

## #LIFESTYLE

### Home Gym Project

These inspiring home gym ideas will turn your spare room into a beautiful space that you will actually enjoy working out in.



Home gym ideas are a great way to incorporate wellness and vitality into your home without the hassle of an expensive gym membership. A cleverly-designed home gym that factors in key interior design elements, which are both visually appealing and fully-functional, makes the prospect of a workout far more enticing.

Use our guide on how to build a home gym for home gym ideas that are stylish - and most importantly, functional.

**The Ideal Setting**  
In order to design a home gym that is perfect for you, first be honest about what you will actually do there and the equipment you need to reach your fitness goals.



When drawing up the floor plan, be practical about the size of the room you have and what will fit in comfortably. You won't enjoy exercising if everything is too close together and you are left with very little space for stretching.

It is also worth adding a few individual touches, something to make the space personal to you, such as beautiful artwork, neon signage, motivational messages or captivating photography.

**Get The Acoustics Right**  
The interior design and acoustics of your home gym are as fundamental as the equipment you choose.

People often assume an at-home gym is all about the equipment, it's not, just as an actual gym isn't just about the equipment. It's about the music, the lighting, the atmosphere; the same is said for your at-home workout space. Make sure you're creating an experience for when you exercise; much like they do in boutique gyms.

**Focus On Functionality**  
Functionality is key for your home gym ideas. Spaces should be zoned to ensure all exercises can be undertaken with adequate space. Size is very important - you need to have enough space to achieve your goals for the most versatile design tools that can be used to enhance any room in your home.



Prime Minister Indira Gandhi told the then editor of the Sunday Times, Harold Evans, that the article had shocked her so deeply it had set her, "on a campaign of personal diplomacy in the European capitals and Moscow to prepare the ground for India's armed intervention," he recalled. Not that this was ever Mascarenhas' intention. He was, Evans wrote in his memoirs, "just a very good reporter doing an honest job." He was also very brave. Pakistan, at the time, was run by the military, and he knew that he would have to get himself and his family out of the country before the story could be published - not an easy task in those days. "His mother always told him to stand up and speak the truth and be counted," Mascarenhas's widow, Yvonne, recalled (he died in 1986). "He used to tell me, put a mountain before me and I'll climb it. He was never daunted."

## #BANGLADESH WAR

Mark Dummett

On 13 June 1971, an article in the UK's Sunday Times exposed the brutality of Pakistan's suppression of the Bangladeshi uprising. It forced the reporter's family into hiding and changed history. Abdul Bari had run out of luck. Like thousands of other people in East Bengal, he had made the mistake - the fatal mistake - of running within sight of a Pakistani patrol. He was 24 years old, a slight man surrounded by soldiers. He was trembling because he was about to be shot.

So starts one of the most influential pieces of South Asian journalism of the past half century.

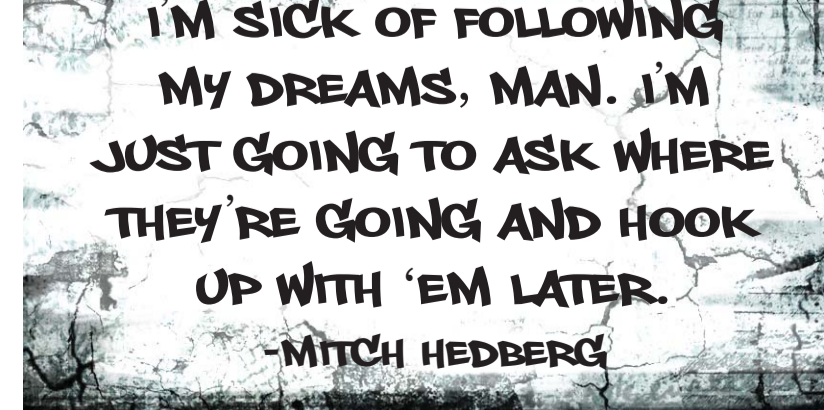
Written by Anthony Mascarenhas, a Pakistani reporter, and printed in the UK's Sunday Times, it exposed for the first time the scale of the Pakistan army's brutal campaign to suppress its breakaway eastern province in 1971. Nobody knows exactly how many people were killed, but certainly a huge number of people lost their lives. Independent researchers think that between 300,000 and 500,000 died. The Bangladesh government puts the figure at three million.

