

TOGGLE

WEEKEND LIVING IN THE DIGITAL AGE

A publication of The Daily Star

DECODING THE

DHAKKA MOTOR SHOW



BEATING THE RAMADAN WORK FATIGUE!
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COVER: ZARIF FAHAZ



১০টি কিনে ১০০টি ফ্রি

ক্রিটিকাল ক্যাম্পেইন সিজল ১-৭-এ খরচে পাবেন

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Equipping Bangladeshi Youth for the Global Job Market

AYAT Education, in partnership with Seneca College, recently organised a discussion on '21st Century Skills for the Global Market' at Pan Pacific Sonargaon, Dhaka.

Bangladesh has made tremendous economic growth over the last 50 years, but needs to resolve the youth unemployment and skills gap and reap the benefits of demographic dividend for sustaining its development.

A survey conducted by the Bangladesh Institute of Development Studies (BIDS) in 2021 reports that 66% of the students who graduated from colleges affiliated with the National University are unemployed. Bangladesh Bureau of Statistics (BBS) said 2 million people are being added to the labor force of the country every year but there is no creation of employment in that proportion.



To address these pressing issues, AYAT Education signed a Memorandum of Understanding (MoU) with Seneca College that will enable knowledge-sharing and academic research opportunities to identify and bridge the youth skills gap and create avenues for specialized learning for future jobs.

The MoU signing was followed by an interactive panel discussion on '21st

Century Skills for the Global Market'. Mohibul Hasan Chowdhury, Deputy Minister of Education, David Agnew, President of Seneca College, Angela Dark, Counselor and Senior Trade Commissioner of High Commission of Canada and Tahsin Aman, Chairman of AYAT Education took part in the panel discussion in presence of 150 youth and faculties from different institutions.

Grammarly to introduce AI-powered GrammarlyGO

Online writing app Grammarly is introducing an "on-demand contextually aware" generative AI-powered writing assistant called 'GrammarlyGO' to enhance its services for precise writing. "GrammarlyGO will uniquely offer relevant, contextually aware suggestions that account for personal voice and brand style while staying true to its augmented intelligence philosophy

to keep customers in control of their experience," according to Grammarly's official blog post.

Grammarly will start rolling out GrammarlyGO in April for subscribers to Grammarly's Premium, Business and Education. It will also be available to users of Grammarly's free plan in the US, UK, Australia, Canada, Germany, New Zealand and Ukraine.

Meta to cut another 10,000 jobs and freeze 5,000 open roles

Meta, formerly known as Facebook, will cut an additional 10,000 jobs through multiple rounds of layoffs over the coming months, CEO Mark Zuckerberg announced on Tuesday. This comes just four months after the company laid off 11,000 employees in November last year. The first wave of layoffs will affect Meta's recruiting organization, followed by tech roles in April and business roles in May.

Zuckerberg aims to make these organizational changes as soon as possible so the company can move past



this uncertain period and concentrate on crucial work ahead. In an earnings call in February, Zuckerberg said that he wants

to make this year the "year of efficiency" while the company continues to spend billions on building out its vision of the metaverse.

Despite the decline in revenue and significant job cuts, Meta plans to launch a new Quest 3 headset later this year and establish teams dedicated to building tools powered by artificial intelligence and AI "personas." The company plans to release AR and VR hardware devices over the next few years, including its first pair of AR glasses in 2027.

Microsoft announces AI-powered Copilot

Microsoft has announced the launch of Copilot, its modern AI-powered assistant that will revolutionise how people generate emails, documents, presentations and more. The Copilot will be powered by GPT-4 and work together with Microsoft 365 apps, namely Word, Excel, PowerPoint, etc.

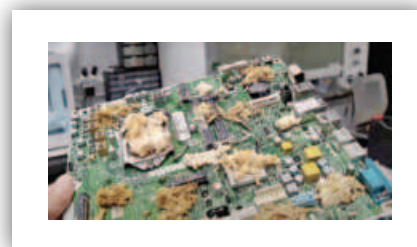
As a result, Microsoft Office users will be able to generate text in Word files, create spreadsheets on Excel and prepare presentations through PowerPoint seamlessly. Users can even ask Copilot to make a complete PowerPoint presentation from a Word document since it effectively functions as a chatbot.

