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MATRI MONGOL

PHOTO: ADNAN RAHMAN

MODEL: SURJO

STYLING: SONIA YEASMIN ISHA

MUA: SUMON RAHAT & TEAM

WARDROBE COURTESY:

TANGAIL SAREE KUTIR

Be the person everyone remembers!

7 steps to a perfect first impression

Studies show that first impressions are usually formed within just 17 seconds of meeting someone new. This can be intimidating considering you might think you have no control over these 17 seconds. What if you did have control over making a good first impression?

Here are 7 basic hacks to ensure you have a great first impression.

Read the room

Be aware of your surroundings and sense the tone of the people around you. Take a moment to observe the atmosphere. This allows you to tailor your responses, aligning your tone and approach with the mood of the group, ensuring a more thoughtful and effective interaction.



Dress appropriately

Before attending any event, try to get a sense of the setting—will it be formal or casual? Dressing to match the occasion shows your precision. For job interviews, it's always better to be slightly overdressed



than underdressed. Make sure you feel comfortable, wear clean, well-fitted clothes, and don't forget the details—a neat shirt, polished shoes, and a decent perfume can go a long way in leaving a positive impression.

Keep a genuine smile

Most first impressions are about eliciting the answer to one single question: Can I trust this person? Needless to say, that's where a smile does wonder. Anthropologically speaking, smiling used to make cavemen appear more trustworthy rather than coming across as a threat. Studies have also shown that a person seems more approachable when they are wearing a "Duchenne smile" — a genuine smile that causes wrinkles around both your mouth and eyes.

Be the one to approach first

Instead of waiting for the other person to make the first move, take the initiative. Approach a person with a firm handshake and a confident smile. This puts you in an active role, allowing you to set the dynamic of the conversation and stand out from the crowd. Also, by breaking the ice, you subtly demonstrate assertiveness which goes a long way.

Call the person by their name

Make an effort to remember the other person's name and use it frequently throughout the conversation. As Dale Carnegie said in his book, "How to Win Friends and Influence People", a person's name is by far the most favourite word in their vocabulary. You may know thousands of words, but the one with the most lasting influence on the other person's behaviour is their name.

Keep an open body language

Make eye contact and keep your shoulder pointed at the person you are facing. Remember to come across as confident and open-minded. But, be wary of coming across as arrogant. Know the thin line between confidence and arrogance.

In addition, it is important to mirror the other person in a way that shows there is a synchronisation between you and your counterpart. Remember, the role of your nonverbal cues starts even before you start speaking. Oftentimes, it's your body language that makes or breaks the opportunity for you.

Seek to listen first, then to be heard

Be genuinely interested in the other person. Find common grounds to stay relevant when you are talking about their interests. One of the "7 Habits of Highly Effective People" is to listen to understand, not to prepare counter-arguments. Practice mindful listening to get better at this skill over time. In other words, be more interested than interesting.

If you play your cards right, you can make a great first impression and make meaningful connections, thanks to the primacy effect. After that, the confirmation bias kicks in, which gives you an added advantage because people will now want to believe what they have known about you since the very first impression: that you are a reliable, confident person they can trust. This way, first impressions can be a powerful tool to get ahead of the crowd, as Harvey Specter from the TV show "Suits" famously said, "First impressions last."

By Minhazur Rahman Alvee
Photo: Collected

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#PERSPECTIVE

A spicy twist on satire: Bangladesh's roast comedy scene unpacked



The echo of laughter through a crowded room after a sharp comedic jab is becoming increasingly common in Bangladesh, where joking about political figures once might have attracted “unwanted attention.” This shifting landscape was vividly illustrated at a recent event, hosted by Stand Up Dhaka, where Salman Muqtadir was roasted mercilessly — but all in good spirit — by several other well-known comedians. The event not only entertained but also showcased the growing appetite for roasting — a form of entertainment where comedians humorously criticise public figures.

A global tradition with local flavours
Roasting has a long tradition worldwide. “It is like a spice that enhances the flavour of comedy, making it more engaging and relatable,” explains Sami Doha, a comedian and telecom expert. While televised roasts are a staple in the West, this comedic style is just beginning to take root in Bangladesh, primarily among the youth and on digital platforms.



