

# TOGGLE

WEEKEND LIVING IN THE DIGITAL AGE

A publication of *The Daily Star*



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# ALICE LABS

## raises USD 500K in seed funding

Alice Labs, the company behind MyAlice—an AI-driven multi-channel customer service platform for e-commerce and online businesses—today announced the completion of a USD 500,000 seed round of financing. The round was led by Anchorless Bangladesh, with participation from HOF Capital. Alice Labs will use the proceeds from the financing to further invest in its core product offerings and fuel expansion into Southeast Asia and MENA markets.

Founded in November 2018, Alice Labs develops smart tools and conversational AI solutions that manage and automate customer service for e-commerce and online businesses. The company's core product, MyAlice, enables businesses to streamline customer service, to make it more efficient and customer-friendly. Businesses can connect all of their customer-facing channels, such as website chat and social media messaging platforms, to MyAlice, in order to automate conversations for both sales and service through natural language processing (NLP) and machine learning (ML) with the ability to smoothly transition to a live operator when required. The company's SaaS platform aims to improve customer experience and engagement.

"Over the past two years, we have refined our technology and product-market fit, developing a keen understanding of the challenges in the customer service space and unique solutions to address a wide range of client and consumer needs. With this momentum, we believe we can scale our growth across a few key markets through our highly targeted offerings. Both Anchorless and HOF Capital share



our vision and can help us accelerate our growth not only through financing but also with key connections and market insights. We are truly grateful for their trust and support," said Shuvo Rahman, Founder and CEO, Alice Labs.

Incorporated in Singapore with operations in Bangladesh, Alice Labs is currently active across markets in Southeast Asia and South Asia. Through its subscription-based customer service plans, Alice Labs works with over 50 e-commerce stores and enterprises throughout the region, including major brands and retailers like Unilever, Coca-Cola, Giordano, and Maybelline, among others. Through machine learning, MyAlice aims to decode the complex behaviour of shoppers across different regions and help businesses better communicate with them in their native languages.

"Alice is a prime example of the growing opportunity we see

in Bangladesh: highly driven and disciplined founders like Shuvo are able to successfully leverage the country's vast tech talent to build a cutting-edge product suitable for international markets. Alice Labs has an edge in being able to service markets that are often overlooked by larger global players," said Rahat Ahmed, Founding Partner and CEO at Anchorless Bangladesh.

"We are excited by Alice Labs' potential, particularly its global application. The company has managed to produce considerable traction with leading enterprises on a global scale already, and this capital infusion will only further augment Alice's reach. HOF Capital is committed to supporting the company in realizing this growth through its strategic enterprise network," said Tala Al Jabri, Partner at HOF Capital.

This round marks Alice Labs' first round of external financing, having bootstrapped to this point.

## EDITOR'S NOTE

# Eid Mubarak, and stuff

To all the readers who celebrated Eid — and the ones who slept through it— please accept our belated wishes. The holiday cooldown is over, so it's back to work for all of us. However, if you do want to stay cool, check out our guide on getting yourself the right AC this summer. We considered everything from the size of your room to the size of your wallet to make sure your body temperature remains at tolerable levels.

We also got a neat guide for those looking to upgrade to a mid-range phone and a brief feature on one of our national cars, the Toyota Fielder.

Rahbar Al Haq, *Trainee Reporter*

## TOGGLE

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## Google to add a 'safety' section in Play Store

Google is working toward adding a "safety" section in the play store that will require app developers to disclose their data collection, storage and utilization policies.

Under the new section, developers will have to share what sort of data their apps will collect —user name,

email or location— and for what purpose —enhancing app functionality or for personalization— with the users themselves. Developers who adhere to this new policy will be able to highlight that in their app listing.

Google plans to roll out this new section sometime next year.



## Xiaomi launches Redmi 9 Dual Camera variant

Xiaomi has announced the launch of Redmi 9 Dual Camera smartphone.

The device features a 6.53" IPS HD+ display, 13MP main camera and a 2MP depth sensor coupled with an LED flash, AI selfie camera is powered by a 5MP sensor, MediaTek Helio G35 octa-core gaming chipset with 2.3GHz clock speed and 5,000mAh battery.

The phone also features a textured design that prevents fingerprint smudges, P2i water-resistant coating to protect the phone against accidental splashes and a pre-installed screen protector.

Redmi 9 Dual Camera will be available soon in three colour variants: Sporty Orange, Carbon Black and Sky Blue.

Price: Tk. 12,999/- for the 4GB+64GB variant.



## Twitter's new feature will let user 'tip' good tweets

Twitter is testing a "Tip Jar" feature that will allow users to "tip" any tweet they enjoy with actual money.

