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TOURISM

in turbulent times

PARENTING GUIDE **P3**
SPEECH DEVELOPMENT IN CHILDREN
MANOEUVRING ODDS **C**
CRISIS IN THE TRAVEL SECTOR
SELF-DEFENCE **P10**
A GUIDE

PHOTO: S.M. INTISAB SHAHRIYAR

KUNDALINI RISING

SHAZIA OMAR

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The wellbeing of our youth

Physical wellbeing and mental wellbeing are inextricably linked. To empower our youth with the knowledge and skills needed to be healthy in mind, body and spirit, a systems approach must be adopted.

In Bangladesh, non-communicable diseases are leading factors of disease and death. These are a result of unhealthy behaviour patterns, such as poor food habits, lack of exercise, and unmitigated stress. Many people suffer from mental health challenges such as chemical imbalances, abuse, depression, anxiety, and addiction, but don't seek therapy because of the social stigma against asking for help. Our youth suffer the most. A study done in 2023 identified suicide as the leading cause of death among teenagers.

Addressing wellbeing effectively requires an integration of considerations across all sectors, including healthcare, education, and employment. It involves promoting environments that support wellbeing nationally (through appropriate policies e.g., Clean Air Act), community-wise (open spaces like parks and football fields, access to healthy food), within families (tools for relationship management, zero tolerance



for domestic abuse) and in individuals (techniques for emotional regulation and access to support to deal with trauma). At schools and universities, it involves engaging students, as well as teachers and parents.



Healing requires a community. No one can achieve wellbeing in isolation. To support youths, we need to create an ecosystem that supports healthy lifestyles within communities by connecting wellness seekers to wellness promoters, helping us help one another.

Culturally, we need to promote preventative health care by integrating traditional practices — such as yoga, meditation, breathwork, and Ayurveda — and modern psychological insights such as talk therapy, mindfulness, and nervous system regulation — to help people maintain wellness. We need to embrace a holistic lifestyle approach to health that seeks to address the root causes of

illness through therapy and alternative healing practices, rather than symptomatic, pharmaceutical treatment of disease.

Modern science is showing numerous benefits to breathwork, meditation and yoga, such as improved immunity, better mood and mental health, lower blood pressure, less risk of diabetes, heart conditions, injury, increased mobility and memory, and much more. These practices, which were once part of our cultural heritage, are now making a global comeback, and Bangladesh shouldn't be left behind.

Mindfulness practices and yoga have become a regular part of school curriculums and health care offerings in the West.

Youths, empowered by knowledge, are in the best position to build up healthy habits and self-care practices to unleash their full potential. Everyone deserves access to this knowledge. SDG 3, good health and wellbeing, are a birth right for all. These practices, once you know them, are free of cost, and can reduce health care costs and improve quality of life drastically.

Healthier youths are happier, more productive, more peaceful, more helpful members of our community, and as such, it's time to equip our youths with this knowledge.

By Shazia Omar
Photo: LS Archive/ Sazzad Ibne Sayed

নতুনখানে, নতুন রূপে

বিউটিনা
ফেস ওয়াশ

Healthy Glowing Skin - এ আত্মবিশ্বাসী আমি

Beautina
Face Wash
GLOWING SKIN
Neem & Aloe Vera Extract
3 OIL CONTROL
REMOVES PIMPLE
DEEP CLEANSING

এএম. পিএম.
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বিউটিনা ফেস ওয়াশ ১০০মি.লি. সাথে
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মাত্র ১৯০/= **ফ্রী**

KOHINOOR CHEMICAL

We Speak Speech Therapy



Understanding your child's speech development: Insights from a speech pathologist

Every child develops at their own pace. This is particularly true when it comes to speech and language milestones. However, parents often worry when their child's speech seems to deviate from typical patterns. In this article, we will explore common parental concerns about speech development, with insights from Toukir Rahman Dhruvo, a seasoned Audiologist and Speech Language Pathologist from Shono Bangladesh.



"Many parents complain that their child has hearing impairment or speech difficulties. However, upon examination, it is often found that the child is only 13 or 14 months old. Parents need to understand that they are too young to start speaking clearly. So, there is not much to be concerned about," explained Rahman.