That said, the reception of roast culture in Bangladesh is mixed. Sami notes, “Many here still grapple with the concept; they confuse roasting with



rudeness, not realising it’s all in good fun and often for a good cause.” The challenge lies in balancing respect and satire, navigating societal norms that often value decorum over critique.

The humorous appeal of roasting lies in its ability to deliver critiques in a light-hearted manner. Roasts often revolve around the roastee’s known behaviours, making the jokes relatable and engaging. The format has proven its ability to draw laughter and applause by poking fun at quirks and foibles without crossing into personal attacks.

Gradually roasting is emerging as a popular genre among the youth in Bangladesh, especially on platforms like YouTube and TikTok. Moreover, in Dhaka, Naveed’s Comedy Club (NCC) has been successfully hosting comedy shows, where roasting is a staple.

Sami, a regular at the club, informs, “Our debut roast battle at NCC had us on edge, wondering if the audience would embrace this new format. To our delight, it was a full-house hit. Since then, we’ve staged two more roast battles, including a group roast, co-organised by Stand Up Dhaka and NCC, each drawing a packed crowd.”

Gender dynamics and ethical considerations

The world of comedy, including the burgeoning roast scene, is not immune to the broader challenges of gender inequality found in many creative industries. The visibility of female comedians in the roast circuit is markedly lower than that of their male counterparts.

Nilima Rafi, a popular figure in the local comedy scene, speaks on the importance of



diversity and representation in comedy.

“In roasting, as in all comedy, seeing diverse voices matters. It challenges stereotypes and enriches the dialogue,” Rafi explains.

She emphasises that women’s inclusion in roasting can serve as a powerful tool for challenging societal norms and expanding the scope of comedic discourse. Moreover, Rafi discusses the barriers that persist for women in the industry: “The path isn’t just about being funny; it’s also about overcoming societal expectations and navigating a landscape that offers fewer opportunities and greater scrutiny for women.”

Nonetheless, Rafi is hopeful about the

future. She believes that as more women take the stage and as audiences grow more accustomed to female-led satire, these barriers will begin to erode.

“It’s essential for the industry to support and amplify the voices of female comedians, not just for equality’s sake but for the richness it brings to the comedy itself,” she asserts.

Ethical boundaries are equally important in roasting. Sami emphasises, “I never cross into personal territory. I aim to entertain, not offend, ensuring everyone can laugh, including the person I’m roasting.”

This ethical line helps maintain roasting as a light-hearted entertainment rather than a personal attack.

The social impact of roasting

Roasting, while primarily seen as a form of entertainment, holds a unique position at the intersection of comedy and social commentary. Both comedians agree on the social impact of roasting.

“It’s more than laughs; it’s a lens on society, reflecting our virtues and vices,” says Sami. Rafi adds, “Roasting can open discussions on otherwise taboo topics, making it both reflective and revolutionary.”

Hence, looking forward, the prospects for roast culture are promising but require nurturing. As our country continues to evolve culturally, the development of its roast culture offers a unique opportunity to embrace a form of entertainment that challenges, amuses, and provokes thought — all while serving as a mirror to society.

By Ayman Anika
Photo: Muntaseir Husain Bokhari,
The Attention Network, Yakin Nazif,
Collected



Do you really need that third pair of shoes?

The 'No Buy' year challenge explained

We have all met shopaholics at some point in our lives. Being one of the members of the coveted group, it is safe to say that the word “saving” is the same as asking us to do sit-ups every other minute. Yes, you do come across an offer that you end up believing is the deal of the century. The rush of adding an item to your shopping cart feels almost irresistible, but some brave souls have chosen a more radical approach: a ‘No Buy’ year.

Take the case of Rahim, a 32-year-old corporate professional who buys a new phone every year. “I convince myself that upgrading my gadgets is necessary for my work. But deep down, I know it’s not true. I just love the excitement of owning something new,” he admits. “This ‘No Buy’ thing — I know I should give it a go. Inflation is affecting us all, and I need to stop pretending I’m immune.”

The idea is simple—no unnecessary purchases for an entire year. It sounds extreme, perhaps even absurd to the average person scrolling through online sales. But for many, it’s a movement, a reset button for their relationship with consumerism, and maybe a way to stretch their finances a bit longer during these challenging times.

