





VOLUME 19, ISSUE 36, TUESDAY, FEBRUARY 18, 2020  
FALGUN 5, 1426 BS

Star  
**LIFE**  
Style

E-mail: [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)  
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of the Daily Star

# Language for Millennials

**WRITING RIGHT P3**  
**A SKILL IN PERIL**  
**ALL THINGS VERBAL P6-7**  
**CHALLENGES OF THE DIGITAL ERA**  
**FOR THE SWEET TOOTH P11**  
**JAGGERY RECIPES**

PHOTO: SAZZAD IBNE SAYED  
MODEL: SURJO, MARUF  
STYLING: SONIA YEASMIN ISHA  
WARDROBE: SADAKALO  
MAKE UP: FARZANA SHAKIL'S MAKEOVER SALON



**BERGER**  
EXPERIENCE ZONE

Berger Home Décor is now Berger Experience Zone.  
Now you can avail our **ONE-STOP PAINTING SOLUTIONS** nationwide.

**OUR SERVICES**

- ▶ Illusions Painting
- ▶ Trained Painter Selection
- ▶ Complete Painting Supervision
- ▶ Color Scheme Selection
- ▶ Solution to Damp or Crack on the Wall
- ▶ Complete Wood Coating Solution

**FREE CALL** 24x7  
২৪ ঘণ্টা সর্বসময় থেকেই সমাধানে  
**08000-123456**

**BERGER**  
Trusted Worldwide

১৯৯৭



# Ekushe February: An ode to an unforgettable event

The book is titled: Ekushe February. The title gives away the theme of the book undoubtedly. What's so special about it? What's special is the fact that this is the first ever compilation in Bangla literature on the events of the language movement of 1952.

Famous poet, journalist and critic Hasan Hafizur Rahman first edited the book in 1953. As a compilation, the book is divided into several parts such as Ekusher Kobita (poems), Ekusher Golpo (story), Ekusher Gaan (song) etc. In total, there are 21 literary pieces in the book, symbolic of the momentous date. Each piece is glorious and touching in their own right.

Prominent writers such as Showkat Osman, Abdul Gaffar Chowdhury, Shamsur Rahman and even Hasan Hafizur Rahman himself have contributed with their powerful strokes of pen in this book.

In addition to the 21 literary pieces, the book starts with a very robust discussion by Ali Ashraf, titled, "Equal recognition for all languages" where he reminded us that the language movement was not only for the Bangla language but also for every other language in the world that are oppressed and all of them deserve equal recognition and respect.

The book ends with a factual writeup by Kabiruddin Ahmed called "Ekusher Etihash" (History of the 21st) which is a very thorough and detailed discussion about the events that transpired from 26th January to 25th February (1952), encompassing the events of the language movement.



One can find day to day discussions of these events in the last pages, rich with facts and history. History that every Bangladeshi citizen should learn in order to realise how much this nation has sacrificed for our beloved Bangla language, how this language movement later inspired us to fight for our freedom and how lucky we are to be a free nation.

The book goes highly recommended for anyone who wishes to look through the literature focusing on the language movement as well as those who wish to know the history and backgrounds of this movement that our national heroes undertook, risking and sacrificing their lives in the process.

Hasan Hafizur Rahman does an amazing job as an editor, putting these emotionally relatable and rich pieces of writings together in one book that is Ekushe February.

By Ashif Ahmed Rudro



NEWS FLASH

## Guba Publishing at Ekushey Boi Mela

Guba Publishing, an independent publishing house from Oakland, California, has a stall at the Ekushey Boi Mela for the first time ever. The opening ceremony of the stall took place on 3 February, 2020, at the Bangla Academy premises and was inaugurated by renowned designer Bibi Russell.



The publication house is the brainchild of two childhood friends, Raya Rahman and Inshra Sakhawat Russell, who aimed to produce illustrations and narrations focusing on themes of culture, languages, and justice. Guba Publishing was launched in November, 2017, with a small line of Bengali inspired illustrated books, flashcards, and posters.

Guba Publishing strives to create a catalogue of stories, with artwork that engages, enlightens and entertains young readers and listeners. In Inshra S Russell's words, "We endeavour to create meaningful

children's contents for the age group between 0 to 10 years old. We produce board books, illustrated books, learning tools and teaching aids. We aspire to draw on fun learning rather than academics possessing serious tones. Our titles are in English, Bengali, or easy bilingual."

Guba Publishing is a platform for advocating social causes through children's story telling. It creates children's picture books in collaboration with cause driven non-profit organisations to raise both awareness of, and funds for, specific causes. For instance, one of their publications includes a book titled "The Unexpected Friend: A Rohingya Children's Story," which is the first ever picture book about the children of Rohingya. Moreover, profits from the book sales will be donated to Save the Children's Rohingya Relief Fund.

Mustafa Monwar, creative advisor and an Ekushey Padak recipient, quoting Rabindranath Tagore, said, "World's oldest religion is the religion of a child." In addition, admiring the illustrations, the eminent puppeteer added, "It will work as a great boon in shaping a child's mind creatively."

Do pay a visit to The Guba Publishing (Stall No. 13) at Ekushey Boi Mela, Bangla Academy.

By Tahmid Azad Sohan

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...



**SPECIAL FEATURE**

# Writing: An endangered skill

Are writing skills still so important in the digital age? You may have already guessed my answer, but I reiterate, “yes”!

The ability to think clearly, and write well, could carry one a great distance in the past, and while our social landscape and professional settings have changed, for better or for worse, it still can.

In the last one decade, the way we communicate with each other has undergone a revolution of sorts. What we write as sentences have become shorter; individual words are shorter, and abbreviated still. We now prefer to use ‘emojis’ to reveal our emotions rather than old-school ‘words’ that express feelings.

The sentences that we tweet often lack punctuation, although they do not need to; our text messages hardly follow any grammar rules, and that is our sad reality. Clarity is often missing in the emails we write. And amidst all the linguistic faux pas that we adults commit throughout the day, we expect our children to speak properly, and write correct English and Bengali in the nicest of handwritings!

Our expectations burden children to the point of creating a strong disinterest in developing language skills, and is ultimately hampering the way they handle school, and the way they manoeuvre through their golden days of childhood along with their peers.

Whether we are talking about the

preschool cohort or young adults, language skills are now at peril. While the young can be relieved of any responsibility for their lacking, we cannot expect to go scot-free.

As days pass by, we are communicating more through gadgets, and children are simply mimicking what they see. Alarming, they are more comfortable speaking to a group via WhatsApp than they are in addressing a crowd.



Children learn from what they observe, and specially so in their early childhood. In today’s world when most families are two income households, raising children is becoming a difficult issue. Most parents leave their children under the supervision of domestic workers, or the elderly of the family. Even if the mother is a home maker, they all prefer to make best use of technology in order to keep the children busy.