He added, "There are different stages of speech development for a child. For girls, the process starts early. They start babbling around the age of 4-5 months and start communicating with single words after the age of one. Boys, on the other hand, start babbling around 6-7 months and start speaking in one or two words around the age of two."

Some children tend to struggle in speaking. To help a child speak clearly, interacting with the child and trying to teach words by repeating them can be helpful. Rahman advised that parents should,



are the norm, many parents have concerns regarding the speech development of their children, as the young ones lack interaction with different people.

"In this case, the parents must ensure that they spend quality time with their child despite having a busy schedule. A parent should spend a minimum of one hour of verbal interaction with their child every day, whether it is reading to them or just attempting to have a conversation," said Rahman

While speaking and hearing for a child



at times, simply wait it out and give their child some time as they may just be late bloomers. However, if the child crosses the age of two years and remains at the babbling stage, parents should consult with a speech language pathologist for a better understanding of their child's situation.

In today's world, where nuclear families



is very important and can be a matter of concern, we must understand that each child is different and their growth and progress may vary. It is best not to compare one child to another and panic when we see that they are progressing differently.

By Ushmila A Tamim
Photo: Collected

#RELATIONSHIPS & FAMILY



Cupid's quick fix: is love at first sight real?

We all know those meet-cutes: All it took was one gaze across a jam-packed event or restaurant and within seconds, they knew they had found "the one." Of course, that sounds wonderful. After all, it is the subject of countless romantic books and movies. But, do people truly fall in love at first sight or is it an imaginary tale?

The term "love at first sight" usually refers to an immediate feeling of bond with someone. Some say it is like fireworks, while others say it is the exact opposite — a moment when you and the other person are completely absorbed in each other and the world around you halts.

"My boyfriend and I met at a mutual friend's birthday party. I was not really a fan of romance in general. But that day, the moment we saw each other, I swear it felt like something out of a rom-com. Butterflies, frozen time, you name it," reminisced Shaira Mobarak about her first love.

Naturally, love at first sight, is a powerful and passionate emotion that is a result of chemistry between two individuals — how a person appears, dresses, moves around, speaks, and glances at you.

Research suggests that love at first sight may have a biological basis. There may be a physiological component to the strong and sudden feelings of love at first sight. An immediate physical attraction may trigger the release of the feel-good chemicals dopamine and oxytocin.

As it questions the traditional idea that love takes time to grow and mature, this phenomenon is celebrated in films, novels, and media. So, powerful are these relationships that they may happen instantly without the stages of dating. Its enigmatic rarity, which not everyone can experience, makes it a sign of fate.

Ahmed Sarf, lover of comics and video



games, aptly described it by sharing his experience, saying, "When I first saw Arita, I knew it was her or no one else. I actually came home and told my brother that!"

He then elaborated, "She always made me want to be better, which boosted my idea that she is the one for me."

However, not everyone seems to carry such romanticism in their hearts. When asked whether love at first sight is real, pop/rock music and travel enthusiast Rahim Jahan Chowdhury, said, "In my opinion, love is deeper than first sight and takes time. To me, initially developing a crush has to do with the infatuation towards certain physical features that I find attractive."

He further explained, "After getting to know the person, personality plays a big role. What people perceive as love at first sight might be more accurately referred to



as an intense attraction to someone on a superficial level."

Love, according to several experts, consists of three things: trust, intimacy, and commitment. Typically, it takes more than a look to find all three. Moreover, people's red flags do not always show up right away, especially if they are linked to toxic habits or behaviour. Learning about another person and everything they may offer requires time and effort.

On top of that, in films and stories, love at first sight is portrayed as a perpetually happy ending. That may not hold true, however, in the real world. It is advised that you should go into a relationship with the mindset that it has the potential to become a sweet love tale, but that things will not always be as ideal as imagination.

"My love at first sight was with a senior

because she looked beautiful but then I started noticing that she seemed very arrogant, which was a turn-off for me. Yet, my current relationship with my girlfriend was not an instant attraction. We talked, got to know each other, became friends and gradually feelings came into play, influenced by traits, not any physical appearance," voiced Mahdir Khan about his love life.

According to researchers, there is a phenomenon known as positive illusion that may make individuals believe that they were in love from the start, even though sustainable relationships often need time to develop genuine feelings of love.