In Bangladesh, where inflation has risen steadily and devastating floods have turned lives upside down, the ‘No Buy’ challenge takes on a new level of urgency. Essentials—rice, lentils, even cooking oil—are becoming harder to afford, so it’s time to ask ourselves: Do we really need that third pair of shoes when we only have two feet?

Inflation, floods, and the power of saving
Over the past few years, Bangladesh has

seen increasing rates of inflation. The cost of daily necessities is increasing to the point where even a weekly or monthly trip to the store feels like an unfair attack on our



pocketbook. These days, saving is more than simply a decision—for many, it’s a survival tactic. As such, saving needs to be re-examined as a way of life, particularly for compulsive spenders like you and me.

However, the goal of the “No Buy” challenge is to alter our perspective of money and our relationship with it, rather than simply to save money. We all have purchased items just because they were



on sale, rather than because we needed them. Purchasing non-essential products drains your financial account and adds to the never-ending cycle of consumerism, especially with prices at an all-time high.

What happens when you don’t buy?

So, what happens when you commit to not buying? Many who take on the challenge describe it as liberating. It forces a deep, introspective look into what we need, making us more grateful for what we already have. In the process, the ever-present “want vs need” debate becomes easier to settle.

A year without impulse buys can help you realise how much of your spending was about filling voids, not shelves. The thrill of buying something new fades quickly, but when you avoid unnecessary spending, the satisfaction of financial security grows. Plus, there’s an oddly satisfying thrill in saying, “Nope, not today!” to that flashy

new gadget that was just beckoning you to swipe your card.

For someone like Farhana, a university student, minimalism isn’t a choice but a necessity. “I don’t have the luxury to buy things I don’t need. My budget is so tight that I’ve been living this ‘No Buy’ life for a while,” she laughs. “But you know what? It’s not that bad. You learn to make do with less and appreciate what you have.”

A minimalist life is more than just saving money

The “No Buy” year is also about rediscovering joy in the non-material things in life. When you are not distracted by the constant need to acquire, you open up space for experiences, meaningful connections, and a less cluttered life—physically and mentally.

But not everyone finds it easy to resist.

Sheela, a 40-year-old housewife, confesses, “I’m hooked on these live dress showcases on Facebook. I’ve bought the same dress in three different colours! It’s become a habit.” She sighs, “I’ve been trying to stop, but it’s hard when the temptation is always there. Maybe I need this ‘No Buy’ year more than anyone.”

Perhaps, the most sensible, grounded thing we can do in an increasingly unpredictable environment is to concentrate on what we need. We learn from the ‘No Buy’ challenge how important it is to put off momentary pleasures for long-term well-being, something Bangladeshis are more than capable of doing.

By K Tanzeel Zaman
Photo: Collected

#FASHION

SHARAT'S graceful homage

Fall brings a whole new meaning to Bengali fashion. In this day and age, we love taking cues from global trends and fusing them with our versatile styles the rest of the year, but come this season we still lean towards more traditional forms and hues.

Autumn, it seems, is the perfect time for basking in the opulence of Bengali heritage as we so effortlessly flaunt the colours we wear, the fabrics we choose to wear, and the way we carry ourselves.

From sarees to panjabis and everything in between, the choices of the season help us create a deeper bond with our timeless heritage. As we embrace the magical colour palette of deep reds — almost a shade of vermillion — and oranges contrasted with shades of white and ivory, we are not merely picking colours of preference but symbols of a culture that dates its roots back over millennia.

The season also marks the arrival of goddess Durga to her earthly abode. The biggest religious festival of the Bengali Hindu community, Durga Puja is also a celebration of their identity. Making offerings to the gods, eating a good meal, and wearing the very best are all parts of the spiritual aspects of the occasion.

Trends evolve, however till this day, as far as fashion is concerned, every Bengali worth her salt finds herself reaching for traditional wear to mark the celebrations. The

rich fabrics, intricate weaves, and bold colours are all symbolic of the devotion to the goddess.

Summer fashion in this part of the globe spells ease over style. Winter, here, is the most happening season with a never-ending list of events — it is the season where fashion takes a new flavour as we all try to play with the textures of fabrics.

Autumn, the season that punctuates sultry summer and chilly winter, however, is a transient time. In the grand scale of everything fashion, this is the season where we can safely shift to attires that reflect the balancing act between tradition and modern flair.

After all, fall fashion in Bengal has become more than just an expression of style. It is a celebration, a graceful homage, and a reminder that no matter how trends evolve, our roots always guide us.

By Mannan Mashhur Zarif
Photo: Adnan Rahman
Model: Surjo
Styling: Sonia Yeasmin Isha
MUA: Sumon Rahat & Team
Wardrobe courtesy: Tangail Saree Kutir

#FASHION

There ought to be an ode to the love affair every Bengali woman has with her cotton sarees. Bengali girls dream of growing up to be a woman of substance, grit, and tenacity. Draped in the six yards of her saree she is grace personified; she is a woman of the world, yet rooted deeply in tradition.

THE UNMATCHED ALLURE OF COTTON SAREES

One of Bengal's best-kept secrets



Juggling her many hats with aplomb she redefines every day what a woman is made of and then some! Close to her heart is the cotton saree, woven in its entirety by the precious hands of our local artisans, **Made in Bangladesh and proudly so.**

"Shutir sharee" — sarees made of homegrown, organic cotton are in a league of their own. Breathable and easy to manage it is supremely comfortable to wear throughout the day. The choice of attire for the majority of Bangladeshi women — cotton sarees are a national treasure, not to mention loved and appreciated by all.

In a time when our spirit of nationalism is at its highest cherishing and nurturing our heritage, traditions are of utmost importance.

Cotton sarees are lightweight and versatile. It will take you through the whole day keeping you cool and comfortable. In the sweltering Bangladeshi heat, it is an ideal garment. While sarees were relegated to weddings and formal events up until a few years ago women of this generation are embracing it wholeheartedly.

Many ladies opt for sarees for work these days and owing to the demure nature of cotton sarees it is an ideal choice for formal wear. And why not? After all an attire as elegant and sophisticated as a cotton saree should be worn and appreciated by the modern women who are intelligent, cosmopolitan, and deeply revered by their identity as Bangladeshi. And what is a better outfit for a proud Bangladeshi than her trusted cotton saree?

When choosing a saree for you, look for organic, handloom ones. Sarees with a personal touch are truly special. Many vendors these days arrange exhibitions showcasing their wonderful creations. These events are not only great for scoring fabulous sarees but are also a way to connect with the talented artisans keeping our traditional crafts alive with their tireless efforts.

One can also act as a patron to support their communities. When shopping for cotton sarees one is truly spoiled for choice — soft, pastel-coloured ones with simple borders are perfect for daily wear. Earthy hues are also really beautiful. Some sarees are beautifully hand embroidered, which makes them even more special.

There are hundreds of places that carry splendid cotton sarees that will definitely enrich your collection! So, without further ado, indulge yourself with a cotton saree this season or a couple and beat the heat by flaunting your own unique Bangaliana!

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Surjo
Styling: Sonia Yeasmin Isha
MUA: Sumon Rahat & Team
Wardrobe courtesy: Tangail Saree Kutir



#REVIEW

Free Classes, No Flexibility Required! A banker's unlikely Yoga mission

As the soft rays of the sun peek through the trees at Dhanmondi Lake, a group of women spread their yoga mats.



Md Rokanuzzaman Tutul, their instructor, fusses over the arrangement of mats, ensuring ample space is available for effective movement.



This is the usual scenario you may encounter if you happen to visit Dhanmondi Lake on a fine morning.

Leading these yoga sessions is Md Rokanuzzaman Tutul, a banker by profession, who earned his Diploma in Yoga from the Bardhaman Yoga Center in India, and is currently pursuing a master's degree in Yoga. He runs an initiative named "Matri Mongol," with a vision to support mothers and other women by providing them free access to yoga — thereby, helping them maintain physical and mental wellbeing.

"This initiative was conceived in 2021 during the COVID-19 pandemic to bring the benefits of yoga to everyone, irrespective of gender, age, or religious background," explains Tutul.

"My philosophy is deeply rooted in the belief that yoga is a treasure trove of benefits that should be accessible to everyone. So, now, not only women, but men also join the classes," he elaborates.

The sessions are held three days a week, free of charge, fostering a community of wellness and support among the participants. While originally founded to ensure the well-being of women, the initiative warmly welcomes men who are interested in exploring the benefits of yoga.

In his classes, Tutul emphasises a variety of asanas – from Balasana (Child's Pose) for relaxation and Setu Bandhasana (Bridge Pose) that cater to all levels, ensuring that each participant can benefit regardless of their prior experience.

