

KUNDALINI RISING

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Yoga's miracle cure: Nauli Kriya and its impact on gut health

I often meet many people complaining of IBS, constipation, and gastric problems. The food we eat, our habits in terms of nutrition and consumption, are not very well informed. Culturally, we seem to be unaware of how to eat healthy and manage our gut health. People depend on gastric medication to relieve pain. This is unhealthy and unsustainable.



Nauli Kriya is a yogic cleansing practice that involves isolating and churning the abdominal muscles and organs. While it's not a direct treatment for medical conditions like irritable bowel syndrome (IBS), constipation, or gas problems, some practitioners and yogic traditions believe that it can have a positive impact on digestive health. Here's how Nauli Kriya may potentially help with these issues:

Stimulation of digestive organs

Nauli Kriya involves contracting and massaging the abdominal muscles, which can stimulate the digestive organs, including the stomach, liver, and intestines. This increased movement may aid in the digestion and absorption of food.

Improved blood circulation

The churning motion created by Nauli Kriya may enhance blood circulation in the abdominal area. Improved circulation can promote the efficient functioning of the digestive system, potentially reducing issues like constipation.

Massaging the colon

The specific muscle movements in Nauli Kriya can apply pressure to the colon, potentially aiding in the movement of stool through the intestines. This could be beneficial for individuals experiencing constipation.

Enhanced awareness of abdominal region

Practicing Nauli Kriya can increase awareness of the abdominal region. This heightened awareness may lead to better mindfulness of diet and eating habits, potentially reducing triggers for digestive problems like IBS.

Stress reduction

Many yoga practices, including Nauli Kriya, incorporate deep and mindful breathing. This can help reduce stress, which is a known trigger for IBS symptoms. Stress



reduction can potentially alleviate some of the discomfort associated with digestive issues.

It's important to note that Nauli Kriya is an advanced yogic practice and should be learned and practiced under the guidance of an experienced yoga instructor. Attempting this technique without proper instruction can lead to injury or discomfort.

Additionally, while some individuals may find relief from digestive issues through yoga practices, others may not experience significant benefits. Digestive problems like IBS are complex and can have various causes, including dietary factors, stress, and

underlying medical conditions. It's essential to consult with a healthcare provider to determine the most appropriate and evidence-based treatment approach for your specific digestive issues. Yoga practices can complement conventional medical treatments but should not replace them for serious medical conditions. Finally, nutrition is most important when it comes to gut health. You are what you eat really means eat well to be well.

The author is a writer and a yogini. You can follow her on Instagram or Youtube: Shazzy Om. For more information, contact her via email at shaziaomar@gmail.com



Typhoon

Fabric Care



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#HEALTH & FITNESS

Building bodies, changing lives: Ruslan Hossain's inspiring journey to success

Having touched the lives of over 9,000 individuals and countless tales of success, Ruslan's Studio is arguably one of the most significant fitness centres in Bangladesh. In addition to that, it has been actively trying to change the entire landscape of professional bodybuilding over the past couple of years by consistently sponsoring events and shaping athletes for the global stage. At present, it is home to 6 professional bodybuilding athletes, including Ruslan Hossain himself.

"Whatever I am today is due to bodybuilding, so I want to give back in every way that I can," explains Ruslan, whose life drastically changed when he took up going to the gym in 2005. "I was 17 and struggling with my fitness. I was also being bullied and wanted to get my life on track, so I joined the gym. I was instantly hooked to it. I enjoyed going to the gym more than anything and within the first few months, I started seeing massive changes, which greatly boosted my confidence," he recalls. His feel-good factor received a further boost when he placed in the top 4 in a competition which was held in his gym. "I was only 6 months into my journey, so that was huge for me. I got even more serious about

bodybuilding," he adds.

While focusing on the competitive aspects of the sports, Ruslan started noticing the various

elements in Bangladeshi gyms that needed improvements. "We had a lot of amazing trainers but I noticed how there was a massive gap in the knowledge we had about nutrition and the dietary aspects of fitness. I started doing my own research on the topic and back then, there was no YouTube or social media. So, it was really tough," Ruslan explains. His bodybuilding career had already taken off at that point, but he was also training a few friends around that time and helping them achieve amazing results

Ruslan's Studio was born in 2009, as a literal studio," he elaborates.