The tech giants said that the Microsoft 365 Copilot is currently being tested with 20 users and that the preview will be enhanced in the upcoming months, according to its blog post.

This computer is powered by real mushrooms: Here's how

Yes, you read that right. The picture above depicts the motherboard of a PC that is quite literally powered by mushrooms.

According to the scientific publication Popular Science, researchers at UK's Unconventional Computing Laboratory at the University of the West of England Bristol have developed mushrooms that are capable of establishing memory links similar to how brain cells form habits. This is due to the presence of fungal threads called mycelium in mushrooms that allow the movement of electric signals to retain memories. The presence or absence of a spike can be used as



the basis of 0s and 1s in the binary language that a computer uses. Moreover, if the mycelium receives signals at two distinct points, then it vastly enhances conductivity.

EDITOR'S NOTE

Revving it up

The annual Dhaka Motor Show took place last week, and, like always, we came loaded with photos of new cars and bikes featured in the event. Tune into our 2-page coverage of all things automobiles in what should be a treat for local motor enthusiasts.

As for other pages, check out our recommendations of Google Chrome extensions to enhance your ChatGPT experience in Tech Tips, and a look into how you can work remotely from Spain in Spotlight. Since Ramadan has just arrived, we also have handy tips on how to conserve energy during the month of fasting, in Next Step.

Stay safe everyone. Have a great weekend.

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While mushroom-powered computers certainly aren't ready to compete against the latest traditional computers in terms of performance and speed, they do have certain benefits. Due to its self-generation feature, the fungus has increased fault tolerance. Moreover, mushroom computers have great energy efficiency due to their low power consumption.

Before you get too excited though, there is still a great deal of work and study to be done in this field. It's improbable that we will see the first fully-functioning mushroom-powered computer anytime soon.

10 TIPS TO BEAT FATIGUE AND MANAGE WORK STRESS DURING RAMADAN

With the arrival of Ramadan, the holy month of fasting for Muslims around the world, office hours can become a challenge for many who are observing the tradition. Fasting for an extended period of time can lead to fatigue, dehydration, and a lack of concentration, all of which can have a negative impact on productivity and overall health.

Here are 10 expert tips to help you stay healthy and beat fatigue during Ramadan office hours:

Eat a healthy and balanced sehri meal

Eating a healthy and balanced sehri meal is essential as it provides the energy required for the body to



function throughout the day. It is advisable to eat food that is high in fibre and protein and low in sugar and fat. Eating a balanced diet with a variety of fruits, vegetables, and protein sources is important for maintaining energy levels and preventing fatigue.

Stay hydrated

Drinking plenty of water during non-fasting hours is vital as dehydration can cause fatigue, headaches, and difficulty in concentrating. To avoid dehydration, it is essential to consume at least eight glasses of water a day.

Avoid caffeinated beverages

Caffeinated beverages such as coffee

and tea can cause dehydration and may also interfere with your sleep pattern. It is advisable to avoid these beverages during Ramadan office hours.

Eat slowly and mindfully during iftar

It is essential to eat slowly and mindfully during Iftar to avoid overeating and digestive problems. Eating slowly also helps the body to absorb nutrients better.

Avoid heavy meals during iftar

Heavy meals during iftar can cause digestive problems and make you feel sluggish. It is advisable to eat light and healthy meals during iftar. Incorporating fruits, vegetables, and protein can help provide essential vitamins and minerals.

Exercise regularly

Exercising regularly during Ramadan can help you stay fit and improve your energy levels. However, it is advisable to exercise during non-fasting hours to avoid dehydration and fatigue.

Prioritise your work

It is essential to prioritise your work during Ramadan office hours to avoid stress and burnout. Organise your tasks and focus on the most important ones first. Practising mindfulness can help reduce stress and increase concentration. Taking a few minutes to practise breathing exercises or meditation can help promote mental clarity and focus.