"Tip Jar is an easy way to support the incredible voices that make up the conversation on Twitter," the company wrote in an official blog post. "This is a first step in our work to create new ways for people to receive and show support on Twitter — with money."

Currently available on both iOS and Android, the feature is designed

to give users a way to quickly support creators. Currently, the feature is available to a select group of user — nonprofits, journalists, experts and creators— with plans to expand to additional groups further down the line. The system supports several payment platforms, including PayPal, Venmo, Patreon, Cash App and Bandcamp.

Twitter said it won't be taking a percentage "cut" from the tips.





ILLUSTRATION: ZARIF FAIAZ

# Casual workplace harassment that we need to be wary of

SAMILA SOBHAN

In this generation and era, workplace harassment has been recognised and several companies exhibit strict intolerance towards certain behaviour, however to some extent. What we still consider normal banter and casual office humour can be an embodiment of harassment or discrimination in disguise. Here are some inadvertent workplace harassments that we need to be wary of.

## Racial discrimination

Racial discrimination is by and large discrimination based on someone's race and ethnicity. Now and then we discern, primarily in Bangladesh, racial discrimination is tremendously directed towards native people. While this is derogatory in itself, encountering such sort of bullying in offices is completely unacceptable. Ridiculing an individual's attributes some of which are accents, clothes, beliefs etc. moulds the framework of racial discrimination that a lot of native people in Bangladesh, unfortunately, deal with daily.

## Assuming women are not breadwinners

A cumbersome misconception that a lot of people, even to this very day, believe women are not liable for running a family and a man must put food on the table. Women's careers are surmised to be a mere passion and not reckoned with. Thus, when women ought to pursue success, evolve and prosper, they are constantly detrued. "You don't need this sale, since you will not need the commission" or "Oh, you must be spending all of your income on shopping since you don't need to worry about the bills" are a handful of the plethora of the things propelled towards women. Women are not given ample credit for their talent and performance and awarded with poor appraisals as a result. This is what gives rise to the dreaded gender-based wage gap. We need to put an end to trivialising women's careers because they put in an equal amount of effort as their male counterparts.

## Normalised sexist jokes

"It is just a joke, take it easy." There is no estimate of how frequently women have to tolerate such travesty and aftermath

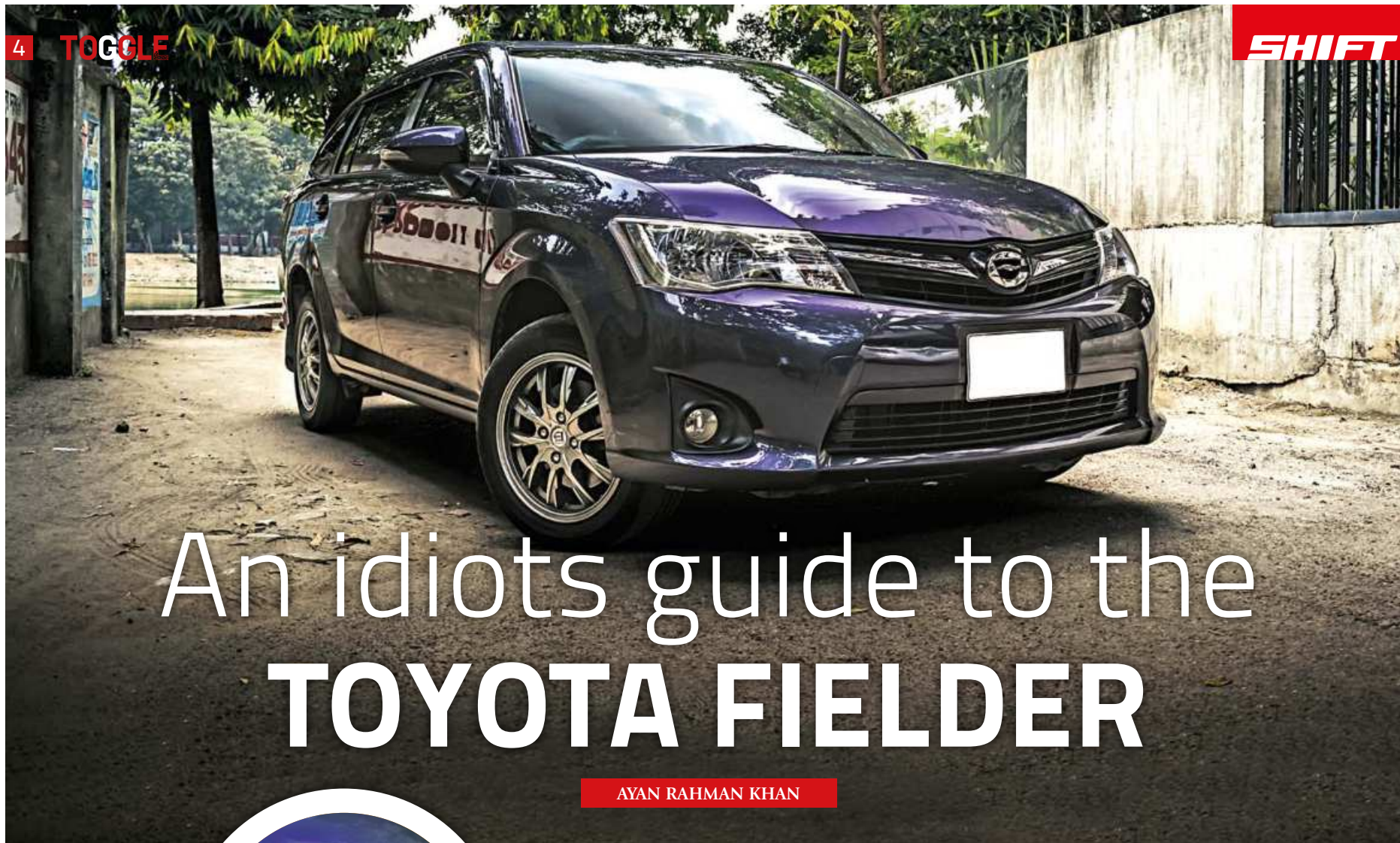
replies. Sexist jokes make the workplace unsafe and consequently hampers the productivity of workers. It instils distrust in the person and also affects their lives outside work. Tahmina (the name of the person has been changed due to privacy issues) who works at a foreign organisation shares her forlorn experience. "After office, I had an appointment with my dentist when my manager passed a loathsome remark about how I present myself might tempt my doctor into thinking he has an easy way with me, simply because I was applying perfume. In my opinion, people think it is ordinary to speak to me however they desire since I am a woman. No action was taken." She feels a lot of women feel uncomfortable registering such complaints which the society perceives as menial, as no action is usually taken against such sorts of harassments, rather the woman gets defamed in the process. Women proclaim countless times that they have to face malignant comments on their outfits, which is a severe kind of harassment that we must take into account.