In some ways, the brain's early phases of love are quite similar to those of addiction. The narrative of true love is about whether the bond develops and remains. After that, it stops acting like an addiction.

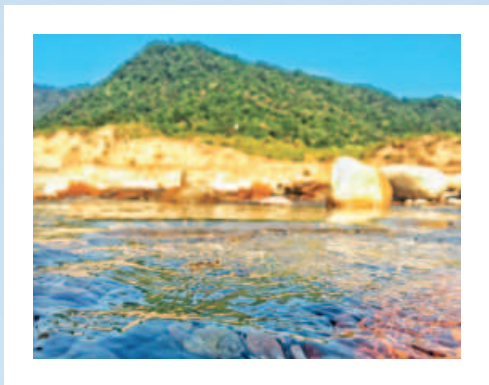
So, what does that mean for you? What are the odds of you discovering an enchanted occurrence like love at first sight? Is love something you should approach with extreme caution and practicality? Well, even while wise men say that only fools rush in, it does not imply that you should too.

Knowing the difference between real love at first sight and short-lived attraction requires some thought and time to decide if the relationship will last. Never allow a single look to dictate your actions until your rational and emotional selves are in complete harmony. Love and human connection, in all its manifestations, have the potential to surprise and uplift us when we least anticipate them.

So, this is your reminder to not be a hopeless but rather a hopeful romantic!

By Samayla Mahjabin Koishy
Photo: LS Archive/ Sazzad Ibne Sayed

#TRAVEL



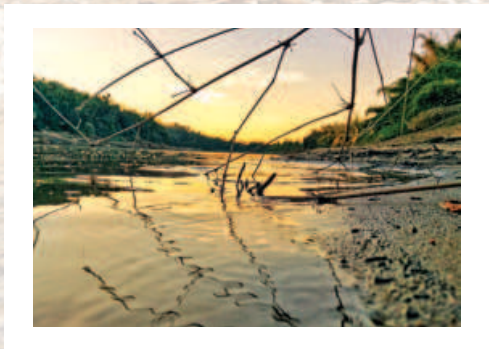
Vacant rooms and cancelled trips: How local tourism is facing a crisis

Currently, the Bangladeshi tourism sector is witnessing unprecedented problems. While this was supposed to be one of the peak seasons, due to the recent political situation and the current flood that is sweeping many parts of the country, the hospitality industry seems to have come to a standstill. For almost two months, hotel rooms have remained vacant, resort bookings have been repeatedly cancelled, and popular tourist destinations are now empty.

We spoke to some people in general, and stakeholders in the industry, to understand the depth of the impact and explore potential options for recovery.

Photo: S.M. Intisab Shahriyar

CONTINUED TO CENTREFOLD





#TRAVEL

For many, this was the perfect time for a family trip. Schools were expected to remain closed for summer vacation, leave applications at work were duly signed, submitted and approved, and all the bookings were finalised. The summer of 2024 was going almost according to plans. But then, a revolution happened!

TOURISM IN TURMOIL

How political unrest and floods crippled Bangladesh

Star **LIFE** Style

Sanzida Haque, who had been eagerly planning a trip to Kuakata with her family, shared her experience: "I was hoping to travel during the long weekend in the middle of August. However, the fall of the previous government forced us to rethink. Although the same resort is currently offering a better discount offer, I will think twice before taking it any time soon."

Industry experts maintain that political instability generally leads to a decline in the arrival of tourists, including non-resident Bangladeshis. The current situation in Bangladesh has deterred potential visitors, leading to a drop in bookings.

Sakina Ferdous, 56, residing in North Carolina, USA, was planning a visit to Bangladesh but had to cancel. And sadly, she is not alone.

Ferdous said, "Many of my relatives who were set to visit Bangladesh in August and September have had to change their plans. We postponed our trip to November and had to pay hefty penalties for the airfare. Additionally, we cancelled our booking at a hotel in Cox's Bazar and are trying to renegotiate, though I'm not optimistic about our chances."

Crisis and confidence: Stakeholders speak

Apu Nazrul, a passionate tourism enthusiast and young entrepreneur, owns the houseboat Jagatjyoti in Tanguar, Sunamganj.

He shared, "The peak tourist season at the haors is between June and October, but this year, we've seen a significant decrease in activity. Political unrest forced us to cancel several houseboat trips over the past two months. Unlike before, when clients were willing to reschedule, now they're asking for refunds."