While minimal use of technology is attributed to greater ability to develop language and other associated skills, using this tool every time the child throws a tantrum is perhaps not the best solution.

Research shows that children take more time in developing language skills if they are not spoken to. This means ‘baby talk’ is more important that we think it is. Television shows like Sesame Street have been proven to be beneficial to children’s learning processes, but only when shown in



the company of adults. Children viewing TV or YouTube videos unattended often fail to grasp the message aired.

Once in school, children already swamped with too much TV, YouTube especially when accessed via cellular phones, face unprecedented problems. Some children find it difficult to even hold pencils in their hands. Others show an inability to devote their attention towards activities, even if they seem like having fun doing it.

In reality, whatever the youngsters face

at school at a very early stage, is whatever we are facing at the workplace, even though we did not grow through the technological boom. Our use of gadgets was limited in the past, but exposure to them even in a later stage has contributed to much problems.

In all likelihood, there is still no reason to press the panic button. All hope is not lost, neither for our children, nor for us. Technology has always been a boon for mankind and when used with an intent to reap the best of it, it does show prospect. It is when used beyond the limit that problems arise.

As mature adults, we should cut the time we spend online and motivate ourselves to devote it to family. Our children deserve better, and we do too.

— LS Desk

**Photo: Sazzad Ibne Sayed**

**Model: Aizah, Arish**

**Styling and Direction: Sonia Yeasmin Isha**



**A QUASEM PRODUCT**

**Wave**  
Air Freshener

Lifts your senses,  
lifts you.

Lemon  
Lavender  
Lemongrass  
Anti Tobacco  
Eucalyptus

300 ml

300 ml

300 ml

300 ml

300 ml

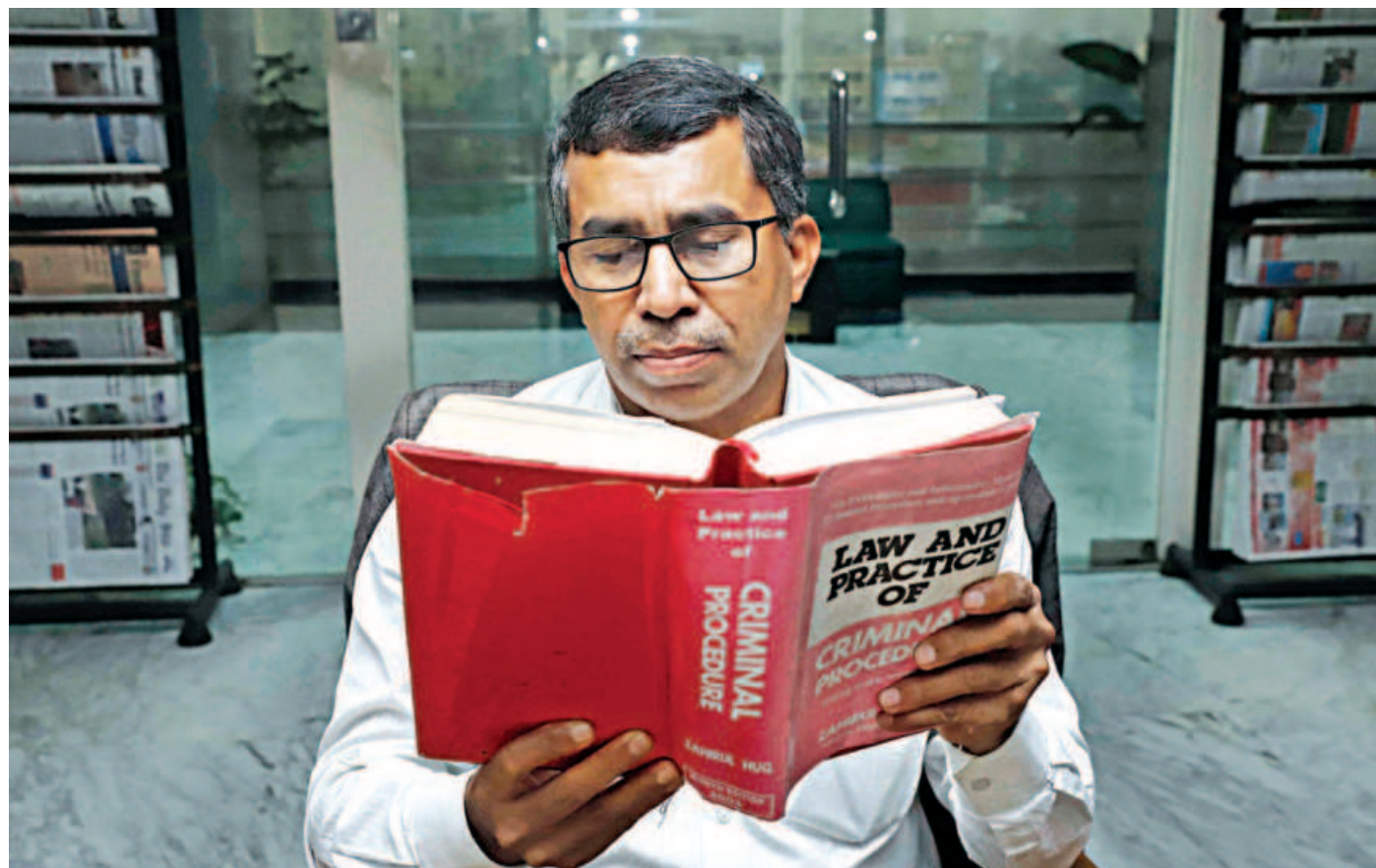
f/wave.productsbd



# When to call a lawyer

There's a common misconception amongst most people that lawyers are expensive, which makes them avoid going to one except as a last resort. But how do we know when we need a lawyer and how to go about getting one, are not always easy to understand.

Before we get into the details, there's one thing you should know. There are two legal categories— criminal law and civil law. While criminal law deals with criminal charges (for which you should definitely get a lawyer without a second thought), civil law deals with



issues that violate public/personal interests but are not criminally charged. When it comes to civil law, most people lack the idea on when to consult a lawyer.

For issues like a divorce or conflicts over property or such, you should consult with a lawyer. Before starting a business, it is wise to talk to a lawyer about the legal obligations and documentations that you might require later on. Whenever there are financial interests involved, you should avoid listening to advice from random people. Lawyers have studied and practiced and prepared themselves for years and are experts in dealing with such issues. Do not confuse a layman's advice with a law degree. Make sure your lawyer has a licence.

On an individual level, one should consult a lawyer about the wills and trusts. This saves your family from a lot of legal issues in your absence. It is a good idea to take care of it as soon as you have a child, and also to change it periodically.