## Disregarding office hours

Deliberately making employees work way past office hours in an attempt to make their lives miserable is camouflaged harassment. While paid overtime is acceptable and often a means to earn extra, intentionally assigning work at the end of the day or shouldering demands that are impossible to meet within the given deadline account for workplace harassment. Employees, especially women, who commute to work face difficulties as the transportation system of our country is not amply efficient. A feeling of unsafety lingers in women who are compelled to work late and this drastically affects their performance. To avoid circumstances like these, HR should impose strict laws against working way past office schedule, protecting employee rights.

A safe workplace derives the maximum potential of the office personnel. Creating an inoffensive and secure work environment is not only the employer's responsibility. The contemporaries also have to play their part in making the workplace professional.

An advertisement for BSRM Xtreme B500 DWR steel. It features a photograph of a family (a man, a woman, and a child) smiling and embracing each other in front of a modern house. The text "BUILD YOUR HOME FOR FUTURE GENERATIONS WITH THE TOUGHEST STEEL" is prominently displayed in a yellow box. The BSRM logo and "building a safer nation" tagline are in the top right corner. The product name "BSRM Xtreme B500 DWR" and "the tough steel" are also visible.



# An idiots guide to the TOYOTA FIELDER

AYAN RAHMAN KHAN

## What is it?

The Toyota Fielder—contrary to popular belief, it is not a role in the popular game of cricket, but an Estate Car produced by Toyota. A station wagon, if you will. Formally known as the Corolla Fielder, the Fielder became tremendously popular in Bangladesh ever since its introduction via the grey and recon markets.

## Generations and Powertrain

The 'Fielder' name adorned the trunk of three generations of Toyota wagons—the E120, E140 and E160, while the latest generation of Corollas (the E210) discarded the 'Fielder' name for the Corolla wagon altogether, opting to call it the Corolla Touring instead.

All three E1xx generations entered the



country and can be seen on the streets every day, albeit with steel bumpers and an increased ride height in most cases. Every 3 seconds, a Fielder crosses Gulshan 2 Circle. Do not hold that against me.

Since this is an idiot's guide, I shall not be going into details and instead, simply address the fact that most common Fielder powertrains available in Bangladesh are 4-cylinder hybrids,

or non-hybrid 4-cylinders in the form of a 1NZ-FE (or 1NZ-FXE if it is a hybrid) mated to either a CVT or an automatic transmission.

## Driving experience and livability

Note that everything I am about to say only extends to



bone-stock base to mid-trim level Fielders that most of us may end up buying (read: the Fielder X and Fielder G as well as the Hybrid model) and not the 'sporty' trim levels as I have not had the chance to drive them yet.