Managing stress is essential for maintaining productivity and preventing burnout during Ramadan. The holy month can be a stressful time, particularly for those who have demanding work commitments. It is important to identify sources of stress and find ways to manage them.

This may include practising relaxation techniques, such as deep breathing or meditation, or engaging in activities that you find enjoyable and relaxing, such as reading or spending time with loved ones. It may

also be helpful to delegate tasks or responsibilities at work, or to adjust your work schedule to allow for more rest and relaxation.

Take breaks and stretch

Sitting for extended periods can cause muscle tension and stiffness. Taking short breaks and stretching can help you stay alert and reduce fatigue. It can be helpful to break up work tasks into smaller, more manageable chunks and take short breaks between them. During these breaks, it is important to rest and recharge, whether that means taking a short nap, meditating, or simply stepping outside for some fresh air. It can be helpful to schedule lighter tasks or activities during fasting times to better handle the workload.

Take short naps during breaks

Taking short naps during breaks can help you recharge and stay alert during the day. Short naps of 20-30 minutes can improve your cognitive abilities and help you stay focused.

Get enough sleep

Getting enough sleep is crucial during Ramadan as it helps the body to recharge and repair itself. It is essential to get at least seven to eight hours of sleep every day. Try to avoid staying up late or engaging in activities that may disrupt your sleep. Establish a consistent sleep routine, such as going to bed at the same time each night, and try to create a relaxing sleep environment, such as a dark, quiet room.

Observing Ramadan while working can be challenging, but incorporating these tips can help maintain energy levels, increase productivity, and promote overall health. With proper planning and self-care, it is possible to achieve balance and succeed during Ramadan office hours. By incorporating these habits into your daily routine, you can make the most of the holy month of Ramadan and stay productive and healthy throughout the day.



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DHAKA MOTOR SHOW 2023

A glimpse into the future of local automobile scene

PHOTOS: ABRAR SHAREQUE KHAN

ARFIN KAZI

One of the most celebrated automotive shows of the country returned for its 16th instalment, where, like every year, local automotive manufacturers showcased the latest cars, bikes and other aftermarket supporting parts for vehicles. Besides the new releases, there have also been a few tuner cars to look for as well.

This year, Dhaka Motor Show and Bike Show was held in the Bangabandhu Bangladesh China Friendship Exhibition Center in Purbachal where plenty of new cars, trucks and bikes were showcased from manufacturers such as Toyota, Haval, Suzuki, Bajaj, Fortland, Tata, Proton, etc. There were also heaps of Chinese parts manufacturers and major lubricant companies such as Mobil, Petronas and Omera showcasing their newest advancements in automotive technology.

In the event, Toyota introduced two new cars, alongside many other models, in the sub-compact and compact SUV segment, with the Veloz, a 1.5-litre four-cylinder, and the Raize, which comes in a

1.0-litre turbo or a 1.2-litre respectively. Proton also showcased two new cars: the Saga, which is manufactured exclusively in Bangladesh, and the X50 SUV.

Tata, on the other hand, had a whole fleet of vehicles, with trucks and cars, where the company announced their new Nexon and Tigor fully Electric Vehicles (EV) - an SUV and a hatchback, respectively. Tata also announced new



models of trucks and showcased refreshes of their existing models.

Haval was also there with their new Jolion and H6 with PHEV models, and also a new pickup truck called the POER. There were many trucks in the showcase from Fortland and Foton, including an ambulance as well.

Bajaj also came with their new and updated three-wheeler models, with a fresh new CNG taxi and a three-wheeled small ambulance. There was also Team Kilo Flight from KUET with their updated



racecar with jute panels, with which they will be competing in the upcoming Japanese Student League.

When it comes to bikes, there were plenty of new models from Bajaj, with their updated Discover series and Pulsar NS160 with a new body design and colours. There were also plenty of bikes from Suzuki, with their new Gixxer SF, Avenger and GSXR. Apart from the bikes, there were also plenty of accessories to accompany them with high-quality helmets, jackets and riding gear from LS2 and Steelbird.