"Yoga connects me with myself and my surroundings. It helps manage weight, stress, and joint pain or stiffness. Now, I know how to stay happy physically and mentally, overcoming all obstacles," Tutul highlights, adding, "I want everyone to experience the life-altering benefits of yoga so that they can learn this practice and pass it on to others."

However, no matter how noble an individual's intention is, they are bound to face criticism and societal resistance along the way.

"Many people have thrown negative comments at me, questioning why I teach yoga to women, and I was even asked to leave a public space just for teaching yoga," he recounts. These experiences, though painful, have only strengthened his resolve to continue his mission.

"I continue with the hope that sooner or later, we will learn to be open-minded and heal not only ourselves but our entire society," he states, expressing a desire to overcome societal rigidity and orthodoxy.

Tutul believes anyone can start practising yoga at any time, describing it as "an ocean full of jewels." He encourages individuals to "pick the jewel for physical, mental, and spiritual well-being to be free from all bondage," emphasising the personalised nature of yoga.

Apart from teaching yoga, Tutul is an avid collector of yoga literature, having amassed hundreds of rare and precious books over the years. Though these books currently reside in a small library at his home, he dreams of one day establishing a yoga library where the knowledge of yoga will be accessible to all.

For now, he focuses on expanding the reach of "Matri Mongol," likening his efforts to planting a seedling: "Spreading the knowledge of yoga is akin to planting a seedling – it provides shelter and healing to all as it grows bigger."

Essentials:

The yoga sessions of Matri Mongol are held every Thursday, Friday, and Saturday morning at Dhanmondi Lake. For more details on how to participate, email: matrimongol@gmail.com

By Ayman Anika
Photo: Ayman Anika



#REVIEW

ALL ABOUT THE GROOVE

How one DJ brought global beats to Dhaka

It's hard to picture the city's nightlife without the thumping beats of electronic music that now energise its party scene. However, rewind to the late '90s and the scene didn't exist. It all started with a group of youth known for crafting the perfect mixtapes for friends. One such individual, Ali Arsalan, now known as RCBD, went from curating birthday playlists to igniting a movement that would put Bangladesh on the global electronic music map.

In 2007, after returning to Dhaka with a degree in construction management—far removed from music—Ali Arsalan was asked to DJ at Le Saigon, which was back then a restaurant known for its lively parties. With just a laptop, an iPod, and a basic mixer, he dived into the world of live DJ-ing.

"The biggest happiness lies in making even the stiffest person in the room dance to my music while aiming to leave them with memorable tracks they'll replay for months" — RCBD

RCBD truly discovered electronic music during a trip to Barcelona in 2010. At the time, he was all about hip-hop, but a spontaneous trip to the Sonar Music Festival changed everything. Watching Brazilian producer, Amon Tobin perform inside a 3D cube was nothing short of life changing. The experience ignited RC's desire to bring the electronic music culture to the Dhaka crowd.

Determined to make it happen, he began reaching out to artists he admired and listened to on SoundCloud, and to his surprise, Phonique—a Berlin-based producer and one of Europe's most renowned house DJs—was the first to respond. This serendipitous moment marked the birth of "Strictly," RC's first exclusive party, a massive hit that introduced Dhakaites to a new wave of music.

Back then, about 30 to 40 per cent of the crowd was really there for the music, while the rest were drawn by the event's exclusivity. After that first success, RC knew



he had to keep things special. He decided to host three or four *Strictly* parties each year, bringing in top-notch artists but keeping it fresh and not oversaturating the scene.

As the opening DJ at every *Strictly*, RC takes his role very seriously, ensuring the warm-up set sets the right tone for the night. He's seen other organizers bring great DJs to Dhaka after him, only to have them thrown off by mismatched set times. RC's approach to music is meticulous and dynamic, ensuring that each set is uniquely tailored to the event's vibe. With a library of 10,000 house tracks and 12-14 hours of music in his pen drive, he avoids rigid playlists, instead improvising and curating

fresh sets for each event by reading the crowd.

The evolution of the house music scene in Bangladesh, especially Dhaka and Chattogram, has been nothing short of remarkable. Where once there were just a handful of enthusiasts, today the scene has expanded to embrace hundreds of fans, fuelled by the rise of streaming platforms that have broadened its reach and popularity.

Modern house music has also evolved to incorporate diverse influences, from rock and hip-hop to pop and unconventional samples, making it more engaging for a wider audience.

One of RC's standout achievements from

recent times has been bringing the duo Double Touch—a live electronic duo based in Sydney and Los Angeles, to Dhaka in April 2024. This act was particularly special because it served as a bridge, connecting the established house music scene with a broader audience.

"Every time I've brought someone, the real interest for me has always been the networking. When one DJ has a positive experience, it opens the door for several others. You also have to let them perform the way they're meant to. If I'm opening and the floor's still empty after an hour, I'll remain in second gear, even if that means staying in the second gear longer than planned. My job isn't to take it up to fourth or fifth—that's for the main act," RC explains.

RC envisions innovative approaches and expanded opportunities for the scene's growth. He suggests that 5-star hotels could play a pivotal role by hosting open nights on off-peak days like Monday or Tuesday or creating purpose-built spaces inside as a commonplace, offering it to local artists and adding new revenue streams for young DJs for showcasing their talents and gaining exposure.

In the future, RC ambitiously wishes to host performances by renowned bands like LCD Soundsystem, known for their electrifying rock and dance sets. His dream is to see a band play a continuous mix from start to finish, creating an incredible atmosphere where people can dance non-stop.

"My dream is to see a band play a continuous mix from start to finish, in our town, creating an incredible atmosphere where people can dance non-stop," RC reveals.

This vision reflects his commitment to fostering a vibrant, open-minded cultural scene for more people to explore and enjoy diverse musical experiences.

**By Tazri Marwa Ahmed
Photo: Courtesy**

Tired of swiping? Let AI find your soulmate!

With technology playing an increasingly important role in our lives now, it is not shocking that it is also changing how we approach dating. We no longer rely on random encounters at coffee shops or friends playing matchmaker for us. Now, we are part of a society in which AI matchmaking and virtual connections are changing how we seek romantic relationships.

AI uses machine learning algorithms to constantly gather information about a user's preferences by analysing their interactions with the app. This may be as basic as the profiles they choose to match with or as detailed as studying their conversations and reactions to various ways of communicating.



If a person, for example, consistently interacts with profiles of individuals who like outdoor activities and value deep



conversations, the AI will take note of these behaviours and begin recommending profiles that match these qualities. As the AI accumulates more data, it improves its ability to find matches that align with a user's preferences and personality over time.

In addition to the solid data, AI is also being trained to recognise emotional patterns in dialogues. Certain AI systems are developed to examine text conversations to grasp the emotional aspects, communication patterns, and interaction levels among users. This enables the platform to anticipate the compatibility

of two individuals by evaluating the alignment of their communication styles. This emotional intelligence is a breakthrough in matchmaking as it prioritises real-time interactions over static profile information when finding matches.

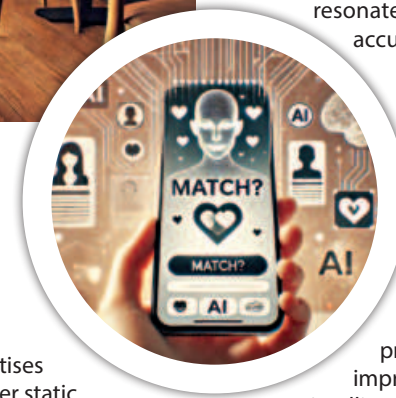
Certain dating apps use Natural Language Processing (NLP) to assess the feelings conveyed by the words. The AI will make a mental note if the

interaction is natural and both participants are enthusiastic and positive. However, if the communication seems awkward or one-sided, the system acknowledges the absence of a connection and refrains from recommending similar matches later on.

AI-based matchmaking offers a major advantage by decreasing the sensation of "dating fatigue." Numerous users of conventional dating apps often feel stressed by the constant swiping and empty conversations. AI reduces uncertainty and improves the chances of users connecting with someone they truly resonate with by providing more accurate matches.

Thanks to these improvements, dating apps could eventually provide users with an experience similar to the instinctive nature of human matchmaking, transforming online dating into a more personal and efficient process. With the improvement of artificial intelligence in predicting successful relationships, users can expect to come across more enduring and substantial connections developed online.