Apu, who is also renowned for organising trips for the youth across the country, remarked, "My clients have always cherished their trekking experiences. However, given the recent upheavals, many are understandably distressed. The scenes they witnessed were traumatising, to say the least, and for now, organising excursions seems unfeasible."

He added, "We tend to travel only when there's stability both in the country and in our own minds. The concept of travelling as a way to recover from stress or as a positive diversion is still relatively new to us."

Apu noted that during periods of uncertainty, the hospitality industry is often the first to be affected and the last to recover. "Security remains a critical concern in tourism. We hope that once the current crisis subsides, the situation will improve."

He concluded with a call for reassurance: "The entire nation is experiencing a crisis of confidence. The government needs to assure the public that it is safe to travel. Such reassurances would help rebuild trust among tour operators and encourage them to confidently declare that 'everything is safe.'"

However, things then took an unexpected turn for the worse. As though the political instability were not enough, and when everything was expected to take a positive turn, the country started experiencing flood conditions which will almost definitely put the tourist industry into further disarray.

Md Ariful Islam, resort manager at Balishira



Resort, Sreemangal, shared his thoughts.

"Most people are unaware that the current flood has not affected the whole of Sylhet division. Travelling to Sreemangal, hassle-free is still very much possible. However, such words of reassurance must come from all stakeholders. It would be helpful if the government came up with a plan to revitalise the sector."

"We incur high amounts in regular maintenance of the resort every month and with only 10-15 per cent occupation of the rooms, we are going through a major crisis. However, we are positive that the situation will improve soon."

As the nation navigates through turbulent times, there is an urgent need for coordinated efforts to restore confidence in the tourism sector. Reassurances from the government regarding safety and stability are crucial in rebuilding trust. Industry players like Apu Nazrul and Md Ariful Islam highlight the resilience and adaptability required to weather this storm.

By Mannan Mashhur Zarif
Photo: S.M. Intisab Shahriyar





Salads under Tk 150: Budget-friendly options that pack a flavour punch

Looking for delicious salads that will not break the bank? You're in luck! These budget-friendly recipes, each under Tk 150, are packed with flavour and freshness. From a tangy cucumber onion mix to a zesty tomato salad with mint, and creamy curry chicken and egg salads, these dishes prove that healthy eating can be both affordable and exciting.



Fresh tomato salad with mint

Tomato is another staple in salads and this one comes with a twist of mint. The onions make their appearance yet again.

The combination of lush red tomatoes and the freshness of mint might seem odd but trust us, they work most appealingly. The sprinkle of toasted sesame seeds punctuates the dish, the earthy and nutty flavour tipping the balance.

Cucumber onion salad

When you think of even the most basic of salads, you cannot do it without adding cucumber to the mix.

This simple, zesty salad has cucumber as the centrepiece, coupled with onions, and drizzled with a vinegar dressing that manifests a deliciousness that's easy on your stomach.

The juicy cucumber spiced up by the onions creates the base before the tangy and slightly sweet apple cider vinegar works as the missing flavour, a perfect additive to this laidback dish.

You need to create the dressing by whisking apple cider vinegar, water, sugar, salt, and pepper before tossing the veggies into the bowl to coat them perfectly.

For a light lunch or a side serving of heavy dishes, you will surely enjoy this hassle-free delicacy.



All you need to do here is mix the tomatoes, onions, and mint before adding salt, olive oil, and sesame seeds. This easy salad is good to go as a lunch or dinner if you are feeling lazy but hungry.

Curry chicken salad

The earthy spices incorporated in the salad hold hands with a subtle sweetness and crunchiness of raisins and almonds.

The dressing needs your attention first, as you make it by mixing mayonnaise, yoghurt, lemon juice, honey, curry powder, salt, and pepper. You should taste it to adjust curry powder or salt (if needed). The chicken is sprinkled with salt and pepper and caramelised before being mixed with onions, celery, sliced almonds, and raisins with the dressing.