My initial clientele consisted of elite corporate executives and they constantly encouraged me to scale up. So, I swapped my 800sqft room for a 2500sqft space in

Mohakhali and then after a few years, a huge step up to Banani 11. "I took a huge gamble when I scaled up once again to our new 6500sqft space in Banani 11. I always had my family's support, and around this time, I also started training a pool of trainers to help out with operations. The response we got from customers was huge and our members just kept on growing and growing to the point where we had to open

a second location in Dhanmondi. Pretty soon, the two branches started competing with each other. At the height of the pandemic, where all of us were unsure about everything, I took my biggest gamble yet when I decided to completely renovate the Banani outlet with a new setup so both of our outlets align," Ruslan adds.

Currently, Ruslan's Studio has over 2000 active members. What sets it apart from other gyms is the fact that even after all these years, and the success it has achieved, Ruslan's stays true to its origin of being a personal studio where people get individual care and attention. Ruslan aims to open more outlets in Dhaka, and also create history by expanding his initiative across borders and opening an outlet abroad. "When I was getting started, I had the option of bringing an international franchise to Bangladesh, but I was always keen on creating my own brand and taking it international. There is a lot of knowledge and expertise which we can spread to the world and we look forward to doing that. Taking our operations international will also open the doors for athletes to compete in global competition and will expand the overall horizons of competitive bodybuilding in Bangladesh," he states.

By Irfan Aziz
Photo: Ruslan's Studio



with all of his knowledge. "I was having a discussion with my father and considering the success of the training sessions that I gave to my friends. Then he pitched the idea of opening my own gym after some brainstorming. We had a spare room at home and I transformed the 800sqft space into a personal training space. Hence,

RAFAYAT RAKIB'S FULL CIRCLE

from roaster to mentor

In a time where content creation and digital marketing are evolving at breakneck speed, Rafayat Rakib stands out as an outlier. Armed with ten years of experience in content creation and a decade-long tenure in the corporate world, Rafayat has manoeuvred through diverse landscapes only to come full circle — returning to the world of content creation, albeit with a new vision: Digital Dropouts.

Humble beginnings in content creation

"It all began with video editing," Rafayat shares, retracing the origins of his passion for content creation. Long before the C-suites and corporate meetings, Rafayat was a storyteller at heart, honing his craft in video editing. Yet, the path ahead led him in an unexpected direction.

The Roaster of ShowOffs Dhk

As a YouTuber, Rafayat gained recognition as the "Roaster of ShowOffs Dhk," a role that allowed him to blend satire with societal critique. But unlike many content creators who find a home on the platform, Rafayat did not confine himself to YouTube. He expanded his horizons, venturing into corporate jobs, which introduced him to a whole new skill set. "And with a decade of corporate experience, I became unstoppable when it came to running my own show."

The Corporate Detour

Rafayat swapped his editing software for spreadsheets and took a dive into the corporate sector, picking up invaluable experience in client management, human resources, sales, and more. "These weren't skills; they were knowledge that moulded me," he says. During his corporate stints at esteemed giants like Unilever, Marico, and British American Tobacco, Rafayat wasn't just climbing the career ladder; he was gathering the tools that would serve him in his future endeavours.

The circle completes: Digital Dropouts

"Everyone can learn a skill through various mediums. But how do you use it, and capitalise on it? This is where softer skills like team management, client service, and sales come into play," Rafayat muses. It was these combined assets that led him back to his first love — content creation — but this time, as the founder of Digital Dropouts.

It is not just another online course-selling platform. It's a rallying cry for those who feel cornered by society's conventional expectations. "I am not going to spread out my arms like Shahrukh Khan, 'Come and see what I can do.' I will teach you the skills," he asserts.

The platform is designed for those who don't fit the conventional mould. "You're left behind by the herd? Got set back in

studies? All your paths lead to a dead end, and you think you are a no-good dropout. This is where Digital Dropouts comes in, by offering skills that are more relevant in the social era." Rafayat's focus remains clear — leadership and soft skills take precedence, with technical training filling the gaps.

Soft skills: The secret sauce

One of the most distinctive features of Digital Dropouts is its focus on soft skills and mentorship. "What I love doing is editing videos, which is a tough job. However, if I only focus on that facet, I am limiting myself. A hustler in life should never do that," he explains. It's the amalgamation of technical know-how and soft skills that makes Digital Dropouts unique. Rafayat brings his ten years of corporate wisdom to the

table, offering mentorship in leadership and soft skills. "This is something that any freelancer who started at a young age cannot give," he asserts.