Experience? Eh. Fun factor? Non-existent. Hotel? Trivago. These wagons are purpose-built for practicality and decent levels of comfort at a budget without throwing a fuss. The engine goes 'brrrr' and the car moves forward. As simple as that. They are easy to place on the road and are easy to manoeuvre in traffic, regardless of the fact that these are station wagons and thus, are slightly bigger than your average sedan. I get around 9km/l in terms of mileage from my non-hybrid Fielder while hybrid Fielders can get you over 10km/l easily based on owner reviews, however, this varies significantly from owner to owner

as this greatly depends on how you or your chauffeur drive the car. You can also convert the non-hybrid ones to run on CNG or LPG, if that is your thing.

The trunk is as big as a layman would expect the trunk of a station wagon to be—big enough to carry a week's worth of groceries from Unimart, Agora, Shwapno or the *kacha bazar* (we don't judge here), and you can drop the rear seats to further expand your trunk space in case you need to carry a, erm, dining table. They are efficient while being great cars for you



to take your kids to school or yourself to work with and go on a long drive alone or with your family in (say, from Holy Family Hospital to Dilu Road or whatever your definition of 'long' is).

## Verdict

Toyota Fielders are easy to live with, easy to service since it is a Toyota (although replacing the batteries in the Fielder Hybrid, if they ever need replacing, may be somewhat expensive) and they are great commuter cars. I use mine for everything—pulling up to car meets, using it for daily chores, going to Butlers and even dropping the rear seats and lying down on the back to take pictures of cars during shoots. It is practical and daily drivable which perfectly sums up the ethos the car was built around for every generation. However, the Fielder is terrible at fielding during a cricket match. Take that for what you will.



# BUYING AN AC THIS SUMMER

## Everything you need to know

TASNIVA KINNORI

With temperatures in summer reaching new highs each year, the ceiling fan running on full speed, the bottle of prickly heat talc or the open windows that bring in more humidity (with dust on top) may not be enough to beat the heat. When the weather app on your screen reads '40°C today', it may be time to look into air conditioners. Easy as it is to say, buying an AC at present is a decision requiring much thought. From finding the right sized air conditioner for your room to pricing, here's all you need to know about buying an AC this summer:

## Things to consider

### Room measurements

The first thing to consider when buying an AC is the size of the room it will be placed in. Several online calculation tools measure the required tonnage (or cooling capacity) for an AC based on room size. But the easiest method is to multiply the length and breadth of a room (in feet), take the square root of the result and divide it by 10. Alternatively, the volume of the room can be measured (in cubic feet) and divided by 1000, which shows how many tons an AC should be for efficient cooling. Apart from room size, placement of windows and a number of sun-facing walls are also factors to consider. A representative from Singer says, "Considering average room size customers are most likely to purchase ACs between 1 to 1.5 tons for home use. For offices and commercial spaces, the bigger 2 to 5 ton ACs are needed". To avoid calculations, the rule of thumb says a 1 ton AC covers up to 100 square feet, 1.5-ton covers around 180 square feet and a 2 ton AC can cool up to 240 square feet of space.

### Types and brands of air conditioners

From the cheaper but almost obsolete window unit to the latest energy-saving inverter models, there are many kinds of air conditioners to choose from. While a window AC may be the cheapest option, it still requires sufficient space and wall thickness for support. While commercial spaces use central air conditioning or ceiling ACs, the slimmer split models are the most popular choice for households. While inverter ACs are comparatively more expensive than their non-inverter counterparts, for usage exceeding 4

hours a day, an inverter AC might be more efficient in the long run. In terms of brand, there are many options available in the market, such as Hitachi, LG, Philips, Singer, Haier, Whirlpool and Kelvinator or domestic brands like Walton, Vision, MyOne and Jamuna among others. Choosing the right brand of air conditioner comes down to budget, features and personal preference.

### Efficiency and power saving ratings

Almost every air conditioner comes with an Energy Efficiency Rating or EER rating (ranging from energy star level 1 to 5), which shows an AC's cooling efficiency. EER is the ratio of the cooling capacity (in British thermal units or BTU per hour) to the power input (in watts). The higher the EER rating, the better cooling the unit provides at lower power costs. But the more stars an AC has for its EER rating, the hetier the price tag.

### Installation and maintenance

A little bit of planning during installation can save not only money and power but also the performance and health of an AC. The air conditioner should be placed away from heat-generating

escape) assists the efficient operation of any air conditioning system.