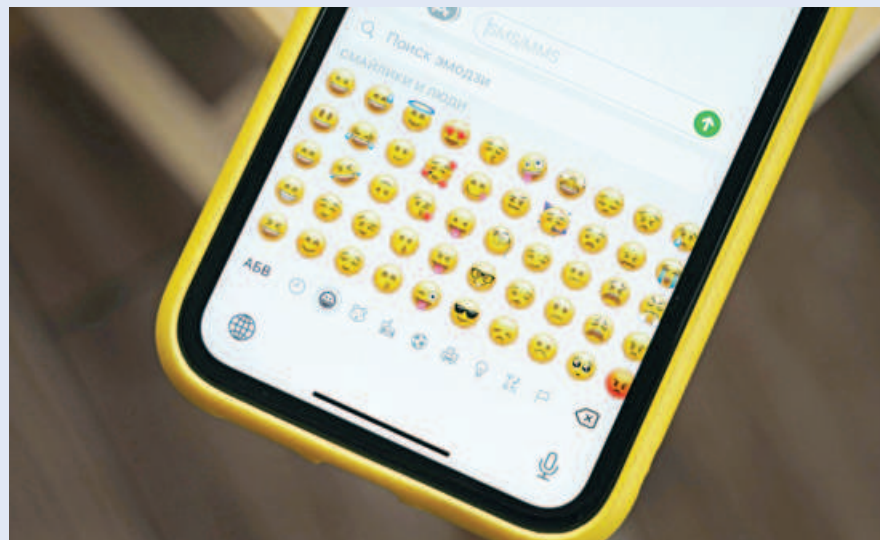


Egg salad

This salad ticks the list of almost every flavour: a hint of sweetness from creamy mayonnaise, zest from lemon juice, the savoury umami from the soy sauce, and earthy, slight bitterness from the crispy celery.

The boiled eggs must be chopped before you add the dressing made of mayonnaise, soy sauce, celery, lemon juice, salt, and pepper, blending them well. One thing you need to keep in mind is to mash the egg yolks into the dressing to enhance its flavour. Adjust the ingredients to your taste and let yourself dig into the filling yet delectable meal, ideal for your busy days.

By **Tasneem Azim**
Photo: **Collected**



#LS EDITOR'S NOTE

Emojis: The shortcut to shallow conversations?

There is no doubt that over the past few decades, emojis have dominated digital media and communication. They are everywhere from our newsfeeds and comments to our messages and interactions. There have also been real-life emoji toys and even movies dedicated to emojis.

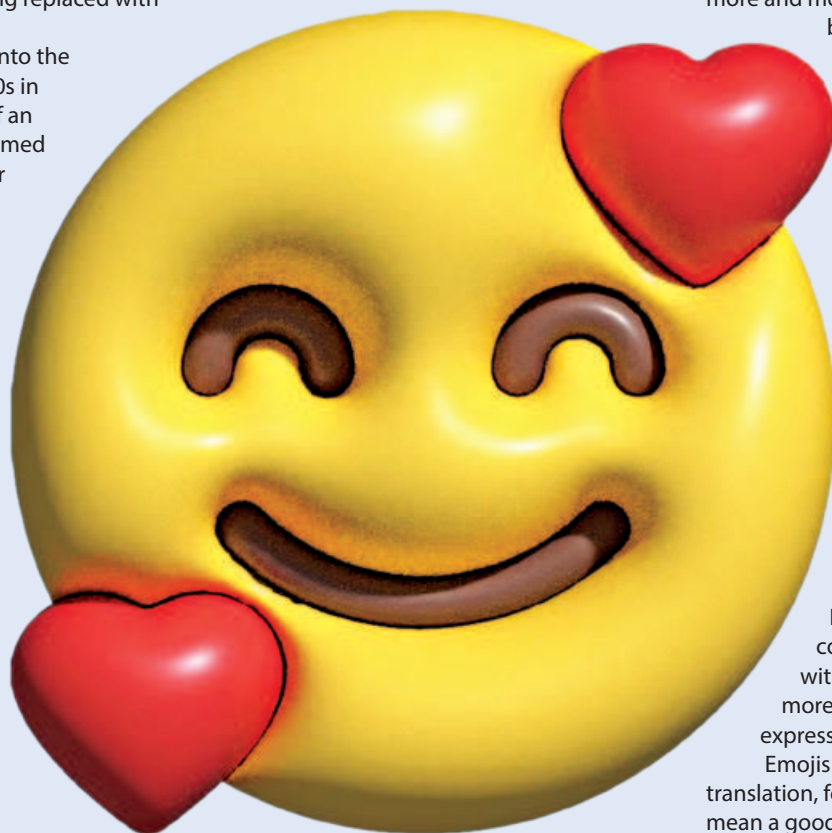
They seem to encompass every human emotion available and more adding personality and humour to our day-to-day interactions. But amidst the light-hearted nature of emojis, it does beg the question of whether they are slowly and eventually changing the way we express emotions. Are we headed into a world where words are being replaced with emojis?