The vision ahead

"The Bangladeshi dream is earning dollars and making it big in life. There's no shame in it and it's possible," Rafayat exclaims. For him, freelancing is not a short-term play for quick money but a method to solve significant problems for clients. "You start freelancing to make your clients rich. And you will eventually become successful."

Rafayat wants to establish a hub for misfits where they can meet their own tribe and contribute to building themselves as professionals instead of being called the failures of society. He expresses, "My team has a total of 20 members, all of them dropouts, which is nothing less than an organisation." With eyes set on personal and professional development courses and a streamlined content creation strategy, he's

got his work cut out for him.

In a world quick to label and quicker to judge, Rafayat Rakib's journey is a testament to the power of resilience, adaptability, and the will to defy societal norms. His story is a clarion call to every aspiring individual — whether a digital dropout or a corporate climber — that the road to success is not a straight path but a winding journey laden with opportunities for those willing to take it.

As Rafayat puts it succinctly, "The bigger the problem, the more value you have." And he, with his unique journey and multifaceted expertise, seems destined to solve bigger problems, making invaluable contributions to individual lives and the industry at large. And if you're still wondering whether dropouts can succeed, Rafayat's message is clear; "I am a Digital Dropout. And if I can do it, so can you."

By K Tanzeel Zaman
Photo: Rafayat Rakib



#FASHION & BEAUTY

ELEVATE YOUR SARI GAME: Your Guide to the Trendiest Sari Blouses in Town

Just like the numerous different styles of sari draping, we see the arrival of new blouse designs and revival of some from the past, every now and then. Although we would love to get our hands on as many trendy designer blouses as we can, we know that it is perhaps a bit too unrealistic.

Therefore, a better idea is to scan through the latest trends, pin down the ones you like and find the best means to get them right. So, without further ado, here is everything you need to know for getting your blouse game on.

Understanding the various designs out there

We have all seen our fair share of experiments done on blouse necklines back in the days. However, the tables have now turned. Lately, the idea is to keep necklines simple while focusing on the sleeves and the back.

The age-old half sleeve is also tired from its years of service and has seemingly gone on a temporary retirement. Jokes aside, full-sleeve, and sleeveless blouses are among the desired trends these days.

The most prominent is the combination of a simple off-shoulder or a boat neckline with full sleeves. For solid colours, the neckline is accessorised with beads or laces, while for light prints and patterns, contrasting borders on the neck, sleeves and back make a stunning piece. Sleeveless blouses are bold and classy with V-neck or thin bent collars.

For the back portion, sheer fabrics like net, shimmer or chikankari work beautifully to create a timeless look. Designers have also successfully combined bold and cute, introducing backless blouses with corset-like pattern or the perfect bow knot.

Places to get what you finally want

Once you have your mind set on a blouse, then begins the real battle. Buy online or from shops? Which place offers a better deal? Purchase from Islampur or Banani super market? Before the anxiety starts to kick in, let's break it down.

Ready-made blouses can be found in a number of shops in Metro Shopping Mall or Shimanto

Square in Dhanmondi, Bashundhara City in Panthapath, Pink City or even Jamuna Future Park. Depending on the design details, these blouses will cost you anywhere from Tk 650 to Tk 1,500.

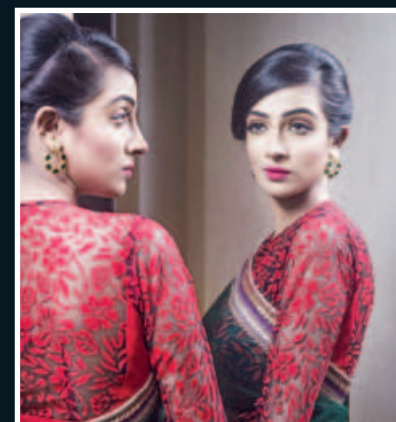
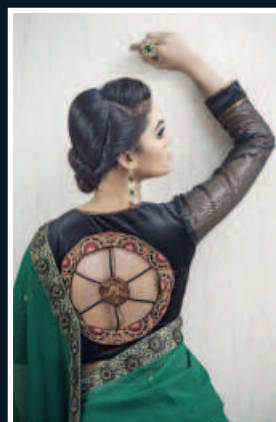
If you want your blouse tailored, then there are a number of options to consider.