### The inverter vs. non-inverter debate

As split air conditioners continue to rise in popularity, choosing between its two variants is a topic of debate. While a visit to Rangs' showroom at Bangla Motor revealed that customers are more inclined towards buying non-inverter ACs for the relatively cheaper price, a representative from Best Electronics says, "Considering how power saving reduces electricity bills in the long run, customers are shifting towards more competitively priced inverter ACs from Japanese and Chinese brands like Conion or Midea"

Non-inverters are popular for the lower price point, relatively cheaper maintenance and replacement costs. But these perks come at the cost of higher electricity bills. On the other hand, inverter ACs offer reduced power consumption, eco-friendliness and an almost noiseless experience. The compressor in a non-inverter AC runs at a set rate, implying that the room will continue to get colder if it is left on. On the contrary, an inverter AC keeps its compressor running continuously,

beating up your wallet, the 1-ton non-inverter range of ACs from brands like Walton, Chigo or Midea may fit your bill. Ranging from 26,000 BDT to 29,000 BDT these ACs are available for direct purchase from designated showrooms as well as purchasable online from the websites of Walton, Best Electronics or e-commerce sites like Daraz and Pickaboo. Buyer's can also avail of discounts, EMI facilities, free installation or 6 to 12-month electric bill coverage from Walton or Best Electronics.

### Within 30,000 to 35,000 BDT

For a budget from 30,000 BDT to 50,000 BDT, you can get a wide selection of 1 ton to 1.5 or even 2-ton ACs from brands like GREE, General, Vision, Haier, Marcel, Midea, Sharp or Hitachi. Within this range, Conion, Singer, Eco+ and Hisense come in inverter variants, with Singer offering added "gold fin" and "green inverter" features which increases the longevity of the AC while also reducing carbon emissions. These ACs are available for purchase both from physical outlets and websites of Esquire Electronics (for Hitachi, Sharp and General AC), Butterfly (for Eco+ and Hisense), Transcom Digital and other online shops. Until 20th May, Butterfly is offering the highest 36 months of EMI facility, up to 100% cashback. Transcom is also offering AC exchange offers for brands like Hitachi, Samsung, Panasonic, Whirlpool and Daikin.

### Within 50,000 BDT to 75,000 BDT

This price range offers 1.5-ton Inverter ACs from GREE, 2-ton models from Eco+ and General, 1.5-ton inverter models from Samsung as well as air conditioners from HITACHI, Daikin, Kelvinator and Panasonic that boast high EER ratings (in terms of cooling efficiency against power consumption).

### Beyond 75,000 BDT

Beyond the 75,000 BDT mark, the higher-end air conditioners from brands like GREE, Whirlpool, Singer, General, Samsung etc. come in 1.5 ton up to 4.5-ton variants. Apart from having higher EER ratings and tonnage, air conditioners at this price point also come with additional features like air purification, dehumidification, activity detection, smart controls, auto timers and significantly less power consumption. Despite the hefty price tag, these ACs come with free delivery, free installation and easy EMI facilities on top of varying discounts from respective retailers.

While the pandemic has proven online purchases to be the more convenient, time-saving and safe choice, due to the general aversion towards online purchases of large appliances (like air conditioners), direct purchase from physical outlets is still the more popular option for most buyers. Whatever may be your preferred purchase method, type, tonnage, or AC brand, air conditioners are now becoming a necessity rather than a luxury. And with all the variety, alongside ample discounts and sales, finding an AC to fit your budget is as easy said as it is done.



appliances, which may cause the cooler to detect the additional heat and run longer than necessary. While purchasing an AC it should be ensured that the unit has easily dismantled filters for manual cleaning or self-cleaning features. For better performance and longevity, AC should be checked, cleaned and serviced by professionals at least once a year. For dirt and dust-prone spaces, it's best to clean the AC filters once a month. The often-overlooked condenser unit, which sits outside the house should also have its internal parts and surrounding areas cleaned once or twice a year. It should be made sure that the external unit is placed in a clean, debris-free environment, shaded from intense sunlight during installation. Additionally, using the ceiling fan in conjunction with the air conditioner helps spread the cooled air faster, which in turn keeps power consumption under control. Lastly, ensuring the room is properly insulated (without many cracks for cold air to

gradually slowing or speeding it up to maintain the desired temperature. This makes inverters more convenient for people susceptible to temperature fluctuations. To summarise, for quick and intense cooling, non-inverter ACs are better. But for consistent cooling across longer periods, an inverter AC may be the more wallet-friendly choice. In the end, whether you choose an inverter or non-inverter AC will depend on the duration of use, preference for power saving and of course, the budget.