Emojis first came into the scene in the late 1990s in Japan at the hands of an interface designer named Shigetaka Kurita. Ever since, the trend has gone viral across the globe. They started to evolve into a universal language regardless of age, culture or language of the people using them. No matter what emotion people were trying to convey, smiles, frowns, excitement and fright, emojis were able to capture the essence perfectly. Not only that but it also made communicating faster and more comprehensible for most people.

Now the bitter pill to swallow with the ever-influential use of emojis is that over the years, we seemed to be losing the depth of genuine connections especially emotionally. Instead of typing something

thoughtful we just click a few emojis and convey the same message swiftly. A good comparison or analogy is that emojis are like fast food. It's fast and convenient but not necessarily healthy.

Arik Hanson, a social media consultant for mid-sized and large companies in Minnesota,



USA who has over 25 years of experience in marketing and communications stated this about the looming concerns about emojis, "Learning how to think visually is a great thing. I'm not disputing that. But,

learning how to express your thoughts via the written word is a different skill. In my experience, most of the people I see ascending to senior-level PR/communications jobs are those with strong to very strong background in writing—not design/visuals."

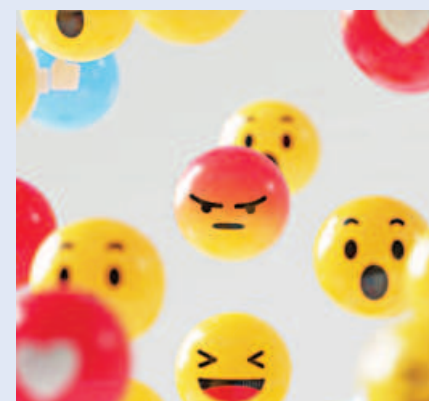
Adding to the professional setting, more and more people seem to have been desensitised from emotional stimuli and responses because of the increasing use of visual cues like emojis. When we click on that laughing emoji, how often are we in real life rolling on the floor laughing?

This especially impacts children more as they become used to this kind of communication and therefore tend to not develop their written communication skills.

"Kids already have difficulty learning to write coherently, creatively and effectively in school.

Now, these kids are communicating less and less with written expressions, and more and more with visual cues," expressed Hanson.

Emojis can also become lost in translation, for example, a thumbs up can mean a good thing but without proper context it can come off as sarcastic. So, treading through that thin line and trying to figure out which one can it be is tedious on the mind and that is why most people seem to disregard it completely adding to the desensitisation. The use of emojis has been generalised to the point



where people especially the youth think you are a robot if you do not use emojis!

To the younger generation, emojis are second nature but for others, it could be a bit of a puzzle to figure out. It hinders one's ability to articulate deeper and meaningful emotions because the emoji does the job for you. Imagine a world where expressing complex human emotions is reduced to a few images. It is very efficient but is it worth what we are losing for it?

By Abdul Warith Khan
Photo: Collected

#LIFEHACKS

6 essential self-defence moves every girl needs to know

In today's fast-paced world, feeling secure and prepared to face unexpected situations is essential. While we all hope never to be in a position where self-defence is necessary, knowing a few effective techniques can make all the difference.



Here are 6 easy, yet highly effective self-defence techniques that anyone can

learn, complemented by insights from Humaira Akhter Antara, a seasoned karate practitioner. We might never need to use these skills, but having them can change the way we move through the world. It's more about living freely and confidently rather than just surviving.

Remember, your safety is worth every effort, and empowering yourself in this way is a gift that can last a lifetime.

#1. The power of awareness

"Always scan your surroundings and strategise ahead," advises Humaira. Being aware of your surroundings is the best preventive measure. Trust your instincts – if something feels wrong, act by avoiding the threat or seeking help. Remember, the best fights are the ones you can avoid!