Islampur undoubtedly has the biggest selection of clothes in the entire city, with the most reasonable price. However, the complicated route and distance from other parts of the city means that this option is feasible for you only if you know your way around this maze or reside in old Dhaka. Keep in mind though as it is common for shops there to refuse to sell in small quantities, as they mostly deal with wholesale purchases. Since it is only a matter of 2.25/2.5 metres, Islampur may not always be feasible, unless

work done on them, and of course, your negotiation skills.

Banani Supermarket, along with a reputation of being expensive, has some truly beautiful and unique fabric for blouses or dresses. If you want your blouse to be the focus of the outfit, a visit here might just do the trick. Also, do not make the mistake of thinking that people of Banani Supermarket are above the power of bargaining.

These days, you will find countless online boutiques and other pages that specialise in both readymade and unstitched blouse. However, be extra cautious when buying blouses online. Since colour and pattern can look very different from pictures, your quick shopping can quickly become very risky. In these cases, it is always a good idea to scan through the review section of a page or ask to them to show unfiltered pictures before ordering.



you plan to buy for multiple blouses.

An easier option is Chadni Chawk or Priyangan in the New Market area. Here, you will find pretty much any fabric with an average price of Tk 280 to Tk 300 per yard for variations of linen, cotton, soft net, and silk. Premium silk, digital prints, georgette, chikankari and such can go for Tk 350 to Tk 1,200 depending on the quality, thread-

The age-old debate

Lastly, there is the dilemma between readymade and tailored blouses. The first factor to consider here will be the cost. If the cost of readymade blouse is same or close to what you would incur in buying the fabric and getting it tailored, it is often a good idea to get the readymade one. It will save you significant amount of time and perhaps, some extra visits to the tailor as well.

On the other hand, if you want to customize the design or print, or you think that the readymade alternative is unnecessarily expensive, you go for the tailoring option. Tailoring cost for blouses can range from Tk 700 to a whopping Tk 2,000 depending on the design and where you get them made.

The options are clearly endless and it is always your judgement call. However, a well-informed choice will go a long way in saving you time, effort and perhaps, even heartbreak over a botched blouse.

By Nusrath Jahan
Photo: LS Archive/Sazzad Ibne Sayed

#FASHION & BEAUTY

Style drab and dreary office wear instantly

with **STYLISH SCARVES**

Scarves are essential styling elements that can instantly elevate an outfit. Often underrated, scarves have the potential to breathe life into an otherwise boring or uninteresting attire, and give it an elegant touch, a much-needed boost of style.



Imagine this — it's yet another day of rushing to office, where piles of files await your attention. You look in the mirror while getting ready, putting on one of your drab white shirts on top of a pair of brown slacks.

The mundane nature of your day is made worse manifold by this boring outfit when suddenly, that pretty chiffon scarf your friend brought from Paris catches your eye. Instinctively you reach for it, tying it in a stylish French knot around your neck and voila! In a second, your otherwise dull outfit is looking si magnifique! With a spring in your step, you go to work, as the scarf has given your mood a much-needed boost of confidence and happiness; everyone compliments how fresh and sophisticated you look!

Such is the power of a great scarf. As we all

know by now, French women are well-versed in all things fashion. Scarves are their go-to accessories; they wear it many different ways to bring a lot of flair to their look that is uniquely their own. They wear it around their neck, on their head, around their wrists or even as a top sometimes too!

Legendary fashion house Hermès has been creating stunning scarves for decades and they are precious items to have and to hold. Capturing the very essence of French style, scarves are the epitome of style and sophistication. Think Audrey Hepburn, gamine and cute, sporting scarves tied elegantly around her neck. Or Sophia Loren, fabulously carousing through Italian countryside, keeping her brunette locks in control with a printed Pucci headscarf! For decades, silver screen goddesses have added flair to their personal style by wearing scarves smartly and how!