There were also many spare parts and accessories such as bearings, gears and hand tools showcased in the show, mostly from Chinese manufacturers of cars, trucks and bikes. There was also a fair share of genuine lubricants sold on the show at a discount, from brake fluids to gear oil, everything was there. All in all, this year's Dhaka Motor Show lived up to the promise of brand-new features in the world of automobiles.



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PHOTOS: ABRAR SHAREQUE KHAN



Browser extensions to enhance your ChatGPT experience

ChatGPT has taken the world by storm since its introduction about five months ago. Currently, its use extends to generating marketing pitches, advertisements and professional emails to even writing in-depth articles and comprehensive books. Despite the nearly infinite ways in which this AI language model can be used, there are still some ways you can get more out of it. Here are our picks of some Google Chrome browser extensions you can try out to enhance your ChatGPT experience.

AIPRM for ChatGPT

If you're looking to use ChatGPT to generate sales pitches or marketing ideas, this is a browser extension you should try out. Once installed, whenever you load up ChatGPT on your browser, AIPRM will show a list of user-generated prompts that you can use to process requests more easily on ChatGPT. Once you click on a prompt, all you need to do is type out keywords of your choice to get the AI running. Some examples

of pre-generated templates you can find using AIPRM are: writing a complete book in one click, keyword generator for marketing strategies, SEO optimised 'human-written' article, YouTube script creator, etc.

Merlin

Tired of opening ChatGPT every time you want to process a request? Merlin is an easy-to-use extension that allows you to easily use ChatGPT on almost any website you visit. After you install the extension and sign up using the same account you use ChatGPT with, press Ctrl + M on your keyboard to make the Merlin web assistant pop up. From there, you can give it a request and it will generate text straight from ChatGPT. The extension is especially helpful when using Gmail, as it has adjustable features to add keywords, add a professional tone, and mention other users when crafting emails. To note, however, the free version of this extension currently supports 31 queries per day.

WebChatGPT

As an AI language model, ChatGPT will lack real-time access to recent events and happenings. With WebChatGPT, you can integrate search results into the AI and make it generate comprehensive queries based on them. For example, if you type 'What is the latest news on Twitter?', ChatGPT will be unable to give you anything substantial. With WebChatGPT enabled, you will find the top three search results of the current date, and based on those results, ChatGPT will generate new answers for you. WebChatGPT also allows you to freely edit which websites to search results for and from which date and region, making it a fun and useful extension for the AI text generator.