You must be wondering how should you handle paying lawyers if you need their counsel regularly? The good news is, unlike other countries in the world, in Bangladesh most lawyers do not charge hourly. Which means you can talk to a lawyer about your issues and requirements without having to pay them immediately. Most lawyers will only charge you after taking care of your legal needs. Their fees will vary depending on which lawyer you choose and their expertise. You should consider the gravity of your legal issue and pick a lawyer accordingly. For wills and similar civil issues, one might be charged based on the documentations.

You can pick a lawyer through recommendations from friends. But remember, always pick a lawyer whom you trust and who meets your requirements. Like your therapist, do not hide anything from your lawyer. Even if the lawyer you are meeting cannot help you, he will recommend you to someone who can.

But whoever is your lawyer, once you consult him, you should listen to his advice.

"A lot of cases drag on unnecessarily because the client does not listen to us. Cases that can be closed pretty soon drag on for a long time because they ignore our words," said Mahfuzur Rahman Khan, Advocate at Dhaka Judge Court.

"The legal system in this country is rather slow and if you add the callousness of the clients on top of that, no wonder the cases go on for years," he added.

Remember, you would not treat your broken leg yourself. You will go to a doctor if it is anything more serious than a common cold or fever. Similarly, as soon as you know your legal issue is getting complicated, you should call in the cavalry. Better safe than sorry!

**By Ashif Ahmed Rudro**

**Photo: Amran Hossain**

**Model: Chaitanya Chandra Halder**

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't waste time on dead-end projects. Learn to let go. Get together with friends. Your lucky day this week will be Tuesday.



### TAURUS (APR. 21-MAY 21)

Compromise a little this week. Listen rather than talk. Volunteer work will bring some much needed peace. Your lucky day this week will be Tuesday.



### GEMINI (MAY 22-JUN. 21)

There could be unrest at home. Unexpected bills will be difficult to deal with. Don't rush any relationships. Your lucky day this week will be Friday.



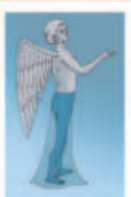
### CANCER (JUN. 22-JUL. 22)

Change will make your life more harmonious. Don't bring your problems to work. Consider taking a break. Your lucky day this week will be Sunday.



### LEO (JUL. 23-AUG. 22)

Don't let anything dampen your spirits. Make your position clear from the start. Take your time at work. Your lucky day this week will be Sunday.



### VIRGO (AUG. 23-SEP. 23)

You need a change of pace. You may find love this week. Problems with authoritative figures are likely. Your lucky day this week will be Monday.



### LIBRA (SEP. 24-OCT. 23)

You will be productive this week. Secret affairs will lead to heartache. Don't make rash decisions. Your lucky day this week will be Saturday.



### SCORPIO (OCT. 24-NOV. 21)

Don't succumb to unreasonable demands. Resist idle chitchat. Sort out your thoughts before committing. Your lucky day this week will be Sunday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Don't take unnecessary risks. Financial limitations may cause depression. Keep your health in check. Your lucky day this week will be Wednesday.



### CAPRICORN (DEC. 22-JAN. 20)

Channel your energy correctly. Your feelings will be returned. Physical activities may be entertaining. Your lucky day this week will be Monday.



### AQUARIUS (JAN. 21-FEB. 19)

Avoid making changes to your home this week. Your advice will be sought after. Sudden changes may be negative. Your lucky day this week will be Saturday.



### PISCES (FEB. 20-MAR. 20)

Manage your relatives properly. Pleasure trips will be exciting. Opportunities for advancement at work are present. Your lucky day this week will be Monday.





**LS PICK**

# The weekend eve vibes

The weekend has always been a modern day “Sabbath” for many of us. It is certainly a time of rest, of contemplation, and above all, a time of random spontaneity when it comes to course of action. Nothing seems to be more exciting than the day before the weekend or ‘weekend eve’ as it is called.

Thursday nights are usually a window to some calmness. A break from the strains of work and professional life. A portal to get more in touch with our personal selves. It is when fatigue and stress are subdued for more intricate and intimate times.

Just like Chand Raat or Christmas Eve, weekend eve has a ritualistic essence to

it. Usually, the day before Eid or any other major holiday festival, households buzz with preparations ranging from putting the darkest colour henna on the hands and arms of girls to spicing up a gigantic, wholesome meal for the family, to making last moment calls to pick the slots for casual meet ups. In the middle of all these, we try to keep everything untoward at bay to enjoy holidays to the fullest.

Given it is the end of a week of workdays itself, it is when all pending work is tidied up neatly, important work calls are made and office work is done and dusted to leave the entire weekend to oneself. Some

might use Thursday nights for partying, meeting people, or use the long night until Saturday to finish up on their own personal inclinations like watching a particular movie, or finishing a book at hand.

After tending to the economy of the country, some would like to bring some balance to the economy of the body and mind gearing them up in unison for the weeks of work ahead.

Jessica Shirly Alam, a recent graduate and current employee at Bkash, says that Thursday nights are perhaps the best time of the week for her.

CONTINUED TO PAGE 16

**FYI**

# Keeping your family safe from illness

It has not been a pretty picture as the world steps into the second month of 2020 with a worldwide scare of the Coronavirus. There is still too much to learn about this new virus — about how it spreads, how serious it actually is, or even how to treat it correctly. The fact that so much is unknown is a big part of what makes it frightening.

The case as being such, it is necessary to stay informed and listen to the advice and announcements of public health officials. In the meantime, taking some precautions, and being careful is the way to go. Do remember that there’s a lot of misinformation floating around. Check reliable sources, and call your

doctor if you have any questions.

Start with the basics of cleanliness. Make sure everyone washes their hands. Using soap and water and washing for 20 seconds does the trick. Hand sanitisers are a great waterless option, just make sure you spread it well, getting it all over the hands including between the fingers. Wash before meals and snacks, after being in public places, and after being around anyone who is or might be sick.

Encourage healthy habits like eating a healthy diet, exercising, and getting enough sleep. This helps keep the immune system strong.

Teach children not to touch their mouths,

eyes, or noses with their hands unless they have just washed them. Carry tissues for wiping mouths and noses, and throw out used tissues promptly.

Ultimately, it’s impossible to stay away from anyone who has any germs that might be spread; as is true of many viruses, it may be that people with coronavirus are contagious before they realise that they are sick. Just be aware of symptoms of people around you, such as coughing or sneezing. If you are hosting people at your house, you have the right to ask people not to come if they are feeling ill.

If anyone in your family gets a fever and

cough, they should stay home. Chances are it’s not coronavirus, but whatever it is, it’s likely contagious.

Note that we are assuming that you and your family have not recently travelled to an area where there are known cases of coronavirus, or had some other possible exposure. If that is the case, you should call your doctor immediately for advice.