#2. The strategic punch

When it comes to physical defence, a strategic punch can be surprisingly effective.

"Target main vulnerable areas such as the mouth, nose, neck, and throat when striking. A precise, swift punch to these spots can disable an attacker long enough for you to escape," Humaira recommends.

Remember, targeting these vulnerable areas with the base of your palm reduces the risk of injuring your fingers.

#3. The heel kick and knee jab

Another set of techniques Humaira emphasises involves the lower body.

"Utilise your lower body strength effectively. A sharp knee to the groin or a robust heel kick to the leg can incapacitate an attacker, tipping the scales in your favour," she says.

The groin is a particularly sensitive area, making it a prime target in close encounters. A forceful knee jab here can weaken an attacker long enough for you to make your getaway. Similarly, a heel kick aimed at the attacker's leg or foot can cause pain and imbalance, aiding your escape.

#4. The defensive use of fingers

One often underestimated technique involves using your fingers as a defensive tool.

"In close encounters, thrust your fingers towards the attacker's eyes with force. This aggressive defence can cause immediate disorientation, giving you a vital chance to flee," suggests Humaira. This can be one of the most effective distractions, allowing you enough time to escape.

Eye gouges are not subtle moves and should be used with the seriousness they entail. This act is instinctual and effective, creating an immediate need for the attacker to react, which can create a moment for you to escape or attract attention for help.

#5. The escape from a wrist hold

Being grabbed can be terrifying but there's a reliable way to break free. If someone grasps your wrist, your best move is to make your arm rigid and rotate it towards the thumb of the person's grip.

As the thumb is the weakest part of the hand, this movement can break their grasp, allowing you to pull away quickly. Practice with friends or family to master the twist and pull technique effectively.

#6. Utilise common items for defence

"Familiarise yourself with simple yet effective techniques using everyday items," says Humaira, adding, "Whether it's wielding a pen with precision, spraying chilli powder for temporary blindness, or discreetly carrying a small knife, each can be a useful tool for defence. Practice regularly to enhance your readiness and effectiveness."

Everyday objects can transform into defensive tools in moments of need. A pen can be used to stab at soft targets. Chilli powder, on the other hand, can obscure vision and cause respiratory distress, and a small knife can be a deterrent. Nevertheless, the use of any weapon must be handled with the understanding of legal and ethical implications.

By Ayman Anika

Photo: LS Archive/ Sazzad Ibne Sayed

Disclaimer: The self-defence techniques described in this article are intended for personal safety and self-defence purposes only. They should be used responsibly. Practising these techniques under professional guidance is recommended to ensure proper application.

#HEALTH & FITNESS

MONKEYPOX OUTBREAK

Just when you thought it was safe to go outside



After the days of the coronavirus pandemic, a lot of us are familiar with the struggles of quarantine and just how dangerous certain outbreaks and viruses can be. Now, with the recent talks of Monkeypox and its recent outbreaks across the globe, and the World Health Organisation (WHO) declaring it as a global health emergency, most people are understandably confused, curious, and wondering if they are going to have to prepare for yet another lockdown.

Here's all you need to know about Monkeypox, from its effects to ways in which you and your family can stay safe and happy.

What is Monkeypox anyway? According to the WHO, it is an illness that is caused by the monkeypox virus. Although the actual origins of the virus are unknown, it is most commonly found in west and central Africa. The risk of catching Monkeypox is low.

Monkeypox mainly spreads through close contact. This includes touching, kissing, sexual contact, or being in contact with somebody infected with Monkeypox and talking and breathing near them. Unlike COVID-19, this is not an airborne disease, so transmission of Monkeypox through respiratory means is not a cause for concern.

You are unlikely to have Monkeypox if you have not been in contact with someone who has Monkeypox, or if you have not travelled to west or central Africa recently.

There are various symptoms of Monkeypox. The most common include a rash that lasts around two to four weeks, as well as fever, headache, back pain, and muscle aches. The rashes appear as blisters or sores, and can show up on the face, hands, feet, groin as well as other sensitive areas of the body. The rashes from Monkeypox can often be mistaken for chickenpox due to the similar way in which the rashes first look.

So, how can you protect yourself

against Monkeypox? If there is a case where the virus is spreading in your area and community, be sure to communicate with people close to you and ensure you are distancing yourself from people infected. Ensure anybody infected is isolating themselves until the scabs from the rashes have fallen and a new layer of skin has formed. In this way, the virus will not spread to other people.