**Set The Lighting**  
Getting the lighting right in a home gym is crucial to the overall ambience and safety of your space. The best lighting for home gyms can be used to highlight architectural features an equipment, create illusions of space and define zones. In fact, lighting is one of



the most versatile design tools that can be used to enhance any room in your home.

Classic lighting structures like pendant lamps and wall sconces have stood the test of time, but don't be afraid to embrace a brave new world. LED technology has made it possible for light fittings to come in a wider array of designs.



# The Article That Changed History

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**The Genocides He Saw**

When the war broke out, what was then East Pakistan, in March 1971, Mascarenhas was a respected journalist in Karachi, the main city in the country's dominant western wing, on good terms with the country's ruling elite. He was a member of the city's small community of Goan Christians, and he and Yvonne had five children.

The conflict was sparked by elections, which were won by an East Pakistani party, the Awami League, which wanted greater autonomy for the region.

While the political parties and the military argued over the formation of a new government, many Bengalis became convinced that West Pakistan was deliberately blocking their ambitions.

The situation started to become violent. The Awami League launched a campaign of civil disobedience, its supporters attacked many non-Bengali civilians, and the army flew in thousands of reinforcements. On the evening of 25th March, it launched a pre-emptive strike against the Awami League, and other perceived opponents, including the members of intelligentsia and Hindu community, who at that time made up about 20% of the province's 75 million people.

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"His mother always told him to stand up and speak the truth and be counted," Mascarenhas's widow, Yvonne, recalled (he died in 1986). "He used to tell me, put a mountain

before me and I'll climb it. He was never daunted."

Foreign journalists had already been expelled, and Pakistan was also keen to publicise atrocities committed by the other side. Awami League supporters had massacred tens of thousands of civilians whose loyalty they suspected, a war crime that is still denied by many today in Bangladesh.

Eight journalists, including Mascarenhas, were given a 10-day tour of the province. When they returned home, seven of them duly wrote what they were told to.

But one of them refused. Yvonne Mascarenhas remembers him coming back distraught: "I'd never seen my husband looking in such a state. He was absolutely shocked, stressed, upset and terribly emotional," she says, speaking from her home in west London.

"He told me that if he couldn't write the story of what he'd seen he'd never be able to write another word again."

Clearly it would not be possible



In the first phase of many notorious war crimes, soldiers attacked Dhaka University, lining up and executing students and professors.

Their campaign of terror then moved into the countryside, where they battled local troops who had mutinied.

Initially, the plan seemed to work, and the army decided it would be a good idea to invite some Pakistani reporters to the region to show them how they had successfully dealt with the 'freedom fighters'.

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## Play God Day

In recent culture films such as Bruce Almighty explore the idea of what it means to play god and what those powers should entail. The discussion of 'playing god' has become more prominent even as technology advances and humans delve into new areas of biology and other fields. Therefore 'Play God Day' can serve as a great way of encouraging you to engage with life more courageously and passionately, simultaneously encouraging you to think of the higher principles and purposes that you wish to align yourself with.



"We could only take one suitcase each. We were crying so much it was like a funeral," she says.

To avoid suspicion, Mascarenhas had to return to Pakistan before his family could leave. But as Pakistanis were only allowed one foreign flight a year, he then had to sneak out of the country by himself, crossing by land into Afghanistan.

The day after the family was reunited in their new home in London, the Sunday Times published his article, under the headline 'Genocide'.

'Betrayal'  
It is such a powerful piece of reporting because Mascarenhas was clearly so well trusted by the Pakistani officers he spent time with.

I have witnessed the brutality of 'kill and burn missions' as the army units, after clearing out the rebels pursued the pogrom in the towns and villages. I have seen whole villages devastated by 'punitive action'. And in the officer's mess at night I have listened incredulously as otherwise brave and honourable men proudly chewed over the day's kill.

"How many did you get?" The answers are seared in my memory. His article was - from Pakistan's point of view - a huge betrayal and he was accused of being an enemy agent. It still denies its forces were behind such atrocities as those described by Mascarenhas, and blames Indian propaganda.

However, he still maintained excellent contacts there, and in 1979 became the first journalist to reveal that Pakistan had developed nuclear weapons.

In Bangladesh, of course, he is remembered more fondly, and his article is still displayed in the country's Liberation War Museum.

"This was one of the most significant articles written on the war. It came out when our country was cut off, and helped inform the world of what was going on here," says Mofidul Haq, a trustee of the museum.

His family, meanwhile, settled into life in a new and colder country. "People were so serious in London and nobody ever talked to us," Yvonne Mascarenhas remembers. "We were used to happy, smiley faces, it was all a bit of a change for us after Karachi. But we never regretted it."