By Maisha Tarannum Iqbal
Photo: Collected



#PERSPECTIVE

Lights, camera, entrepreneurship! Top 5 films to fuel your business dreams

Films have the power to teleport you from one dimension to another. While we enjoy movies of all sorts from thriller to comedy, some actually give us invaluable life lessons. If you are an entrepreneur or someone who wants to take on that path, these movies are definitely for you to watch.

The Pursuit of Happyness

One of the key entrepreneurial characteristics is perseverance – the ability to bounce back stronger after failure. The Pursuit of Happyness, starring Will Smith and directed by Gabriele Muccino is based on the real-life story of Chris Gardner, which perfectly depicts the story of perseverance and the power of staying motivated.

Chris Gardner goes through severe ups and downs for a year having to take care of his son single-handedly while trying to provide a better life to his family. This movie not only highlights the turbulences faced in work life but also the equal number of obstacles that come from personal life while



trying to build a career. This movie is truly an inspiration to fight any obstacle that comes along the way.

Joy

True entrepreneurs can build anything from scratch no matter what adversities they face in life — and this is one lesson this 2015

movie teaches us.

The lead character, Joy Mangano, faces several hurdles and backlash as she tries to set up her business empire using innovative ideas for household items. In the process, she is met with treachery, betrayal, and unforeseen obstacles.

Joy ends up becoming a matriarch



in her own right and a very successful businessperson. Her grit and strong suit in innovation and inspiration are what drives her forward combined with turning a deaf ear to what society has to say.

With Jennifer Lawrence as the lead actress, this is one movie every entrepreneur should watch.

Wall Street

This movie tells us the story of ambition and greed and is deemed as one of the most famous films on success and money. This film essentially highlights the desperation of young people to succeed and how they find someone to idolise along the way.

“Wall Street” is also well known for the famous speech, or rather infamous one on “greed is good”.

Brilliantly played by Charlie Sheen — the main protagonist — Bud Fox idolises Gordon Gekko (played by Michael Douglas) and aspires to reach his stature and success. Along the way, Bud falls into the trap of insider trading and learns about the other, darker side of trade.

Wall Street serves as a cautionary tale for young and budding entrepreneurs about being wary of unethical routes.



The Aviator

This Martin Scorsese and Leonardo DiCaprio collab tells the story of real-life entrepreneur Howard Hughes. This movie puts the spotlight on the fact that people do not only face external defeats and turbulences on their way to success, but they also deal with internal battles that they have to cope with.

Howard has a case of gradually worsening OCD that deeply impacted his day-to-day life, something he had to fight

along with competing with rival companies and luminaries in the film industry with powerful connections.

Despite all odds, he rose to fame and success by remaining passionate about what he did.

Rocket Singh: Salesman of the Year

This movie is about a salesman turned entrepreneur who was uncertain about

life's trajectory. The lead character, Harpreet Singh played by Ranbir Kapoor has poor academic records and lands a job as a salesman. Even then he is mocked by his seniors and colleagues. To prove himself, he bootstraps his own parallel sales company using the company's resources and acquired knowledge.

A very important lesson to learn from this film is that success is not dictated by academic excellence but rather, we are the ones who can reverse and recreate our path. Additionally, Harpreet's hunger for risks, ability to pick the right people for his team, and his value for his customers are inspiring.

This movie is a must-watch for students who are uncertain about their future after graduation and are looking for a source of inspiration and hope.



By Fariha Amber
Photo: Collected

◆ **HOROSCOPE** ◆



ARIES
(MAR. 21-APR. 20)

Someone you care about may be hiding something. Consider giving your living quarters a makeover. Don't take financial risks. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Find ways to make extra cash. Don't spend on lavish entertainment. Avoid falling for committed individuals. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUN. 21)

Residential moves will be unsatisfactory. Attend social events. Don't let others exhaust you financially. Your lucky day this week will be Tuesday.



CANCER
(JUN. 22-JUL. 22)

Be careful when dealing with loved ones. Get involved in physical activities. Consider starting your own business venture. Your lucky day this week will be Monday.



LEO
(JUL. 23-AUG. 22)

Broaden your horizons by mingling with foreigners. Opportunities for travel are evident. Don't ignore your partner's needs. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Put your efforts into redecorating. You will have to help family members with their problems. Financial gains can be made. Your lucky day this week will be Monday.



