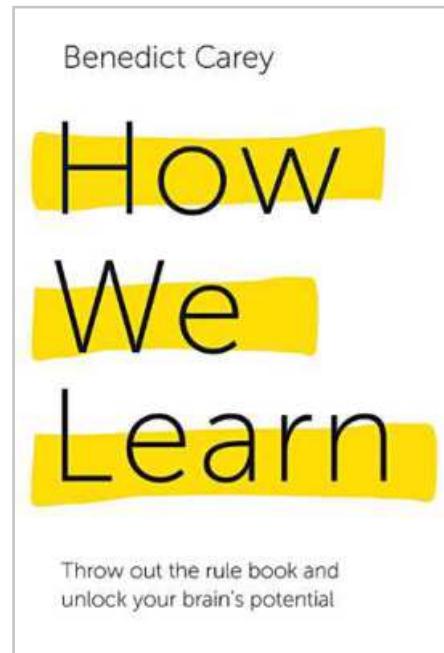
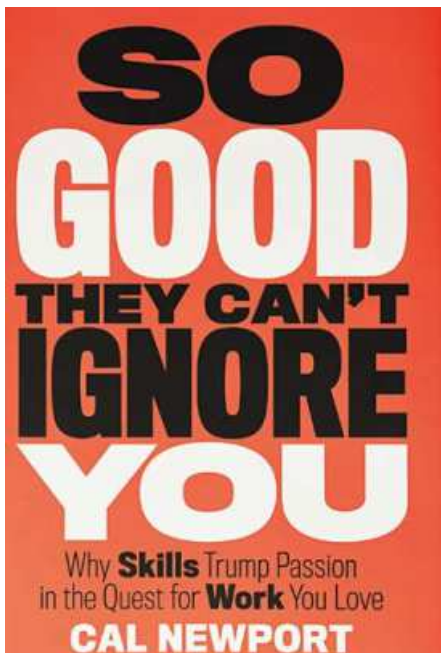
Many office jobs require us to do a lot of small tasks, such as typing and texting. This is why stretches for the hands and wrists, such as this one, are so necessary! Hand and finger illnesses, like Carpal Tunnel Syndrome, are on the rise and computers and smartphones are likely to blame. Too much clicking, typing, and tapping might swell the nerves in the wrist, causing pain and numbness. Taking a break to stretch and move our wrists around might help keep these illnesses at bay. Place both hands on your desk, palms down, fingers facing your body, when standing. Lean forward to increase the stretch. Hold the stretch for a few moments before you feel the tension dissipate.

Curling

Some activities may also be supported by the use of desk accessories. In a sitting or standing position, grab a desk object such as a stapler, paperweight, or even bottled water with your palms facing upward. Start at the thigh level and slowly curl your arms up toward your chest, starting with your arms completely extended in front of you. After that, steadily lower the arms to the upper thighs. This will strengthen your biceps and relieve forearm muscle cramps caused by too much typing. At least a dozen times, repeat this motion.

Wall exercises

You aim to work on your muscle strength and endurance for at least a minute or two per day. Stand with your back to a solid wall—not a cubicle wall—to do so. Bend your knees and roll down the wall while keeping your back straight. The target is to have your upper legs parallel to the floor at the end. Bear this position for at least 60 seconds before repeating the procedure ten times.



10 books that will enhance your critical thinking ability

ZAKIA SAMEEN NOOR

While it's true that the best way to learn is through personal experiences, it's not the only way. Effective application of knowledge consumed from reading books adds value to our lives and work. We present you a list of 12 such books to enhance your critical thinking ability.

The Art of Thinking Clearly by Rolf Dobelli

The Swedish serial entrepreneur Rolf Dobelli delves into our psychological biases and heuristics, testing whether our thinking is objective or not.

A fun example is the survivorship bias. We are surrounded by examples of people achieving success after facing countless hurdles. Yet, the cold hard truth is this is just the tip of the iceberg. For every winner, there are scores of losers. The next time you hear a motivational talk, be mindful not to just focus on the winners.

Mindset: The New Psychology of Success by Carol S. Dweck

Stanford psychologist Carol S. Dweck has dedicated her whole life to understanding why some people succeed and others do not. With multiple real-life and interesting examples, she concludes on one reason: mindset. People with a growth mindset are focused on continuous self-development and being gritty. Those with a fixed mindset are driven by their egos and can't shake off any failures.

Besides exploring your psychology about success, this book will teach you how you can adopt the growth mindset too to find your fulfilment.