— **LS Desk**

*This set of tips has been adapted from <https://www.health.harvard.edu/blog/coronavirus-what-parents-should-know-and-do-2020020518846>*



## করোনাভাইরাস থেকে বাঁচতে বেসিন নিয়ে ঘোরা সম্ভব না

তাই নিন সেপনিল হ্যান্ড স্যানিটাইজার

কোন পানির দরকার নেই, সাবানের দরকার নেই। সবসময় থাকুন সক্রিয় করোনাভাইরাস থেকে মুক্ত।





করোনাভাইরাস সহ অন্যান্য ভাইরাস থেকে সতর্কতা:

<p>পরীচের তাপমাত্রা সক্রিয়কৃত পিন্ড সেন্সিক মেয়াল জাদুন</p> 	<p>প্রতি কদিন বেশিদিন হালকা অসুস্থতার পরামর্শ নিন</p> 	<p>সবসময় মাস্ক ব্যবহার করুন</p> 	<p>মানুষ থেকে মনুষ্যে এই ভাইরাস ছড়ায় বুন সবসময় পরিষ্কার থাকুন</p> 	<p>হাত পরিষ্কার বামতে সেপনিল হ্যান্ড স্যানিটাইজার ব্যবহার করুন</p> 
---	---	---	--	--



কেয়ার জোন ১০১-৩০৩৩১১-৩০০







## SPOTLIGHT

# The modern-day language barriers

Sharmin Sultana did not know that the major reason behind her teenage boy acting out in class was largely due to his unsupervised time spent on the Internet. She did not know that her niece's speech delay was also caused by the same reason. Sultana certainly had a lot to learn, especially in a world that is almost unimaginable without the world wide web and smart gadgets.

With thousands of children exposed to an unhealthy amount of screen time, most are suffering from unwarranted cases of depression, language distortion, aggressive behaviour, and even developing harmful personalities — those that lack empathy and social intelligence.

Musammat Sharmila Khan, a working lady and a mother of three, already has a lot on her plate. She finds it even more taxing to find individual time for all her children on a daily basis and also go through the household chores at the same time. "I sometimes think gadgets are the ultimate saviour. If it weren't for these miraculous

smart gadgets, I wouldn't be able to keep my sanity intact," Khan confessed.

However, a deeper probe reveals problems within Khan's home — her youngest is too dependent on the internet and has to listen to nursery rhymes during every meal; the middle child is no different, a 10-year-old boy who prefers to play online games rather than socialise with neighbourhood children over a game of football; and the eldest, a teenager who wakes up late in the morning because he loves listening to music on his phone all night. The teenager also gets upset at the slightest

trigger that attempts to break his unhealthy cycle of everyday life.

Tarana Anis, Child Psychologist, Child Development Centre, Apollo Hospitals Dhaka, referred to all these symptoms as being typical, and caused by excessive use of smart devices.

"Gadgets provide us with a one-sided communication with very little stimulation, often resulting into speech delays and creating obstacles to standard intellectual growth. Children always require a two-way communication to thrive, they learn from the reactions of people around them. It's not always about letters and numbers,

sometimes we need to learn about emotions and that cannot be grasped from a handheld device.

"As for older children, too much involvement with the virtual world derails their thought process and in turn, they begin to have pipe dreams; they start living in a make-believe world of games and get frustrated at minimal discomfort, as in the world of gaming, the reward levels are consistent and with every positive move, one gets some reward points which may be dissimilar to what we experience in reality — there's not always a reward for every sensible move," the psychologist said.





VOLUME 19, ISSUE 36, TUESDAY, FEBRUARY 18, 2020  
FALGUN 5, 1426 BS

Star  
**LIFE**  
Style

E-mail: [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)  
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of the Daily Star

# Language for Millennials

**WRITING RIGHT P3**  
**A SKILL IN PERIL**  
**ALL THINGS VERBAL P6-7**  
**CHALLENGES OF THE DIGITAL ERA**  
**FOR THE SWEET TOOTH P11**  
**JAGGERY RECIPES**

PHOTO: SAZZAD IBNE SAYED  
MODEL: SURJO, MARUF  
STYLING: SONIA YEASMIN ISHA  
WARDROBE: SADAKALO  
MAKE UP: FARZANA SHAKIL'S MAKEOVER SALON



**BERGER**  
Trusted Worldwide

## BERGER EXPERIENCE ZONE

Berger Home Décor is now Berger Experience Zone.  
Now you can avail our **ONE-STOP PAINTING SOLUTIONS** nationwide.

**OUR SERVICES**

- ▶ Illusions Painting
- ▶ Trained Painter Selection
- ▶ Complete Painting Supervision
- ▶ Color Scheme Selection
- ▶ Solution to Damp or Crack on the Wall
- ▶ Complete Wood Coating Solution

**FREE CALL** 24x7  
২৪ সতর্কতা থেকেই সমাধানে  
**08000-123456**

১৯৯৭



COVER STORY

Mother Nature truly is incredible. Summer brings hot, languorous days pungent with sticky sweetness of mangoes, jackfruits, and lychees. On its heels comes Monsoon with heady thunderstorms and luscious rain that beats down with vengeance, igniting a spirit of romance in the heart of every rain-loving Bengali.



# SPRING in her steps

Such splendid madness is then succeeded by mellow days of barely there Autumn when days grow shorter and cool, crisp night air has one reminiscing about first love. Winter comes in her silver chariot, all regal and gracious, her cool, calm demeanour commanding of respect and reverence. Then comes the queen of all seasons. Spring, full of vigour and vitality is a sight for sore eyes in Bengal.

Hills, valleys and meadows are awash with fresh, new blooms that bring a renewed sense of energy everywhere. Headly with its perfume there is a palpable change of hope in the air. Bees drunk on sweet nectar buzz around madly as gentle breeze sways the luscious, blousy blooms in a spirited dance.

Is it any wonder that designers are inspired with extraordinary ideas for spring? With such beauty all around its only natural.

Celebrated designer Humaira Khan has been inspired by spring since she was a little girl, its colours, especially pink, has always been her absolute favourite.

"In my eyes, pink is the colour of fresh bloom, the fragrance of flowers, a young girl's blush. That's why this colour has been the mainstay of my Spring 2020 collection which plays around with pink in many different forms" said Humaira Khan.

A tea pink crêpe de chine with sequined

roses is a stunning piece that will be perfect for a garden party or a cocktail night. Another spectacular piece is a magenta Muslin sari with subtle gold zari work that will be superb for a wedding.

Flowy long dresses and Anokhi's signature kaalidar kurtas in sweet shades of bubble-gum pink and mauve are just the outfits you need for all those wondrous teas and parties this spring. The Anokhi woman is stylish, sophisticated, understated and very comfortable in her own skin.

She is aware that her outfit only enhances her personality; it always lets her shine, according to Khan. So, this spring think pink and let your fabulous, fashionable self-glow!