For someone infected with monkeypox, the symptoms usually



go away after two to four weeks, with care and medication for pain and fever. Infected individuals should stay at home, stay hydrated and eat well and rest. They should also avoid scratching their skin, and clean rashes with water or an antiseptic.

There is a vaccine for Monkeypox, formed through many years of research. However, vaccination is only recommended for people who are at risk of exposure to Monkeypox, and is not needed for everyone.

What you should note is that Monkeypox is not like COVID-19. It is not a new virus, and neither does it spread in the same way as the coronavirus. Experts are already well equipped and know how to control Monkeypox. It is highly unlikely that Monkeypox will trigger another pandemic, but it is best to be aware and keep family and friends informed and safe.

By Adiba Islam
Photo: Collected

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ব্যাকট্রল লিকুইড হ্যান্ডওয়াশ
২০০ মিলিঃ এখন ১০/-
কমে মাত্র ৮০/-



Left Right
Left Right



#DECOR

Transform your living room: From drab to fab in no time

//A living room transformation: Refreshing your space

A living room is more than just a space; it's a reflection of your personality and a place to unwind and entertain. Renovating this central hub of your home can be a transformative experience. If you have been thinking about renovating your living space, here are some ideas to breathe new life into your home.

Getting started

Before you start, develop a clear vision for your living room. Consider your personal style, lifestyle, and budget to guide your decisions. Don't be afraid to incorporate a variety of styles and textures to create a room that reflects you in every corner.

For the walls

The colour palette of your living room sets the tone for the entire space. Certain colours consistently create a welcoming and inviting atmosphere. Soft neutrals like beige, cream, and grey exude elegance and sophistication. For a touch of warmth, consider incorporating shades of brown, such as caramel or chestnut.

If you're feeling adventurous, experiment with bolder hues like deep blue, emerald green, or terracotta. These colours can add a dramatic and eye-catching element to your living room. However, it's essential to balance them with neutral tones to prevent



the space from feeling overwhelming.

Lighting: More than just function

Lighting plays a crucial role in creating ambience and highlighting the architectural features of your living room.

Consider a combination of natural and artificial lighting; large windows allow ample natural light, while lamps and overhead fixtures can provide targeted illumination.

For a cosy and inviting atmosphere, opt for warm-toned light bulbs which are perfect for relaxing evenings.

Wall accessories: Personal touches

Wall accessories can add personality and

visual interest to your living room. Artwork, mirrors, or perhaps small wall shelves? A display of art can resonate with your personal style while mirrors can also help create the illusion of space and reflect natural light.

Furniture: The cornerstone of your living room

Furniture is the cornerstone of your living room. Choose pieces that are both functional and aesthetically pleasing. Consider the layout of your space and the activities you'll be engaging in when selecting furniture. A comfortable sofa is essential for relaxing, while a coffee table provides a place for drinks and snacks.

If you're aiming for a minimalist look, opt for clean lines, uncluttered designs, and neutral colours. For a more traditional

aesthetic, you can go for classic pieces like armchairs, ottomans, and side tables.

Mid-century modern furniture, with its clean lines, tapered legs, and focus on natural materials, is a timeless choice. Scandinavian design emphasises simplicity, functionality, and a light and airy atmosphere while industrial-style furniture features raw materials, exposed metal, and a rugged aesthetic. Bohemian style, a rather trending look for any home these days, incorporates a mix of patterns, textures, and colours.

Natural materials like wood, leather, and linen add warmth and texture. For a modern and sleek aesthetic, you can choose to bring on a combination of colourful seats on a thin wooden frame for sofas, glass, metal, or even marble for tables.

Renovation on a budget

Renovating your living room does not have to be an expensive endeavour. Start by assessing your existing furniture and decor shuffle sometimes goes a mile.

Additionally, consider financing options like EMI (Equated Monthly Instalments) to spread out the cost of furniture purchases. This can make it easier to afford the pieces you love without breaking the bank.

Lastly, take your time and enjoy the process. A well-planned renovation will last for years to come. There is no rush, and a well-thought-out look for your living room is the most rewarding aspect of your whole project.

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Yearlong EMI Facilities