### Air conditioners for every budget

Looking for a way to survive the approaching mid-June heatwaves? An air conditioner could be exactly what you need. Ranging from realistic, budget-friendly units to high-end, multi-function models, there are several options fit for any budget,

### Within 30,000 BDT

If you aim to beat the heat without

# Best phones under BDT 25,000/-

ABDUS SALAM SHAWN



Vivo Y51 (8/128 GB)



Xiaomi Redmi Note 10 (6/128 GB)

## Realme 8 (8/128 GB)

**Price: BDT 22,990**

We start with an all-rounder: the Realme 8. From media consumption to gaming to battery life, this phone will satisfy all your needs. It has a 6.4" full HD+ super AMOLED display which is bright enough for any situation. The Mediatek Helio G95 processor runs graphically intensive games at high FPS with sharp graphics. With a massive 5,000 mAh battery, it will last more than a day on a single charge easily. The primary 64-megapixel shooter can deliver sharp-looking pictures and shoot 4k video at 30 FPS. The Realme 8 is an overall great phone for its price and should be on your shortlist.

## Motorola Moto G30 (6/128 GB)

**Price: BDT 17,990/-**

If you are a little short on budget or looking for a phone that just works, the Moto G30 would be a perfect companion. It offers a nearly stock android user interface and retains our favourite Moto gestures. The Snapdragon 662 runs it smoothly through everyday tasks. The highlight of this phone is its 90 Hz refresh rate display. It doesn't

mean you get low battery life as it houses a 5000 mAh cell. One trade-off is that it has a 720x1600 pixel display. The main camera is a good 64 MP one that takes sharp photos.

## Vivo Y51 (8/128 GB)

**Price: BDT 21,990/-**

The Y51 is a phone for styling enthusiasts that offers a minimal and attractive design and a big display. The full HD+ LCD has a waterdrop notch. It is powered by Snapdragon 662 chipset and a 5000 mAh battery. Some great things about the Vivo are its dedicated SD card slot, capable camera, 8 GBs of ram and 4k video recording capability.

## Xiaomi Redmi Note 10 (6/128 GB)

**Price: BDT 22,990**

Xiaomi's Note 10 is a worthy competitor in the mid-range budget. It packs a punchy super AMOLED display with the highest peak brightness on our list. Coupled with a dual-stereo setup, this phone is a sensational media consuming device. The 5,000 mAh battery helps it stay alive for a long period. The Snapdragon 678 octa-core processor delivers a good but not great gaming experience. The cameras on this phone are solid but tend to overly saturated images at times. As a whole,



Motorola Moto G30 (6/128 GB)

it's a media consumer's phone.

All of the phones discussed on our list have plastic back panels which are normal for the price range. Also, all of them are Widevine L1 certified which means you can stream Netflix and other streaming services in HD. For this budget range, the manufacturers had to cut corners here and there but they all excel in their selected aspects.



Realme 8 (8/128 GB)

## Samsung Galaxy M31 (8/128 GB)

**Price: BDT 23,999**

This one is an obligatory entry from Samsung and what an entry it is! The M31 is a long-lasting, super AMOLED media monster. The massive 6000 mAh battery will keep it going even if you are a heavy user. The display is in a league of its own for the price and looks dazzling from any angle. It is a heavy hitter in the camera game too.



The main 64-megapixel sensor produces detailed and sharp pictures with vibrant colours and impressive dynamic range. It suffers in the performance sector as Samsung has decided to use the old Exynos 9611 chipset. If you can ignore the heft and the plastic feel on your hand, it is a great media phone that will go on for several movies.