**By** Sabrina N Bhuiyan  
**Photo:** Shahrear Kabir Heemel  
**Model:** Manoshi, Surjo  
**Styling:** Sonia Yeasmin Isha  
**Wardrobe:** Anokhi by Humaira Khan  
**Makeup:** Farzana Shakil's Makeover Salon





চ  
ত  
ঔ  
ঞ  
অ  
ও

## Sadakalo: An odyssey in monochrome

A renowned fashion house that holds to a twist in terms of contrast, Sadakalo had entered the market on 4 October, 2002 at their outlet in Shimanto Square (formerly known as Rifles Square). Within a span of 17 years, Sadakalo now has various outlets in Bangladesh, and also outside of the country.

The combination of black and white resonates powerful emotions, which is the core essence of Sadakalo. They are an inclusive fashion house, meaning they cater to the needs of both men, women and children. Not only do they create fashionable apparels for both sexes, but also create mugs, accessories and trinkets that you can gift your loved ones on special occasions, making Sadakalo not just a fashion house, but also a lifestyle.

The boutique works in conjunction with several designers that offer their creative insight. With fresh faces and some renowned ones like Bibi Russell, Sadakalo brings out a different flavour with their new collection.

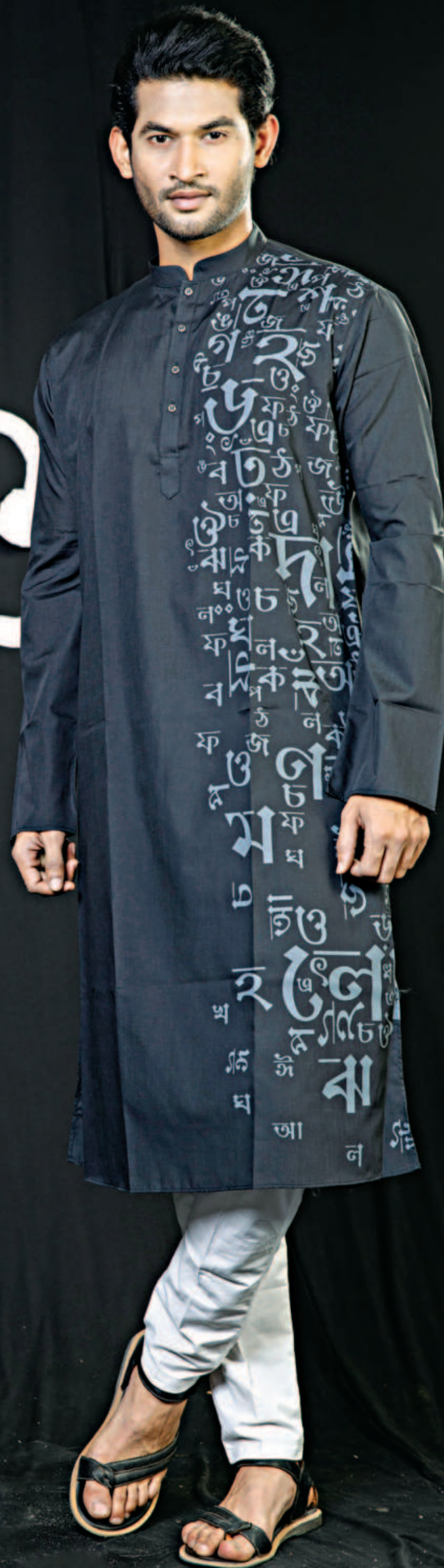
Sadakalo has been a patriotic fashion house, showing their immense respect for national holidays in Bangladesh. In their

new collection for Ekushey February, one can appreciate the concept that is evident through the designs featuring Bangla calligraphy.

Apart from saris, they are also presenting single kameezs for adults and children. With intricate designs in various forms, Sadakalo truly is a pioneer when it comes to mastering the art of using negative spacing. There are also simpler designs, a more minimalistic approach that are very aesthetically pleasing. Their Ekushey Collection for 2020, captures the essence of the day in bold colours, implemented in negative spacing to cater to the preference of many of their patrons.

A feature that is prominent in the new collection is the variety of clothing designed for children, various combination of kameez sets that come in a plethora of styles. The collection start from Tk 1150, and can go up to Tk 1450 for the more intricate pieces.

By Ahmed A Raeeda  
Photo: Sazzad Ibne Sayed  
Model: Maruf  
Styling: Sonia Yeasmin Isha  
Wardrobe: Sadakalo





**DESHI MIX**  
BY SALINA PARVIN



# Jaggery recipes

Winter offers a wide variety of seasonal goodies, and one such goody that you can add to your diet is jaggery (gur). Although it is hugely popular in South and Southeast Asia, many are unaware as to where jaggery is made of.

It typically comes from the sap of palm trees. There are many different kinds of palm trees, and jaggery can come from date palms, coconut palms, or sago palms. Jaggery can also be made from sugar cane juice.

### How is it made

Jaggery is made using traditional methods of pressing and distilling palm, or cane juice. This is a three-step process:

**Extraction:**The canes or palms are pressed to extract the sweet juice or sap.

**Clarification:**The juice is allowed to stand in large containers so that any sediment settles to the bottom. It is then strained to produce a clear liquid.

**Concentration:**The juice is placed in a very large, flat-bottomed pan and boiled. During this process, the jaggery is stirred and impurities are skimmed off the surface until only a yellow, dough-like paste remains. This dough is then transferred to moulds or containers where it cools into jaggery. Colour ranges from light golden to dark brown. This is important, as the colour and texture are used to grade the jaggery.

### Culinary uses

Jaggery is used extensively in both sweet and savoury dishes across India, Bangladesh, and Sri Lanka. It is added to curries and dal in many areas of our country. A dash of jaggery, when added to vegetables like bitter melon and eggplant, reduces their bitterness to a great extent. Jaggery is also used in the preparation of toffees, cakes, pithas, kheer and many more.

### How to store jaggery

Jaggery stores well as long as it is stored in an airtight container in a cool and dry place. Break the jaggery into smaller pieces and store, so that whenever you need to use it, you need to handle just the amount that you need.

### GUR ER PARATHA (JAGGERY STUFFED PARATHA)

Gur er paratha is quite a unique recipe. Gur paratha is tempting as well as nutritious. The main ingredients in the dish is jaggery and wheat flour. To make it special, green cardamom and crushed almonds can be added.

### Ingredients

- 2 cups flour/wheat flour
- ¼ cup powdered jaggery
- 25 almonds, powdered
- 3 tbsp ghee
- 4 green cardamom
- ½ tsp salt

### Method

Take flour in a big bowl, and add salt and 1 teaspoon of ghee. Using lukewarm water, knead a soft dough. Keep aside for 20 minutes so that it gets fermented. Add almond powder and cardamom powder in jaggery and mix well, keep aside for stuffing. Preheat tawa. Take little amount of dough and roll it into 3-4 inch diameter paratha.