In order to style a scarf, one is spoiled for choice. Firstly, where to shop for stylish, beautiful scarves. Dhaka has many shops that carry stunning scarves. Firstly, Sopura Silk is a great place that has a huge collection of scarves in all shapes and sizes. Aarong is another place to hunt for fashionable scarves. They are priced

very reasonably, from as low to Tk 300 to Tk 2,000. Choose a couple of different sizes to bring variety to your looks. A square scarf is ideal for tying around your neck, or around the wrist. You can also tie it loosely around your shoulder. A slim twilly is perfect to be worn as a neckpiece; this looks really stylish with shirts, blouses and tunics. A long, rectangular scarf is ideal for formal occasions. Again, it can tie around the neck, thrown over the shoulder or tied around one's face. In terms of colours and prints, it really depends on personal preference. It is a good idea to have a few solid colours, some prints and floral ones handy to mix things up. Animal prints are also very chic and make a statement. Bold colours like red, orange, or blue give a contrasting, finished look, while floral scarves are whimsical and romantic.

Whichever your pick, style your scarves with loads of confidence and élan!

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Arnira
Styling: Sonia Yeasmin Isha
MUA: Sumon Rahat

THE MILLENNIAL COOK
FARIHA AMBER



Enjoy desserts better with these 4 delectable marshmallow recipes

Soft, spongy, cloudy pillows of sweetness with a delectable gooey bite — what comes first into your mind following this description? Marshmallow, that's right!

Marshmallow may be a simple candy but it is possible to produce a wealth of scrumptious delights using this basic ingredient. Munch on them as they are or toast them, use them as a topping over drinks and desserts, or keep them as the core ingredient if you will. There are just as many ways you can use marshmallows as there is variety to them, coming in a bounty of shapes, sizes, colours, and flavours.

Having marshmallows in your pantry makes it possible to confect some delightful sweet treats, and that too in no time at all. Thus, here are some scrumptious desserts to devour, made with marshmallows being the shining ingredient.

FLUFFY MARSHMALLOW CHEESECAKE

If you are a fan of dense, baked cheesecakes, then this recipe just might change your mind. Layered with a decadent chocolate base and a light, fluffy marshmallow and cream cheese mixture atop,

this marshmallow cheesecake is the ultimate showstopper dessert.

Ingredients

For the cookie base –
20 chocolate sandwich cookies
¼ cup melted butter
For the



cheesecake filling –

25-30 large marshmallows
½ cup milk
1 tsp gelatine
400g cream cheese
1 tsp vanilla essence
½ cup whipping cream
3 tbspc caster sugar
5-6 chocolate sandwich cookies

Method

For the chocolate base, finely crush chocolate cookies and drizzle melted butter over them. Combine them until it reaches a sandy consistency and drop this in a baking paper-lined round spring-form

pan. Press the mixture hard to create a packed biscuit crust and let it set in the refrigerator while you make the cheesecake mixture.

Firstly, bloom the gelatine with required amount of cold water and leave it aside. In a pan over low heat, melt marshmallows and milk. Once completely molten, drop in the bloomed gelatine and stir for a minute. Remove this from heat and allow it to come to room temperature.

Next, whip chilled cream and sugar in a large bowl until stiff peaks form. Meanwhile, in another bowl, beat the cream cheese and vanilla together and then add in molten marshmallows. Carefully fold in the whipped cream into this and combine all the elements together.

Break up some more chocolate sandwich cookies into chunks and add them to the mixture before pouring it into the prepared pan. Allow it to set in the refrigerator for a couple of hours before slicing in.

FUDGY MARSHMALLOW COOKIES

You have tried the heavenly combination of crispy cookies, chewy marshmallows, and silky chocolate in s'mores, but have you tried another contending version with fudgy, chewy chocolate cookies instead? Well, here it is!

Ingredients

½ cup cocoa powder
1/3 cup chocolate powder
2 cups flour
120g butter





- ½ cup brown sugar
- 1 tsp vanilla essence
- 2 eggs
- 1/3 cup chocolate chips
- 10 marshmallows halved
- 20 chocolate squares

Method
Sift together the dry ingredients, including cocoa powder, chocolate powder, and flour. In another bowl, beat butter and sugar before adding in eggs and vanilla essence. Add in the dry ingredients, along with chocolate chips and mix everything together to form a dough; freeze this for 10 minutes.

Take out the dough and form little balls for cookies. Create a dent in the centre of each, using your thumb. Bake them in a preheated oven at 180°C for 8 minutes. Take them out, place one-half of a marshmallow on each, and return them to the oven to bake for another four minutes. Once fully baked, immediately place a chocolate square over each cookie for a molten finish.