# Languishing:

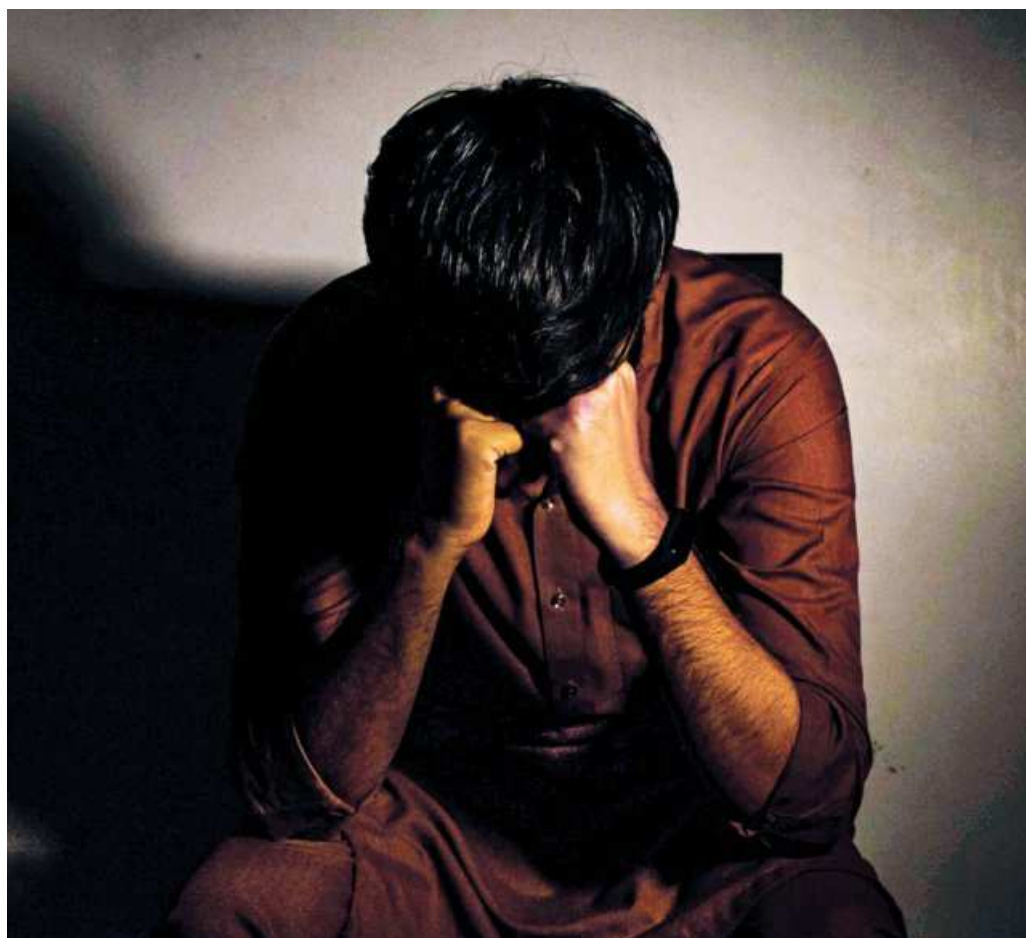
## What it is and how to cope with this feeling

JINAT JAHAN KHAN

Have you ever had such a mixed feeling where you are too tired and overwhelmed to do anything but still eager to engage in different activities and to try your best? It is not a state of complete burnout, but you have very minimum energy and motivation to do your job. It is not even a depressed state because you are still hopeful for something better to happen. You feel like you have all the essences of life, but for some reason, you can't access or enjoy them. This emotional dilemma is more than just a mere mood swing and there are many people out there who have such feelings regularly. And it turns out that there is a term called 'languishing' to voice out this baffling emotion.

### What is languishing?

When we think of someone's mental health, we normally categorise their mental state as flourished or depressed. But there is 'languishing', the middle child of mental health which is often neglected and less known to people. Due to this feeling, one experiences an absence of all the good stuff such as purpose, belonging, satisfaction, contribution, happiness, and interest in life. It is not exactly a mental illness or a major depression. However, it dulls your motivation and ability to focus, which consequently does not let you function at your full capacity and feel satisfied. During the Covid-19 pandemic when most of us are dealing with more uncertainties and emotional long-haul, languishing is the most dominant emotion prevailing among us. The research of sociologist Corey Keyes, who coined the term



People need to set boundaries for themselves according to their capacity. Set fixed blocks of time for both work and recession. In this way, one can clear out those constant distractions and a lack of concentration due to the languishing and be more productive. Regular intervals let people enjoy the sense of joy, motivation and progress.

'languishing' suggests that people who are languishing right now are more likely to face major depression and anxiety disorders than those with visual symptoms of depression in the next decade.

If you feel that every day seems uneventful and all of these things appear to merge into a monotonous cycle, making you demotivated and unable to focus on anything, it indicates that you are 'languishing'. And due to uncertainties and workloads, a lot of people now feel to be in a perpetual state of indifference and a lack of real joy. If you or someone whom you know is languishing currently and slowly slipping into solitude and suffering, here are some actionable ways to deal

with such feelings.

### How to cope with languishing

#### Take a break at intervals

A human brain is like a machine that needs a break from workloads to function efficiently. The combination of the increased amount of work and no day-off leads to exhaustion, lifelessness and incompetence, which further connects a person to languishing. But having a few moments away from the daily pressure of work can help a person to feel flourished and motivated. People need to set boundaries for themselves according to their capacity. Set fixed blocks of time for both work and recession. In this way, one can clear out those constant distractions and a lack of concentration due to the languishing and be more productive. Regular intervals let people enjoy the sense of joy, motivation and progress.

#### Find your flow

In positive psychology, flow means a state of mind where you are completely engrossed in a task that can be professional, intellectual or physical. And you feel as though you've control and satisfaction while doing that particular piece of work. To reach this 'flow' state, you can take a meaningful challenge or engage yourself in anything that takes away your sense of place and time. It can include playing music,

watching a movie or TV series, painting and so on. These enjoyable activities can help you stop having the blah feeling and start thriving.