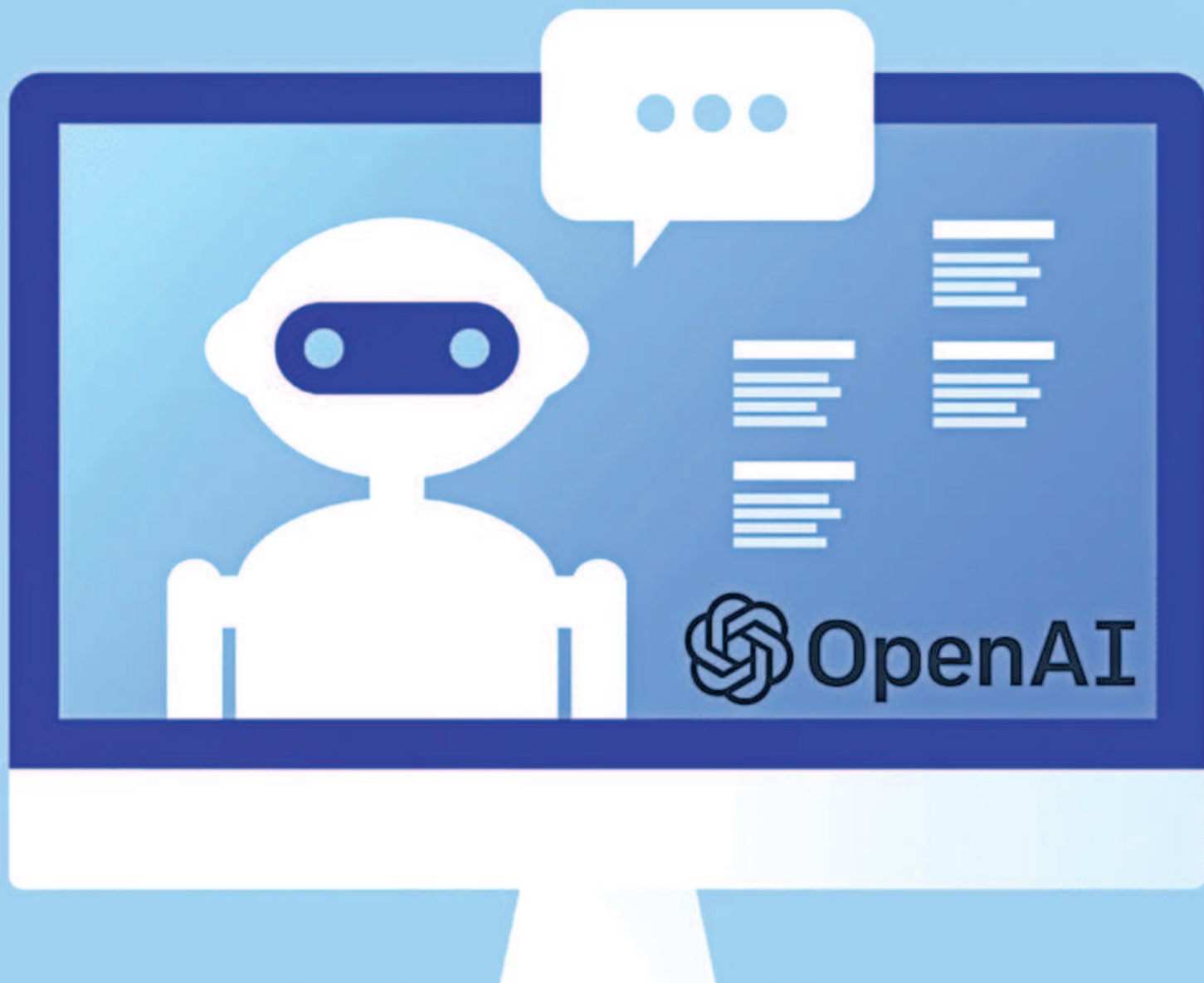
ReaderGPT

Tired of reading long, winding text page after page? ReaderGPT, an extension that runs using ChatGPT, quickly summarises any article or web page you come across into easy, digestible bullet points. After installing the extension, all

you need to do is click on the extension icon - and without any copy/pasting required, ReaderGPT will use ChatGPT to compress the text and show you only the important points you need to know. This is especially effective during academic research or finding proper references for a subject, as it saves time on excessive or heavy reading.

ShareGPT

Ever had an especially engaging conversation with ChatGPT and wanted to share with someone else? Instead of screenshotting specific parts of the conversation, you can use the ShareGPT extension to click on the 'Share' button and instantly generate a permanent link to the entire conversation you just had. You can then just copy-paste the link and share it with anyone to show off the specific conversation. ShareGPT also supports any images, videos or codes that ChatGPT may share with you, and is especially helpful if you're working on ChatGPT in a group or with team members.





An App That Keeps You Connected To Your Creator

For muslims, one of the most important daily obligations is performing the five daily prayers, or Salaah. But in a world that is increasingly getting unpredictable with the divergent nature of modern life, it can be easy to lose track of the things that keep us rooted.

That's where Waqt Al Salaah comes in. Powered by ILLIYEEN, the high-end retailer, this app, available on both the Google Play Store and Apple App Store, can serve as an everyday essential for muslims worldwide. But it is more than just another prayer app for tracking Salaah times. In fact, it is designed to be a reliable companion for every muslim, providing a host of user-friendly features and useful customization options.

You can receive accurate prayer timings based on your location, which can be set automatically or manually. The app also sends timely Salaah notifications that can easily be configured according to the user's

choice. This feature is especially useful for those who are busy with work or other responsibilities.