GOOEY MARSHMALLOW CUPCAKES
We love savouring the little, joyous moments in life, such as being met with an explosion of molten chocolate after slicing into a dessert. Bite into this cupcake and you will experience the same sensation, but in the form of marshmallows — a true dessert delight.

- Ingredients**
For the cupcakes –
- 1½ cup flour
 - ¾ cup sugar
 - ½ cup cocoa powder
 - 1 tsp baking powder



- 1 tsp baking soda
 - 1 egg
 - 1 tsp instant coffee
 - 1 cup warm water
 - 1/3 cup vegetable oil
 - 1 tbsp white vinegar
 - 1 tsp vanilla extract
 - 12 marshmallows
- For the marshmallow fluff –
- 1/3 cup water
 - ¾ cup sugar
 - ¾ cup corn syrup
 - 3 egg whites
 - ½ tsp cream of tartar
 - 1 tsp vanilla extract

Method
Sift together flour, sugar, cocoa powder,

baking powder, and baking soda. Separately, stir in coffee to warm water and beat in the egg; add oil, vinegar and vanilla extract as well. Then, combine the wet and dry ingredients to form a homogenous mixture.

Fill in a dozen cupcake liners three-quarter of the way with this mixture. Pop one marshmallow into each and coat it completely with the batter. Bake the cupcakes in a preheated oven at 160°C for 20-25 minutes.

To make the marshmallow fluff, beat egg whites and cream of tartar on high speed

until soft peaks form. In a saucepan over low heat, combine corn syrup, water, and sugar and stir until the sugar is completely dissolved. Wait for the temperature to reach 120°C before taking it off the heat. Once there, gradually pour this into the egg whites in a steady stream on medium speed.

Once all the liquid is incorporated, whip for a few more minutes on high until it becomes a fluffy, glossy, and voluptuous concoction. Drop in vanilla extract during the last minute of whipping. When the cupcakes are baked, let them cool slightly and pipe over this marshmallow fluff. Toast them slightly using a blowtorch or broiler before serving.

MARSHMALLOW FRENCH TOAST ROLL-UPS

With its molten marshmallow centre encased in toasted bread, kids in the house will soon be hounding you to make this inventive breakfast more frequently! A contemporary twist on the conventional French toasts, it also makes for a great snack or tiffin.

- Ingredients**
- 8 slices bread
 - 3 eggs
 - ¼ cup milk
 - ½ tsp vanilla extract
 - 40g butter
 - 4 tbsp fruit jam/chocolate spread of choice
 - 16 marshmallow sticks

Method
Using a rolling pin, flatten out the bread slices and spread a layer of jam or chocolate spread over them. Place a couple of marshmallow sticks adjacently and roll the bread encasing everything in it. Then, beat together eggs, vanilla extract, and milk and heat butter in a non-stick pan.

Dunk the bread rolls into the egg mixture and toast them on butter until they become crispy and toasty on the outside. Dig in for a delicious ooey-gooey bite!





#PERSPECTIVE

My tumultuous love-affair with Bangladesh Cricket Team

Not all of us are cricket gurus or analysts. Some of us watch the game for purely entertainment purposes. The Bangladesh national cricket team brings a stroke of joy into our otherwise mundane life. However, this iota of joy comes at the cost of our frazzled nerves.

I don't understand cricket that much, but I have wholeheartedly loved the game ever since I saw flamboyant Ravi Shastri hitting four and sixes. When Bangladesh started playing and toppled India, they took my first favourite spot. I gave my heart to the Tigers.

I watch each game from start to finish; watch the pre- and post-game analysis, eagerly await the toss, and pray constantly that they have a good day on the field. And then, read all about it in the newspaper the next day.

Yes, I put that much time for Bangladesh cricket! That much blind faith in their performance, much to my foolhardiness. Though, they never fail to enthuse a fan like me to no limits, their antics, both inside and outside the field, is as good as any soap opera.

Now, I don't want to go into the nitty-gritties of the board's and selection team's inanity. Sports politics is very complex to me. Yet, I will vote for my Tigers on any given day, setting aside their arrogance, their over confidence and so on and so forth.

I will also overlook the fact that we don't have quality openers, or our top batting order unable to build partnerships, or choking at crucial games, or their inability to win outside the borders of Mirpur stadium.

Sadly, fans like me will always hope that the next game will be better, that they



won't repeat their old mistakes. We console ourselves by thinking that it was just a bad day on the field. However, these bad days are trending hashtags at the Tigers' den. We hardly ever get to see a good day.