#### Enjoy small achievements

We should acknowledge our small moments or victories to ensure our well-being and to flourish. By noticing good things around us or sharing tiny achievements, one can reignite their enthusiasm and rediscover some of the positive energy lost in this emotional dilemma. Carve out some time from your daily routine to complete anything that matters to you such as completing a painting, having a meaningful conversation with someone close or finishing an interesting project.

#### Do good deeds that make you happy

Acts of kindness can boost your feelings of happiness, confidence, hopefulness and be in control. For example, helping a friend to complete a task, sharing the responsibilities of household chores with family members, and donating blood can significantly increase one's well-being. People with languishing can experience higher levels of optimism, belonging, happiness and purpose in life. Volunteering in different social activities that are indulged in supporting the poor and distressed people can also improve well-being and lead to a 'flourishing' state.



# NETFLIX STREAMING GUIDE

## What to watch in May

MUSHFIQUE FAHIM

We have all fallen into the habit of subconsciously listing the films and shows we want to watch on Netflix. And though sometimes (many times) the quality of their offerings fall short of expectation, Netflix sure delivers on quantity. May is shaping up to be a promising month for Netflix, with many exciting new titles coming up. Here are some of the most anticipated movies and TV shows coming in May that we can't wait for!

### Movies

#### *The Woman in the Window*

With a stellar cast led by Amy Adams and Gary Oldman, *The Woman in the Window* is coming to Netflix on May 14. After suffering from several production delays and rescheduling, the highly anticipated psychological thriller is finally coming straight to the streaming platform, bypassing a theatrical release. Adapted from the popular novel of the same name by A.J. Finn, the film is directed by Joe Wright, a director of emotional depth with films like *Atonement*, *Pride and Prejudice*, *Anna Karenina* in his resume.

#### *Army of the Dead*

If you're craving more Zack Snyder after sitting through the four-and-a-half-hour

*Snyder Cut*, the director is coming to Netflix with promises of reward. Slated to be a zombie-heist post-apocalyptic action thriller, the big-budget film stars Dave Bautista alongside an exciting cast. The film is coming to Netflix on May 21 and our adrenaline is already pumped.

#### *The Disciple*

Technically released on April 30, this film is exciting enough to bend the rules and include it in our list for May. Director Chaitanya Tamhane, the protege of Alfonso Cuarón, dazzled the audience at the 2020 Venice International Film Festival with this startling piece about the journey of an Indian classical musician. Drawing comparisons to *Inside Llewyn Davis*, this movie is a fascinating study of character in its heart.

#### *Oxygen*

A co-production between France and the US, *Oxygen* is likely to turn out to be a quiet sci-fi thriller hidden gem. The premise seems interesting- a woman waking up without memories inside a cryogenic chamber that's rapidly losing oxygen. Her survival depends on her remembering who she is. Melanie Laurent is sure to deliver a fantastic performance and we're excited. The film will be on Netflix on May 12.

### TV Shows

#### *Jupiter's Legacy*

Comfortably supported by its association with graphic novel legends like Mark Miller and Frank Quitely, *Jupiter's Legacy* is a big-budget superhero series in a year that's already seen shows like *WandaVision* and *The Falcon and the Winter Soldier*. Will it still manage to excite and thrill? The unconventional premise and flashy, colourful cast sure promise so. Packed with the family tension of superheroes passing on the torch to their children, politics, and of course- superhero extravaganza, *Jupiter's Legacy* is dropping to Netflix on May 7.

#### *Halston*

*Halston* is a miniseries that's scheduled to premiere on May 14. Produced by Ryan Murphy, creator of *Glee* and *American Horror Story* among other projects, the series will follow American fashion tycoon Halston as he builds his fashion empire in the hazy and dazzling 70s Manhattan. Starring Ewan McGregor as Halston, the show looks stylish, finely produced, and exciting.

#### *Love, Death and Robots- Volume 2*

Two years after the first set of the jaw-dropping anthology of sci-fi animated

shorts came to Netflix, the second season of *Love, Death and Robots* is finally premiering on May 14. The trailer looks assuring that the show will retain the magic of the first season while adding more polish and humour. It's as unique as anything else around and we are holding our breath.

#### *Castlevania- Season 4*

For the devoted following of the uniquely spooky *Castlevania*, the show needs no introduction. Capturing the imagination with a blend of dark fantasy, drama, and horror, the series has acquired a large fanbase. It returns to Netflix on May 13 to treat the fans to one last season before the show concludes.

#### *Master of None- Season 3*

Subtitled 'Moments of Love', Aziz Ansari's show *Master of None* is coming back to Netflix on May 23rd after almost four years. Though Ansari still stars in the show, the prominence of his character is subdued as he took on writing and directing duties more exclusively. The story shifts focus to follow the relationship of Denise and Alicia. Set to navigate intricacies of love through London, we're hoping *Master of None* will bring back the human touch that made the show so special.