Spread some ghee on top of the rolled paratha. Now place 2 teaspoons of stuffing on the paratha and roll it back into a ball. Close the stuffing properly. Flatten the ball so that stuffing gets even. Dust it with dry flour and roll gently into 5-6 inch diameter paratha. Place the paratha on tawa. When it becomes slightly brown, flip the sides. When the second side gets brown spots as well then spread some ghee on the upper side. Spread it all around, flip the side and spread some ghee on the other side as well. Fry the paratha until it gets brown spots on both the sides. Likewise, prepare all the parathas.

### JAGGERY MALPUA

Jaggery has a rich taste that lingers in the palate for a while. Jaggery malpua is a delicious but quick dessert characteristic by this luxuriant flavour, speckled with exciting tinges of fennel. This melt-in-your-mouth whole wheat flour malpuas are served with pistachios and a topping of creamy rabri.

### Ingredients

- ½ cup grated jaggery
- 1 cup whole wheat flour



- ½ tsp fennel seeds
- ¼ tsp cardamom powder
- ¾ tsp salt
- Ghee for greasing and cooking
- For the garnish —
- ¼ tsp cardamom powder
- 1 tbsp pistachio slivers
- ½ cup rabri

- 1 tsp cardamom powder
- 1 tsp pistachio slivers

### Method

Heat ¾ cup of water in a non-stick pan. Add the jaggery, mix well and cook on medium flame for 2 to 3 minutes, or till the jaggery melts. Remove from the flame, transfer into a bowl and keep aside to cool slightly. Add the whole wheat flour and fennel seeds and milk, mix well till no lumps remain. Add the cardamom powder, salt and 2 tablespoons of water and mix gently. Heat a non-stick pan and grease it using some ghee. Pour a small ladleful of the batter on it and spread it evenly to make a circle. Cook, using a little ghee, till it turns golden brown in colour from both sides. Repeat with the remaining batter to make more malpuas. Serve immediately, garnished with rabri and pistachio slivers.

### JAGGERY PANNA COTTA

A sinful dessert to relish at home, jaggery panna cotta is a healthier version made with jaggery instead of sugar. Packed with cardamom and cinnamon, this dessert is sure to please your taste buds.

### Ingredients

- 2 cups whole fat milk
- ¼ cup jaggery
- 2 tsp gelatine



- 3 cardamom pods
- 1/8 tsp cinnamon powder

### Method

Take 2 tablespoons of water in a bowl. Sprinkle gelatine on top and leave for 5 minutes. Take milk and jaggery in a pan. Open the cardamom pods and put in the milk. Heat on a low flame. Once the jaggery has dissolved and milk is hot, add the gelatine and cinnamon powder. Stir and cook for about 5 minutes. Leave to cool for a while. Strain and pour into pudding moulds and refrigerate for at least 2 to 3 hours to set. Demould chilled panna cotta onto a serving plate, drizzle with cranberry sauce and serve.

### OATS JAGGERY COOKIES

### Ingredients

- 1 cup oats
- ½ cup whole wheat flour
- ¼ cup almond
- ¼ cup desiccated coconut
- ½ cup jaggery powder
- ¼ cup honey
- ¼ cup oil
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp cinnamon



### Method

Preheat the oven at 170° C for 10 minutes. Grease or line a baking tray with parchment paper or aluminium foil. Grind the almonds and oats into fine powder. In a large bowl mix all the ingredients with almonds and oats powder. Combine and mix everything well. Don't knead much. Make small balls and lightly press with your palm. Place on baking tray 1 inch apart. Bake for 10 minutes or until the edges becomes brown. Cookies will be soft when hot. So, let it cool down completely. Serve or store in airtight container for later use. Enjoy healthy and yummy cookies with your tea, coffee, or milk.

### JAGGERY AND CHOCOLATE FUDGE

### Ingredients

- 1 cup grated jaggery
- 1 cup grated dark chocolate
- 1 cup crushed peanuts
- 1 tbsp butter

### Method

Grease an aluminium tray with butter and

set aside. Melt jaggery in a double boiler. Add butter and mix. When the jaggery melts, add the peanuts and chocolate and mix well. Transfer the mixture onto the tray and spread evenly. Set aside for 15-20 minutes to cool down to room temperature. Then set in the refrigerator for 10 minutes. Cut into pieces and serve.

### JAGGERY BOONDI LADDOO

### Ingredients

- 1 cup besan (chickpea flour)
- 1 cup rice flour
- 2 cups grated jaggery
- ½ cup milk
- ½ cup water
- 3 pods of cardamom
- 2 tbsp ghee
- 10 cashew nuts, broken, fried
- Oil for frying
- Pinch of salt

### Method

Combine the rice flour and chickpea flour, and sieve together. Take a bowl and add flour mixture and add water and milk. Mix well and make boondi batter and keep aside. In a pan, boil 1 cup of water and add the jaggery. Cook till the jaggery is dissolved and two thread consistency of the syrup is formed. Add the ghee and cardamom pods. Mix well and keep aside. Heat oil in a pan. Place boondi special ladle just over oil and pour boondi batter little by little and fry. Take out boondi and keep in a bowl. Prepare boondi with whole batter and add them to the jaggery syrup. Add the cashew nuts and mix well. Divide the mixture into equal round laddoos. Store them in an airtight container or serve immediately.

### TOMATO JAGGERY KHATTA (TOMATO AND JAGGERY SWEET CHUTNEY)

### Ingredients

- 5-6 chopped tomatoes
- 4 tbsp grated jaggery
- 1 tsp grated ginger
- 2 dry red chillies
- ½ tsp roasted cumin powder
- ½ tsp roasted red chilli powder
- 5-6 dates, deseeded
- 1 tbsp mustard oil
- ¼ tsp panchforon
- Salt to taste

### Method

Heat oil to smoking point in a wok. Add panchforon and red chillies, when it splutters, add the tomatoes and ginger, cover and cook till the tomatoes are slushy and nearly cooked. Add the salt, jaggery and dates. Cook till the jaggery melts and the chutney attains a nice red colour. Lastly, add the roasted cumin and red chilli powder. Mix well and switch off after one boil. Serve with rice, puri or paratha.

**Photo: Collected**





# The Quest sets for Bangladesh's first winter expedition

Although the concept of mountaineering is nothing new to Bangladesh, the ambit of it is relatively low. As counter intuitive as it may sound, despite being in close proximity to the Himalayan Mountain Range, there has not been any attempt to climb its summit during winter.

However, the good news is, a group of mountaineers from The Quest have gone for the maiden winter expedition in the Himalayan range this February. A team of four fearless adventurers including Salehin Arshady, Tahmid Hossain Rafid, Abdullah Al Mahmud Intiaz, and Samiur Rahman are taking the responsibility to hoist the national flag on top of the Himalayan peak in the winter of 2020.