The app lets muslims from different Madhaabs (schools of thought) choose their

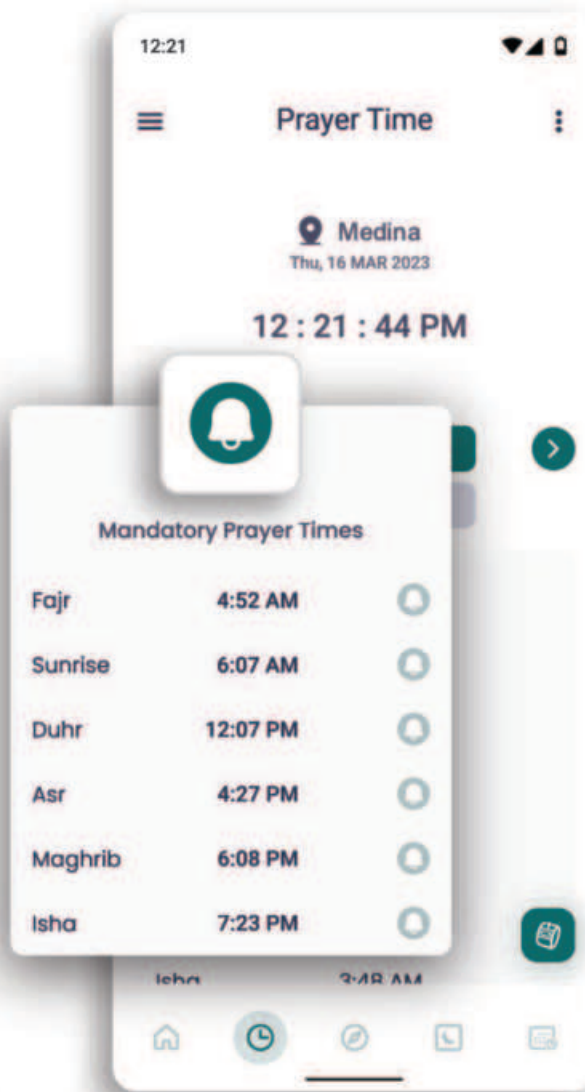
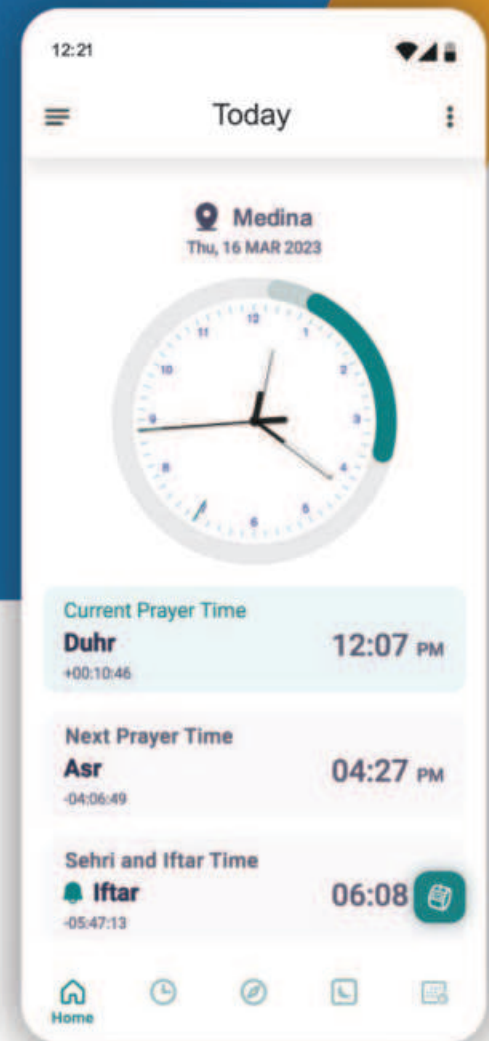
preferred prayer time calculation method. You can also access the built-in Hijri calendar that displays Salah timings for any day of any year based on the Hijri date. For greater convenience, the app has Arabic, Bengali and

English language modes that can be toggled from the language settings.