And yet our hopes remain high; we always stand by our Tigers, old or new. In our daydreams, we see them triumph in their next tournament and bringing home a trophy.

In all honesty, the Tigers' fan club, consisting of members like me, are the real losers for always believing in their fabled abilities. Our team supposedly contains top ranking players of the world. So where is this supposed performance?

Like I said before, I don't understand the subtle dynamics of the game; I am not a cricket guru. My rantings are purely from

the point of view of a die-hard fan. Consider this a therapy session of me venting out my frustrations about my broken heart after every game.

This sounds especially silly because every time they lose, I promise myself never to watch them play again. And yet, like an unashamed fool, whenever the Bangladesh Tigers is on the pitch, I follow the game through whatever means. I hear the game on the radio (quick shoutout to Radio Bhumi's commentary style) while I am in the car, constantly check updates on Cricinfo when I am not near a television set, and glued to the TV when at home.

If they are losing wickets or the game, I turn off the TV and pretend I don't care about them missing a catch and dropping someone twice or getting run out or caught

behind. Though, every few seconds, I sneak a peek on Cricinfo with half an eye open, like I do when watching a horror film.

I cannot stay away from them. I have a bitter love story with the Tigers, jam-packed with superstitions and delusions. If they score a four when I am not in the room, I will stay on that spot till they run dry of fours. If one gets out while I was munching on a packet of chips, then chips is forever banned as a choice during game munchies! If switching off the TV somehow changed the score for the better, then that TV will stay off, while I stay seated in front of the switched-off TV. I even repeat the same kurti I wore when they won a game!

You see, for me, these small rituals matter more than their statistics and performance figures. They are an unpredictable team. They will lose a winning game and win a losing one. So, I rely on my antics more than theirs.

As predicted, this on-going Asia cup is playing havoc with my hypertension — it goes up and down like the scores of their top order batsmen. I have emotionally invested so much on them, with no hopes of any return, that my sopiness can only be compared to a supporting role of a bad Bangla cinema script.

I might just die before the Tigers mature and grow some claws. From a fan who doesn't understand much, the Tigers need to play their best game instead of focusing on game politics, fat cheques and endorsement.

My head cannot take any more cricketing riddles. I think I will finally call it quits. I give up on the Tigers. Promise (not)!

By RBR
Photo: Firoz Ahmed

#CHECK IT OUT

STAR LIFESTYLE

is looking for new writers

If you love writing on lifestyle topics – travel, food, fashion, health, and more – consider joining us as a contributing writer! Students (undergrads) are especially encouraged to apply.

Contributors are expected to:

Research for articles: Covering events, taking interviews, etc.

Write articles in English, with a strong command over the language

Generate ideas for the supplement

Attend monthly contributors' meetings (remote work on all other days)

To apply:

Send your CV and two sample write-ups on topics of your choice, related to lifestyle. The articles must be unpublished and original, and approximately 500 words each.

Email us your submission to BOTH lifestyleds@yahoo.com and haider@thedailystar.net. Please mention "Application" in the subject line.

Deadline:

30 September, 2023

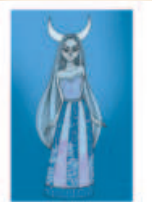


HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Do what's best for loved ones. Be careful of what you say. Communicating effectively will be lucrative for you. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Catch up on overdue correspondence. Silence won't resolve your problems. Don't overindulge in anyway. Your lucky day this week will be Sunday.



GEMINI
(MAY 22-JUN. 21)

Start making changes at home. Make amends if you can. Spend a romantic evening with your partner. Your lucky day this week will be Friday.



CANCER
(JUN. 22-JUL. 22)

Your partner may not be accommodating. You will be full of energy this week. Snitching at work will not be well-received. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Take part in organisational functions. Don't lose your cool if your partner is harsh. Talk to someone knowledgeable about your situation. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

Break your bad habits. You can make successful moves. Exhaustion combined with overindulgence could result in health problems. Your lucky day this week will be Sunday.