The Quest is an adventure club which was inaugurated in 2014 to promote outdoor activities such as mountaineering among the youth of Bangladesh. They are providing a platform to the sport enthusiasts of Bangladesh to network, socialise, and facilitate such activities so that Bangladeshi outdoor activities are recognised internationally.

"In our time, we did not have any guidance or platform that could arrange or facilitate such activities for us. Being passionate mountaineers, we want to provide that platform to people and encourage the youth to engage in such endeavours," said Salehin Arshady.

Among the myriad of services and campaigns they host, the Campus Quest is a notable one. Through this program, The Quest reaches out to various universities in

Bangladesh. The goal is to cultivate team work, physical activities, and motivation among the youth.

Other programmes include Quest Talk, which focuses on organising seminars, photo exhibitions, and presentations to educate the public regarding mountaineering sports and other outdoor activities. Another facet of The Quest is known as the Centre of Gravity that provides formal training to participants regarding outdoor activities and mountain sports.

The mountain peak chosen for this expedition is the Chulu Far-East peak that has an altitude of 6059 meters. The purpose of choosing this peak is the availability of data. They possess good knowledge about the crevasses, ridges, snow deposit, and temperature on this route. Although nobody from Bangladesh has ever made it to its zenith, plethora of information can be gained from previous global expeditions.

While mountain climbing is already a highly challenging task as it is, winter expeditions are more difficult. The first challenge comes in the form of greater snow deposition. Whereas the level of snow in normal season is knee-deep, in winter this reaches to be thigh-high. Moreover, the increased deposition of snow creates avalanches on the mountain pass, making it difficult to maintain a straight route. Thus, mountaineers have to resort to climbing in a zigzag manner, which takes more time and effort.

Another hindrance is the wind-chill factor which multiplies in intensity

during winter that makes climbers more susceptible to hypothermia. As the Northern Wind and Siberian High flow in this direction during this time of the year, there exists the threat of falling prey to a blizzard. This makes winter expeditions riskier, and precarious. Additionally, as the ascend progresses, the atmospheric pressure drops, providing lower levels of oxygen and making it difficult to breathe.

The total duration of the expedition is forecast to last a month. Starting from the city of Kathmandu, they will be travelling to Besishahar, which is the doorway to their destination and then to a small village named Humde. They will stay there for a couple of days for acclimatisation, before starting the expedition.

Up until here, the mountaineers will have assistance and guidance. But being strong devotees of the mountaineering philosophy 'alpinism' from this point onwards, the quartet will be on their own.

Alpinism is the purest form of mountain climbing that centres around the belief that this sport should be done being totally dependent on your own capabilities, without any guide, or support. Mountaineers sustain with what they are able to carry themselves.

To suffice their accommodation needs, camps will be set at intervals in campsites. The first camp will be made at 4800 meters and a shelter will be formed in 5500 meters. A couple more intermediate camps may be required depending on the situation.

As for preparation, the four

mountaineers have attained the required physique. As the activity entails burning about 2000 calories a day, putting a halt to workout sessions and starting fat deposition is necessary. Mountaineers also have to take sufficient preparation to survive in sub-zero temperatures, which can range from -25°C to -35°C.

Being trained adequately in terms of physical and psychological adaptability is vital. Other than that, as mountain climbing has become part of their lifestyle, and being enthusiastic risk takers, this intrepid group of four is well-prepared to tackle this adventure.

What they hope to achieve after this expedition is to create a seismic impact among the mountaineers of Bangladesh, and be exemplary among the orophiles. As Samiur Rahman said, "We want to show people that it doesn't take being Bruce Wayne to climb a mountain, you can do it if you only try."

Mountain climbing and mountaineering sports are gaining momentum among the population, especially the youth of Bangladesh. While there are orophiles in abundance, dedicated platforms for facilitation and recognition are meagre. The Quest is nurturing a gateway for aspiring athletes so they can take this sport to new heights of sporting glory.

We wish them best of luck for their quest!

**By Fariha Amber**

**Photo courtesy: The Quest Bangladesh**





VOLUME 19, ISSUE 36, TUESDAY, FEBRUARY 18, 2020  
FALGUN 5, 1426 BS

Star  
**LIFE**  
Style

E-mail: [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)  
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of the Daily Star

# Language for Millennials

**WRITING RIGHT P3**  
**A SKILL IN PERIL**  
**ALL THINGS VERBAL P6-7**  
**CHALLENGES OF THE DIGITAL ERA**  
**FOR THE SWEET TOOTH P11**  
**JAGGERY RECIPES**

PHOTO: SAZZAD IBNE SAYED  
MODEL: SURJO, MARUF  
STYLING: SONIA YEASMIN ISHA  
WARDROBE: SADAKALO  
MAKE UP: FARZANA SHAKIL'S MAKEOVER SALON



**BERGER**  
EXPERIENCE ZONE

Berger Home Décor is now Berger Experience Zone.  
Now you can avail our **ONE-STOP PAINTING SOLUTIONS** nationwide.

**OUR SERVICES**

- ▶ Illusions Painting
- ▶ Trained Painter Selection
- ▶ Complete Painting Supervision
- ▶ Color Scheme Selection
- ▶ Solution to Damp or Crack on the Wall
- ▶ Complete Wood Coating Solution

**FREE CALL** 24x7  
২৪ ঘণ্টা সর্বসময় থেকেই সমাধানে  
**08000-123456**

**BERGER**  
Trusted Worldwide

১৯৭৬



# Know your basics of dentistry

There are certain things in life that we take for granted. So much so that we do not realise how important they are till we have to live without them — like healthy teeth and oral cavity.

Oral health is just as important as every other part in your body, and in order to keep you informed about all the important things about oral health, we reached out to Dr Mirza Md Arifur Rahman, Assistant Professor at Holy Family Red Crescent Medical College, Dental Unit and asked him about important concepts and issues that encompass the idea of oral health.

## What exactly is conservative dentistry?

Just like the word says, conservative dentistry is a part of dental treatment where we focus on preserving the tooth as much as possible. 'Conserve' is the key word here.

The visible part of a tooth has an outer layer that we call enamel. Sometimes there is damage in this layer, which we call dental caries. Conservative Dentistry aims to preserve the natural tissue of the tooth. Preventing damage is the focus. However, when there is damage, reversing the damage if possible and in worst case scenario, preserving the tooth through repair, reconstruction, whatever can be done, to save the tooth.



## Could you explain what is Endodontics?

Endo means inside. Endodontics deals with the inner layer of the tooth, often referred to as the root. We call it dental pulp. This is mostly the invisible part that we cannot see from the outside. This root is linked to nerves and when the damage is deep, you might notice sharp pain in tooth or hypersensitivity in your tooth when exposed to cold temperature.