For travelers, perhaps the most innovative and useful features of the app are the Find Mosques Nearby and the Qibla Locator options. With the nearby mosque locator option, users can easily locate nearby mosques effortlessly if connected online. In areas where a mosque is not available in the vicinity, the built-in Qibla locator can be used to find the correct direction of Qibla from any part of the world.







During the sacred month of Ramadan, Waqt Al Salaah provides the daily timings for suhoor and iftar. The customizable Tasbih functionality, an amazingly useful feature, especially during this blessed month, allows users to add any Du'a they want for daily Dhikr.

Waqt Al Salaah's UI/UX design and responsiveness are also noteworthy, appearing strikingly elegant and snappy. With the latest update, you can now switch to the dark mode and enjoy the app's elegant design while reducing eye strain



during night-time use. Not only does this new feature look sleek and modern, but it's also practical and user-friendly. You can also choose from multiple theme colors to enjoy a more custom user experience.

In addition to its practical benefits, Waqt Al Salaah posits a deeper significance for every muslim in a world that can sometimes feel overwhelming and disconnected. This thoughtfully engineered digital tool provides a way for us to stay connected to our faith no matter where we are. Whether traveling for work or studying abroad, we can rely on Waqt Al Salaah to keep track of the correct Salaah timings in an easy and convenient way.

-  Prayer Time
-  Sehri and Iftar Time
-  Tasbih
-  Qibla Locator
-  Hijri Calendar
-  Find Mosques Nearby



Bangladeshis can now work remotely from Spain: here's how

Spain has it all: pleasant weather, a low cost of living, delectable cuisine, and breathtaking scenery. Additionally, the Mediterranean country has some of the fastest internet speeds in Europe, making it a popular choice for expats and remote workers.

The country is now an even more desirable option thanks to the recently introduced digital nomad visa. As part of the recently passed Startup Law, which aims to position the country as a leader in luring investment, inventive entrepreneurship, and talent, the programme has been in effect since January.

Eligibility for the Digital Nomad visa
Nationals of non-EU/EAA countries who work remotely, whether as employees or as independent contractors, are eligible for the visa. They must work primarily for non-Spanish businesses, with up to 20% of their total income coming from Spanish businesses.

Prospective digital nomads cannot currently be residing illegally in Spain

during the application process, nor can they have done so within the five years prior to applying.

Before applying, candidates must be able to show that they had been employed by their clients or company for at least three months, and the business they work for must have been in operation for at least one year. They're also required to prove that they can do their job remotely.

In terms of background, potential visa holders must demonstrate that they are either graduates or postgraduates from prestigious universities, vocational training programmes, or prestigious business schools, or that they have a minimum of three years of work experience.

Evidence of financial self-sufficiency is equally crucial. Those requesting a visa must earn 200% of Spain's monthly minimum wage in order to demonstrate that they can support themselves there. This currently equals BDT 2,62,810 per month.

Additionally, spouses and children may travel to Spain with visa holders;

in this case, the income threshold is increased by 25% for each additional family member.

Applicants must also have had no arrests within the previous five years, and for the time being, they must obtain full private health insurance.

How to apply

The initial validity of the Spanish visa for digital nomads is 12 months, or if shorter, the duration of the employment period. After five years, it can be renewed once more, at which point a permanent residency application can be made.

Digital nomads who are interested can submit an application through an embassy or consulate in their home country or enter Spain on a tourist visa and submit an application within the first three months.

The following documents must be provided by applicants:

Copy of the National Visa Application Form that has been completed

Two passport photos and a valid

passport

A work contract or letter from the employer attesting to the remote professional activity is proof of suitable employment

Evidence that the business or employer has been operational for at least a year

Evidence of income (payslips, work contract, bank statements)

University degree, professional certificate, or evidence of at least three years of experience.

Evidence of valid health insurance that is allowed to operate in Spain

Certificates for the previous five years' criminal background checks

Evidence of family ties to other applicants (marriage certificate, birth certificate)

The application fee is roughly Tk. 9000, though the precise amount may differ slightly depending on the nation from which you submit your application

Processing time for the visa ranges from 15 to 45 days.