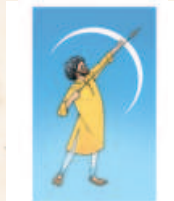
LIBRA
(SEP. 24-OCT. 23)

Changing up your appearance will boost confidence. Learn more about other cultures. Financial limitations won't be as bad you think. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Get involved in lucrative investments. Take care of your personal needs. Make time to travel. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Be careful how you handle loved ones. Take a break from your daily routine. You will be emotionally drained this week. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Take care of yourself physically. Spend time with your partner this week. Avoid being extravagant. Your lucky day this week will be Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Your colleagues will back up your ideas. Be wary of dishonest people at work. Close out important deals. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)

Don't force your way into group endeavours. Debates will stifle passion and result in estrangement. Delve into worthwhile causes. Your lucky day this week will be Thursday.



সাম্রাজ্যী মূল্যে এখন ক্রয় করুন গ্রেড-১ সাবান

সাম্রাজ্যী



রূপচর্চায় সাম্রাজ্যী...



১২৫ গ্রাম ৪ ১০ টাকা কমে এখন মূল্য টাঃ ৬০/-

১৫০ গ্রাম ৪ ১০ টাকা কমে এখন মূল্য টাঃ ৭০/-

৭৫ গ্রাম ৪ এখন মূল্য টাঃ ৪৫/-

১০০ গ্রাম ৪ ৫ টাকা কমে এখন মূল্য টাঃ ৫৫/-

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#RELATIONSHIPS & FAMILY

Recognising possible signs of abuse in pre-schoolers

In the tender years of early childhood, communication takes on many forms. For pre-schoolers, who are just starting to discover the complexities of their emotions and interactions, recognising something critical as signs of abuse can be challenging. It is our responsibility to be observant to the subtle cues that may hint at their hidden suffering. By understanding these indicators and taking timely action, we can provide them the safe, nurturing environments these kids deserve, ensuring their journey into the world is marked by love, trust, and security.

Here are important details that serve as red flags and must not be disregarded by parents or caregivers.

Signs of abuse

Terri Chen, head of the psychology team under NUH Singapore's department of psychological medicine, says abused children may be more emotionally reactive to usual situations in the form of whining, crying or shouting.

They may also be more withdrawn or easily startled when touched unexpectedly.

These signs can be broadly grouped into the following four categories:

Behaviours

Difficulties sleeping, changes in appetite, startle reflex, new fears, increased irritability or separation anxiety, regression or re-

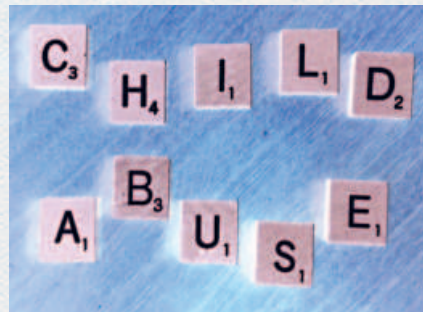
enactment of the event during play time.

Physical symptoms

Complaints of stomach aches and headaches, as well as increased heart rate or sweating.

Feelings

Children may seem fearful or more irritable, or be distressed when reminded of the event.



Thoughts

They may avoid thinking about the event altogether, have nightmares or difficulty concentrating.

List of action for parents to do in case of detection of abuse

- | Pay attention to unexplainable bruises or marks on the child.
- | For children who are able to speak, it



is helpful to ask them about events chronologically, like if something happened after breakfast or nap time.

- | Ask open-ended questions to allow the child to relay what happened in their own words, but avoid questioning them repeatedly.
- | In the aftermath of abuse, the most important thing children need is safe attachment, which requires their parents to be present and show concern towards them. This includes validating their feelings before offering reassurance, and helping them make sense of feelings by labelling their emotions.
- | Creating safe spaces for children to process what they observed, and help them learn certain coping strategies like deep breathing. Let them hold a safe object that soothes them, like a stuffed toy.

- | Maintain or re-establish daily routines for the child as that creates safety, security, and predictability, along with ensuring he or she gets good sleep and rest so that the child can better regulate his or her emotions.

Preventing abuse

Check in with children about what goes on at school through role play, drawing, or storytelling. This also helps the parents detect any sudden changes in the mood or behaviour of their kids.

Parents can also start discussions early about how to recognise abuse and what to do, using age-appropriate language and examples. They can teach their children to identify warning signs, like threats, use of physical force, and inappropriate touching.

Younger children may learn better through stories, songs and pictures, while older kids can learn from role-playing.

Parents should consistently act in a way that makes children feel confident that their parents will listen to, believe in, and help them.

The Straits Times

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