Endodontics aims to repair any damage done to this central layer of tooth. If the damage is reversible then the aim is to

repair and keep it functioning and maintain the vitality. We always use biocompatible elements to make sure that it has no negative effect on the body.

## But these are the concepts that come into consideration when there's already damage in the teeth. Isn't there a way to avoid all these?

Prevention is always better than cure. And the best way to maintain good oral health is to brush your teeth regularly. Twice a day is highly recommended, but if you are too busy for that, brush your teeth before sleep.

## We always hear that, but why is it different than brushing in the morning?

Because, when you are awake, you are eating, talking, and these activities keep the muscles in your mouth active. As a result, saliva can flow and that keeps the mouth somewhat clean itself. During sleep, however, the muscles are at complete rest and that makes the mouth dry. As a result, bacteria start to grow. Brushing at night ensures that these bacteria are cleaned before they start their invasion.

## There's a common culture in our people of avoiding doctors and trying to treat themselves or wait till things get worse. What do you think about that?

People in Bangladesh are apprehensive of doctors, and the last person they want to visit is the dentist. This should not be

the case. One should not wait to consult a doctor until the health issue gets too serious. The earlier you consult your doctor, the easier it is for them to treat you, thus saving you from suffering.

## What's your take on the campaign: BDS na to daater doctor na?

I think it's a good campaign and makes a valid point. I will tell you why.

A lot of the work that the dentists do, involves technical equipment. If you watch closely, anyone can learn to do them in a few months. But that does not make them a doctor, neither does it give them the licence to practice on people. If they don't have the proper knowledge, it's very easy for them to spread diseases like hepatitis B through the wrong use of these equipments.

A BDS doctor would know how to prevent that, others would not. You do not want to go to the dentist and come back with a bigger health issue just because you did not go to a real dentist. It should be kept in mind that BDS doctors have studied and practiced before they became dentists. They know what they are doing. So, I will have to agree with the slogan of that campaign: BDS na to daater doctor na!"

By Ashif Ahmed Rudro

Photo courtesy: Dr Mirza Md Arifur Rahman

**BDS\* না  
তো দাঁতের ডাক্তার না**  
আপনার সঠিক সিদ্ধান্তেই নিশ্চিত হবে আপনার সুস্থ হাসি

জনস্বার্থে:



বাংলাদেশ ডেন্টাল সোসাইটি দ্বারা স্বীকৃত একমাত্র টুথপেস্ট

\* ব্যাচেলর অফ ডেন্টাল সার্জারি



LS PICK

# Measles-Rubella Campaign 2020

Throughout the ages, humankind has faced the threat of multiple viruses and diseases. Mothers, the primary caregivers of their children, have always been more aware and conscious of their children's surroundings and about the measures required to shield them from any disease.

To help mothers combat ailments, the Measles-Rubella Campaign 2020, organised all over Bangladesh by the government from 29 February to 21 March, is urging mothers to take some time off their busy schedules to get their children vaccinated with the measles-rubella (MR) vaccine. The vaccines and the protection they offer are worth diverting from hectic daily routines.

This vaccine is beneficial to children's health as the measles virus is one of the most contagious agents ever known and rubella can cause malnutrition, diarrhoea, pneumonia, fevers and rashes respectively along with a number of other health complications. Both the viruses put stress on the immune system and may have long lasting effects on the health of little ones. As there is no specific treatment for these diseases, it is necessary to get children vaccinated to prevent transmission through immunisation. The campaign is providing mothers and guardians a clear route of communication regarding the process and what to look out for.

The campaign aims to fulfil the national measles elimination target by setting up in different locations all over Bangladesh, in both urban and rural areas, with teams composed of two skilled vaccinators and three trained volunteers. This ensures that the people involved in the procedure are experienced and aware of what they are doing and that the chances of things going south is zero to none.

The campaign will be focusing on vaccinating all children aged between nine months and 10 years of age to prevent

transmission of measles and rubella virus. Children within this age limits are prone to these diseases given that an immunity gap exists more prominently. However, it is also the perfect time to most effectively interrupt transmission of the viruses.

#### What to know about the campaign?

The first week of the campaign, from 29 February to 5 March, will focus on education institutes. The campaign will then expand to upazila health complexes during the second and third week from 7 March to 21, operating



for twelve days from 8 AM to 3 PM without a break except on Friday and government holidays. Other additional sessions will also be available for people in marketplaces, plantation areas, ferry ghats, rice fields, orphanages and so on.

In the urban areas, the City Corporation wards will have one fixed site (sadar hospitals, medical college hospitals, City Corporation Hospitals/Clinics, NGO Hospitals/Clinics etc.) operating for 12 days along with outreach sessions, HTR sessions and also having other additional sessions.

#### Locations for children's vaccination during the campaign

During the first week of the campaign,

children will be vaccinated in educational institutes (schools, kindergartens, madrasas, maktoobs, day care centres, non-formal educational institutes, NGO schools, orphanages, hostels, etc.) and in the fixed vaccination sites. Starting from the second and third week, children will be vaccinated in the community through regular outreach sites, fixed sites, and additional sites.

By having a number of sites, the campaign is trying to make vaccines available to every child in every corner of the country.

As long as the child is nine months old, there is no need for extra tension. The vaccine is completely harmless for a child this age and assists in immunisation.

#### If a child is already protected against measles and rubella with routine vaccinations, why is a second dose necessary?

Sometimes one dose is not enough to ensure full protection and there is no such thing as 'being too careful' when it comes to taking care of babies. A second dose could go a long way in guaranteeing protection.

#### What about side effects?

Every mother worries whether her baby would be able to withstand such a strong vaccine. However, these vaccines come with very little side effects which may not even appear.

Other than being scared of getting the vaccine because of the needles which may cause some anxiety and tension in the child, a minor skin rash and/or a mild fever may arise. Some might even have an allergic reaction. The chances of these reactions are rather slim.

However, in the unlikely case that symptoms get too heavy, no time should be wasted in taking the child to a health facility for treatment.

The Measles-Rubella Campaign 2020 is fighting to combat the rising number of outbreaks in recent times especially among the urban elite community. Through this campaign, mothers and fathers have a suitable and perfect opportunity to vaccinate their child/children without any worries. Added to that, the campaign offers an open mode for communication regarding the vaccine. With proper knowledge and incentive, families can stay shielded from these viruses and also keep the youngsters happy and in full health for years to come.

By Puja Sarkar

Photo courtesy: UNICEF Bangladesh

প্রতিটি  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে

মাদর  
আর এক  
নাম

with color guard  
**Fast wash**  
Brilliant White  
১টি ৫০ গ্রাম  
৩০০ ফ্রী  
লাঙ্গারী সোপ  
DETERGENT POW  
লাঙ্গারী সোপ

**KOHINOOR CHEMICAL**