So Good They Can't Ignore You by Cal Newport

Georgetown CS Professor, Cal Newport, is obsessed with workplace motivation. Inspired by the famous Steven Martin line, "be so good that they can't ignore you", Newport argues that passion is overrated. With a plethora of real-life examples and guidance, Newport shows that the real ingredients of work fulfilment are a combination of being

excellent at what you've already been doing, having the right skills, and having control of hours worked. Passion follows when you become excellent in your efforts in adding value.

Agree or disagree, this book is a thought-provoking read for any aspiring careerist.

Deep Work by Cal Newport

In this digital age of distractions and short attention spans, how many of us can do deep work? This is the ability to concentrate on 'cognitively demanding' work for long periods. Newport argues that this ability is a rare skill today. It's crucial for making an impact in whatever you do. Aside from supporting his argument with real-life examples like Carl Jung, Newport also gives a walkthrough on how to master the deep work ethic.

Again, you may not agree with all his claims. Yet, this book is indispensable in learning how to prevent distraction and producing the best results through efficiency.

Man's Search for Meaning by Viktor Frankl

Viktor Frankl was a budding psychologist when he was taken as a Holocaust prisoner. Despite all the unfathomable horrors, he survived. Frankl encapsulates all the philosophies that helped him survive the Holocaust in this gem of a book. One of his most profound lessons is that, if anybody can find a 'why' for their suffering, or have the love that radiates their soul or does purposeful work – anybody can bear anything that befalls them. Typing these lines from the comfort of my home might not be convincing. But, coming from a Holocaust survivor whose words have changed lives since 1946 – that's saying something.

Seeking solace from your personal turmoil? This book is for you.

Ego is the Enemy by Ryan Holiday
By giving examples of several historical

people from disparate fields who ruined their lives after success by giving in to ego, Ryan Holiday cautions the reader. Unchecked ego and ambition can cloud your sense of judgment. However, recognizing it and trumping it can help you be more thoughtful and practical to find your peace and perhaps, pinnacle.

Reading this book will lead you to question yourself: if something's holding you back, what is it? Something external? Or, is it actually your ego? A crucial question for those whose identity is strapped to achievements.

7 Habits of Highly Effective People by Stephen R. Covey

Look, before you manage your work or other people, you need to learn how to manage yourself first. We often trumpet about efficiency, but efficiency is worth making loud noise about only if it catalyses effectiveness. This means that you need to make habits that strengthen your character and direct you to your goals. Not the goals set by society, but the goals you'd wish to strive for on your deathbed.

This classic business book will teach you how to infuse those habits into your personal and professional life.

Read it alongside any Peter Drucker book.

The 48 Laws of Power by Robert Greene

This is a controversial book. It's even banned in American prisons. Its author isn't a professor with years of scientific research backing up his claims either. But, he is obsessed with the concepts of power, strategy, seduction, and the darker side of human nature. He's a meticulous researcher when it comes to inferring from books, and observing patterns in historical figures to come up with his assertions. There are many massive fans of his books, for which he's multiple best-sellers.

If you love Game of Thrones for its power and politics, perhaps you'll enjoy this book. Drawing on historical figures

for their display of power, Greene talks explicitly about manipulation tactics. (Can you now guess why it's banned in prisons?)

The fickle nature of power is displayed everywhere, even at home. Observing the 'laws' around you is fun to relate to, and to protect yourself against undue advantage as well.

Influence: The Psychology of Persuasion by Dr Robert Cialdini

Now, here's a book written by a distinguished professor who spent years training as a psychologist and researching what makes people say the magic word, 'yes!'. Dr Robert Cialdini is Professor Emeritus of Psychology and Marketing at Arizona State University and has garnered respect from top authorities like Dan Ariely and Charlie Munger for his work on influence.

Published in 1984, "Influence" is still a must-read book for budding marketers, salespeople, and anyone looking to influence. People are bombarded with information every day. To tackle this, we usually generalize information for easy and swift comprehension. These generalisations are the basis of the psychological principles that sway people. "Influence" is loaded with sufficient empirical studies to persuade you of its efficacy.

How We Learn: The Surprising Truth About When, Where, and Why It Happens by Benedict Carey

Forget all that you have been taught about learning. In this book, New York Times science journalist Benedict Carey will introduce you to unconventional ways in which your brain retains information. Even being a night owl and procrastinating can be good for you at times!

Let this book push you to take charge of your lifelong learning for exam/work success.