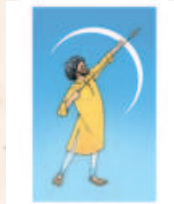
LIBRA
(SEP. 24-OCT. 23)

Follow the rules. Be cordial with relatives. Don't let your partner take advantage of you. Get yourself out of unwanted situations. Your lucky day this week will be Thursday.



SCORPIO
(OCT. 24-NOV. 21)

Get involved in prestigious organisations. Keep your priorities straight. Look after financial transactions this week. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Re-evaluate your own motives and make changes to yourself. Travel will let you experience new things. Don't get involved with uncertain individuals. Your lucky day this week will be Monday.



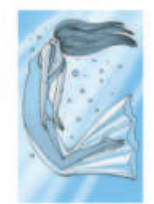
CAPRICORN
(DEC. 22-JAN. 20)

Trouble could be brewing at home. Pleasure trips will be enjoyable with your partner. You could be betrayed by someone close. Your lucky day this week will be Saturday.



AQUARIUS
(JAN. 21-FEB. 19)

Group activities could lead to new friendships. Don't make promises you can't keep. Financial investments will pay off this week. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

If it works, don't try to change it. Problems with your partner may arise. Be careful with personal information. Your lucky day this week will be Thursday.

নতুনযানে, নতুনরূপে

বিউটিনা
ফেস ওয়াশ

Healthy Glowing Skin - এ আত্মবিশ্বাসী আমি

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

এএম. পিএম.

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

KOHINOOR CHEMICAL

#DECOR

Modern minimalism: Because who needs clutter in the dining room?

Ancient minimalism focused on living with fewer possessions and distractions. Modern minimalism goes beyond that. It is about making the most out of what you have, spiritually and also materialistically. Thus, creating a modern and minimalistic dining room is not just about owning fewer things, it is also about finding harmony between simplicity and functionality.

If you want to embrace this lifestyle and decorate your dining room accordingly, here are some essential tips for you.

Firstly, consider the size and layout. If your dining area is spacious, try to keep the furniture balanced. For smaller dining areas, use multifunctional furniture such as a dining table with built-in storage for dishes.

Next, examine how much natural light



the room gets. If there is a large window allowing abundant sunlight, you can use fewer artificial light sources. However, if the room is exposed to little natural light, try and have bright-coloured walls or mirrors in the room as they are known to reflect light

and make the space appear larger.

Choose furniture that aligns with your practical needs. Start with the basics: a table for dining, chairs for seating, and a showcase for storing your dishes. Each piece should serve at least one clear purpose,

and that's all you need. Avoid unnecessary additions to keep the space uncluttered.

Choose a sleek, rectangular, or round table with clean lines in neutral colours finished with either glass or wood. Keep decorative details to a minimum. Pair the table with simple chairs, also in neutral tones, featuring wooden frames and minimal cushioning or detailing.

For storage, choose a simple showcase with front doors, made of a mix of wood and glass in neutral shades. Consider installing pendant lights above the dining table to create a warm, yellow hue. The minimalist design of these lights will softly illuminate the whole room, highlighting the table.

Choose light-reflective paint for your

walls such as white, pale neutrals, or other white shades. These are likely to maximise natural brightness and reduce the need for artificial lighting.

Less is more — as the saying goes. This principle emphasises the importance of being selective about what you choose to have. You may consider placing a plush rug in your dining room to improve the overall décor. You may also wish to choose a piece in yellow or a warm colour combination that will visually enhance your space. But before doing so, consider this — do you need a rug under a dining table? Spilling food on a rug will leave nasty stains that might in the long turn into an eyesore.

Finally, setting up a modern and minimalistic dining room does not necessarily have to strain your budget. Look for a furniture brand that offers Equated Monthly Instalments (EMI), allowing you to pay for your purchases in manageable and equal monthly payments. This option can help you reduce unnecessary stress.

By Minhazur Rahman Alvee
Photo: Courtesy



Yearlong EMI Facilities

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MTB

Prime Bank

UNITED COMMERCIAL BANK PLC UCB

ONE Bank

Jamuna Bank

COMMERCIAL BANK

MEGHNA BANK

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Bank Asia

Standard Bank Limited

Community Bank

NCC Bank

NRB Bank

AB Bank

HATIL