## #PET-CARE

Going for walks should be fun and stimulating for your dog. It's also important to exhibit proper etiquette when out in public and on the leash.



# Walk The Dog



and it will be more willing and excited to go too.

**What You Need**  
■ Collar or harness  
■ Leash  
■ Small treats  
■ Poop bags  
■ Appropriate clothing (for you and the dog if necessary)

**Carry Poop Bags**  
Part of being a responsible dog owner is leaving no trace that you were there. That means you should always pick up after your dog! Rather than leaving poop around the neighbourhood or park, it's considerate to carry your poop bags with you so you can clean up. No one wants to step in poop.

**Maintain Control**  
To make the walks enjoyable and safe, you must maintain control of your dog at all times. Keep your dog close to you when you are around other dogs or people by keeping a short leash.

You can make walks less stressful by training loose-leash walking as well. This will let your dog plenty of chances to sniff around during the walk. After all, your dog's nose is the main way it explores their world. Consider training your dog to stop and sit at intersections, especially in the city. It's a good safety measure around traffic.

It's also rude to let your dog wander into private yards. Keep your dog on the curb-strip side of the sidewalk whenever possible. Be sure to avoid letting your dog eliminate in yards as well. If they do, pick it up!

**Handle Distractions Properly**  
When out on your walk, pay attention to the environment



around you. If you notice potential distractions (like cats, birds, other dogs) before your dog, you may be able to minimize its reaction. You can have your dog sit and look at you while the distraction passes. Keeping some tasty treats in your pocket might help your dog focus on you as well.

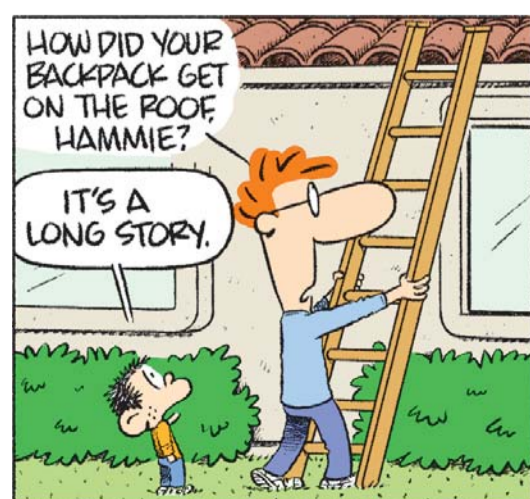
Don't assume other people or dogs want to meet your dog. Always ask before you allow your dog to greet others. Make sure your dog is well-socialized and trained on how to properly meet other dogs and people (especially children). If they're not there yet, kindly tell people who try to approach your dog that they shouldn't. It's not rude and is for their own safety.

**Preventing Problems**  
Walking outside does come with its hazards and it's important to adapt your walks to the day's weather. Keep walks short in hot weather or with senior dogs. It's time to head home if your dog stops walking, begins to slow down, or shows any signs of exhaustion. Contact a vet right away if you see signs of heatstroke.

Avoid asphalt on hot summer days, as the road can burn your dog's paw pads. If it's too hot for your bare feet, it's too hot for your dog. On these days, consider a walk in a grassy park instead and be sure to take some water with you.

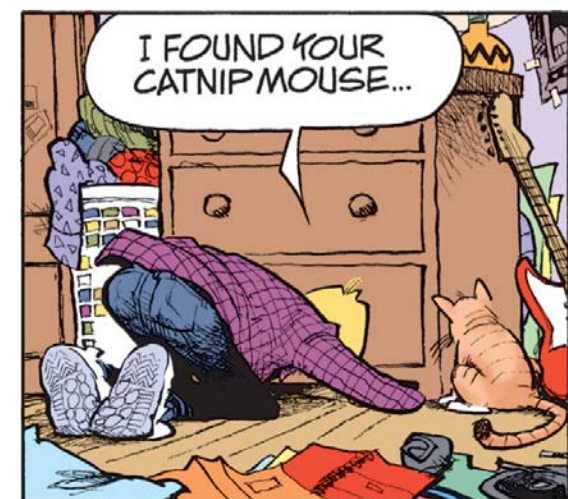
Also, if your dog has a short coat, you might want to get a sweater to keep it warm on walks during winters. Dogs are usually more accepting of these than boots and once your dog associates the sweater with the fun of going for a walk, it will likely welcome getting dressed.

## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman