

VOLUME 19, ISSUE 39, TUESDAY, MARCH 10, 2020,
FALGUN 26, 1426 BS

Star

LIFE

Style

Mail: lifestyleds@yahoo.com
5 K. Nazrul Islam Avenue, Dhaka-1215 Publication of The Daily Star



TYRE SMOKING Ballet

**BRAVE NEW WORLD
ME, MY IDENTITY, AND THE WORLD P7**

**VROOM!
BIKE STUNTS C**

**LUNCH-TIME
RECIPES FOR OFFICE-GOERS P 12-13**

Disclaimer: The Daily Star and Star Lifestyle do not promote unsafe motorcycle riding practises on public roads. Trying these tricks could lead to serious injury, or even death. All stunts are performed by experts, and should not be tried at home without consulting a trained professional. PHOTO: HAUNT RYDERZ



BERGER EXPERIENCE ZONE

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

FREE CALL 24x7
রঙ সাজেস্ট থেকেই সমাধানে
08000-123456

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

Unimart BER 274720

Autism and NDDs: Know the difference

The Institute of Paediatric Neurodisorder And Autism (IPNA) had organised a training on NDDs (Neuro-Developmental Disability) for media personnel on 29 February, 2020 at the IPNA seminar room at Bangabandhu Sheikh Mujib Medical University at Shahbagh.

The training was attended by media personnel, journalists, and the sessions were conducted by experts in the field, currently at IPNA.

The seminar began with Dr Shaheen Akhter, Professor of Child Neurology and Director of IPNA, who discussed about IPNA and its activities, saying, "We must remember that Autism is not a disease. It's a disorder, and therefore, can be managed and IPNA has activities that promote this awareness." She also emphasised on M chat (Modified Checklist) as an important tool for identifying Autism in early years.

Dr Kanij Fatema, Associate Professor of Child Neurology and Deputy Director (Academy) of IPNA, on the other hand, focused on a basic introduction to the NDDs and why it's imperative that we possess a basic knowledge about them.

"There are many NDDs, but in Bangladesh, we find mainly four of them. Autism, Intellectual Disability, Down Syndrome, and Cerebral Palsy. But most people only know about autism, but it's different from the other NDDs and that needs to be understood," she affirmed.

Most people in Bangladesh have heard of autism, and yet, there is a tendency of confusing it with Down Syndrome, which can often be identified with physical traits. Autism on the other hand, gives out hints that parents or guardians can pick up. If treated early,

it can be managed and the child has a good chance of functioning normally in society.

"The early years are important. The brain develops the most just before the age of five, and this is when the child learns. If autism is detected early, there is still time that we might be able to help the child so he gets the benefit of the early brain development because that is crucial," said Dr Gopen Kumar Kundu, Associate Professor of Neurology and Deputy Director (Admin) of IPNA.

About one percent of children in Bangladesh suffer from autism. Inability to pretend play, repetitive actions and non-responsiveness are just some of the signs that parents should look out for in the first three years.

It's not just the children who are affected by autism. The parents and the family are equally affected. Such parents often worry about their proper treatment and arrangements of their care in their absence. This is when care homes should come into play. But the sad truth is that there are no such care facilities in Bangladesh at the moment.

"It's sad, but that is the reality. Still, we have plans for such facilities, and we are working our best to ensure that there are treatments for NDDs even at the District Health Complex. The challenge is, in this case, is we lack trained manpower. A doctor alone cannot handle such cases. They need a team and that is difficult to provide," said Dr Muzharul Mannan, who is hopeful that there will be more development in this field.

By Ashif Ahmed Rudro



Madchef and Cheez only in Foodpanda

Madchef and Cheez has signed to be Foodpanda Bangladesh's preferred partners, which means food items of these eateries will be available online only on Foodpanda.

Labib Tarafdar, Amit Hassan, Farhan Noor and Shohorab Hossain from Madchef and Cheez, and HM Nafees, head of account management, Foodpanda Bangladesh were present during the signing.

Klubhaus and Arnob collaborate for fashion

From composing to performing the final song, the entire process signifies peak creativity. This entire process is expressed in abstract designs through one of Bangladesh's most celebrated singers of modern times – Arnob. His designs are now part of fashion house Klubhaus' latest lineup of sweatshirts and t-shirts.

This unique approach is the first of its kind in the country. Fans of Arnob and fashion forward individuals can get these attractive wears in three designs. The sweatshirts and t-shirts are bound to highlight anyone's wardrobe.

These exclusive wears are being offered at affordable prices, with the t-shirts priced at Tk 890, and the sweatshirts at Tk 1490 (prices are exclusive of VAT).

These can be bought at all Klubhaus outlets, as well as online at www.klubhaus.com.bd
For more information, visit <https://web.facebook.com/klubhausbd/>

Traditional weaves meet contemporary outfits at International Weaver Festival 2020

On 22 February, 2020, the 4th edition of International Weaver's Festival took place, with the theme – Artists' impressions of Bangladesh. Organised by TS Events, the festival was aimed at empowering weavers by promoting different types of traditional woven crafts.

Out of the various participants, this year's highlight was Tootly Rahman's designs, which infused celebrations and art with woven crafts. Seema Hamid, an up-and-coming designer, blended modern trends with traditional Mirpur Banarasi for contemporary outfits. The materials used for this year's festival were Bangladeshi khadi, silk, cotton, Jamdani, to name a few. Additionally, painting impressions of famous artists like Kanak Chanpa Chakma, Ekushey Padak recipient artist Jamal Ahmed, plus folk art, rickshaw art, paintings of Old Town etc.

For more information, visit <https://web.facebook.com/InternationalWeaversFestival/>

us on [f](#) /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...

KUNDALINI RISING

BY SHAZIA OMAR

Writer, activist and yogini
www.shaziaomar.com



Tete-a-tete with James 'Fish' Gill

I recently had the pleasure of meeting Fish in Sri Lanka. His approach to yoga as a form of healing and therapy was gentle and inspiring. The following is a takeaway from that meeting.

How did you get interested in yoga?

I first started learning in a small country town in the south coast of Western Australia. It was in the forest. And then, I fell out of the habit of yoga for 13 years.

I came back to it again later when I fell deeply in love with a wonderful yoga teacher. After a painful separation and a suffocating feeling of loss, yoga was part of my healing.

I now use yoga to help others cope with their suffering, sorrow, and aspects of their lives that do not seem to fit.

Although I have taught yoga for less than three years, I have worked as a facilitator of transformative programmes for many years. I create space for groups of people to relate more honestly, openly, and compassionately to themselves and to each other through their stories.

I share stories about my own vulnerabilities, my own life, things I could not see; where shame, sorrow, frustration, and loss hide in my life. I like to look there, because although sorrow, shame, disappointment, and discomfort are painful, they are amazing opportunities to be, as Pema Chödrön (noted American Tibetan Buddhist) would say, 'broken open.'

Where did you learn yoga? What kind of yoga do you teach and where?

I did my 350-hour teacher training in Perth. It was vinyasa, restorative yoga and yin yoga. I also teach meditation.

I myself do not really understand the distinctions people make between the various styles of yoga. Some have very clear concepts, while others have rigid ideas of what is what.

For me, it all blends together. I guess if I

had to try to define these styles, I would say that restorative yoga creates an experience of being held and breathed, so the parasympathetic nervous system (our rest and digest response) can switch on and the body and mind can rest and renew.

Yin is about finding a minimum edge, staying with that edge, and finding stillness. Vinyasa is an intentional creative flow, tied to the breath and focusing on specific areas of the body.

I teach yoga at two studios in Perth, Western Australia, in Gili Air (one of the Gili Islands of Indonesia), and in Sri Lanka.

In what ways has yoga benefited you?

I think that understanding the yogic teaching of 'santosha' has created peace in my life. Once upon a time, I would have interpreted santosha to mean happiness, but when I started to study it, happiness was elusive to me. I felt broken and lost, to be honest. I had such a depth of sorrow in my life that I felt I was drowning, so aspiring towards happiness felt far away.

Then, I got to know the term santosha as contentment; less about being happy and more about making space for the whole contents (contentment).

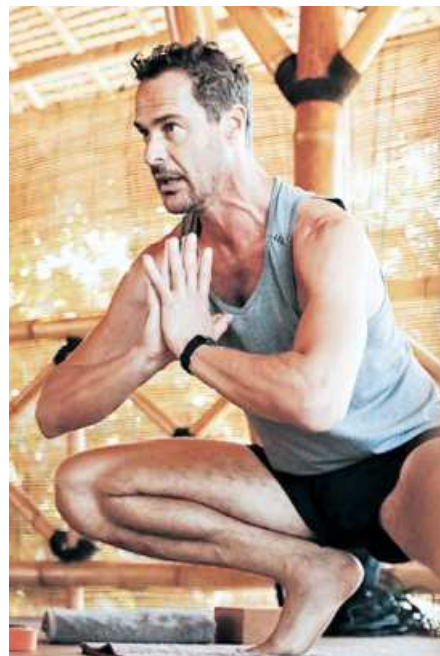
Yoga for me has become a practice of growing big enough so that all the joy and sorrow in my life can rest within me and there is no argument. I am now spacious enough to let it all belong, to let it all rest. That to me brings contentment and peace. My shame, my joy, my anger, my disappointment; they are all guests around my dinner table. There's enough space for them all.

Yoga leads me and the people around me towards liberation. It allows me and the people that I love be more intimately connected to the complexities of ourselves; not the suffering of clinging to joys and pushing away sorrows but the contentment of being a whole container. Even in sorrow

and shame, when you look deeper, past the discomfort, there is richness, even beauty.

Yoga expands my ability to stay with discomfort. Otherwise, I would just want to run away. It gives me ground in the groundlessness of life.

And everything in life is shifting. When we look closely, stability is just an illusion, everything is on the move. I mean everything. All joy is coming and leaving, all sorrow is coming and leaving, all the time. To many of us, this can be terrifying. That's why people try to build solid lives, buy land,



insure everything and make promises in relationships; to feel like everything will be ok. But while we do this, we resist the transient nature of everything.

Describe a typical day in your life?

A few weeks ago, I woke up in the morning, packed a car with camping gear,

lay my swag down in the bush, built a fire, climbed a mountain, watched a sunset, ate two avocados with a spoon and watched the stars.

As I was falling asleep, I realised, this is my practice. Whether it's the bush or the ocean, nature reminds me, everything is OK. So, my mornings often find me sitting, looking at the ocean, and from there I feel like meditating, inspired by nature.

I love my coffee. Sometimes, I will listen to music, or a podcast. Then I will go for a walk on a beach and collect pieces of glass. I feel like I'm collecting stories from travellers because each bottle has a story behind it — How did the bottle break? Was it a celebration, was it a tragedy? Then I will get on a mat and do some yoga. Then I will do some work in the middle of the day, writing or developing ideas around the retreats I run.

I will have some time with my guitar. I will work on some songs. I will try to eat well, although I do get drawn towards certain junk food. There will be multiple dogs throughout the day. I have a dog obsession. Some dogs I know. Some dogs I don't know. I have to spend some time with dogs. I have a series of dogs I consider to be mine.

What advice do you have for someone who has never tried yoga?

I teach a lot of beginners. Some of the classes are specifically aimed at men who have never done yoga before because I am very aware of the feminisation of yoga back in Australia. Why — maybe because yoga is seen as introspective — a work in rather than work out. In the modern world, this draws women rather than men because men have had generations of not looking inward in order to be productive in

CONTINUED ON PAGE 13

Sun
Premium
GHEE

স্বাদে ও গন্ধে পরিপূর্ণ

- বাংলাদেশে সর্বপ্রথম হাইজেনিক উপায়ে স্বয়ংক্রিয় মেশিনের মাধ্যমে প্রস্তুতকৃত সান প্রিমিয়াম ঘি।
- ১০০% খাঁটি, দানামুক্ত, সুগন্ধময় ও স্বাদে অতুলনীয়।
- আন্তর্জাতিক মানসম্মত Easy Opener মুক্ত আকর্ষণীয় প্যাকিং, যা পণ্যের গুণগতমান সংরক্ষণ ও স্বাচ্ছন্দ্য ব্যবহার নিশ্চিত করে।

facebook.com/sunproductsbd

A Brand of Quasem Food Products Limited

INTERPRETER OF MALADIES

BY NIGHAT ARA
Psychiatrist, Counsellor,
and Therapist



Money, mind and behavioural addictions

Invention of 'money' is hard to trace back, but historians believe metal objects were first used as money before the time of written history. Transition from barter system to monetary system took place over time for the sake of fairness and convenience in trade. As human needs got more refined, exchanges became more complex, communication became more technology dependent, newer methods and skill sets had to come into play.

Eventually, division of labour got more acute, distance between supplier and consumer grew further. Consequently, money started to gain more power and influence over human life.

Attachment to money (relationship with object, consumerism, living in pleasure principle) became a new norm. Overt or covert meanings and values given to money at personal, cultural, social and political level could make money a source of self-destruction for a nation, if not the whole mankind.

There is 'money of account' (debits and credits on ledgers), which give people a sense of who owes whom and there is 'money of exchange' (e.g. coins, bills etc.). Another kind of exchange in the form of gifts are considered as reciprocal altruism that serves the basic human yearning to love, connect, and belong. Respectful give and take relationship can maintain social harmony by allowing people to live interdependently in a neatly woven social fabric of support and collaboration.

Ironically, sometimes gifts become

implicit 'I owe you' debt or social status symbol when ego insecurities come into play. Underneath these ego insecurities are often fears of becoming 'less than others,' the fear can quickly turn into an ego defence to prove 'I matter,' 'I am important,' or an ego gratification like 'I am one head up' etc. Money also reflects human values because we put our money into what we value. Pictures, words or statements printed on bills and coins are also reflective of social and



national values. Price of something goes up when the demand grows higher than supply (e.g. recent onion crisis). This imbalance could also be created artificially to compound the conundrum further. Unscrupulous businessmen would use the opportunity to test how much value public is ready to attach to the item. This is also a kind of gambling, risk taking, thrill seeking behaviour. Investing a high monetary

value in anticipation of powerful human attachment to a particular object can end up in profit or loss.

Collective intelligence would determine the winner and loser in this game. Pictures, words or statements printed on bills are also sometimes reflective of the moral, cultural values, or historical significance of that nation.

Brain wiring (an evolutionary requirement) changes as environment and lifestyle changes. Human relationship with money is taking new turns as exchanges are becoming more remote. New sophisticated technologies are breaking through, creating more distance between humans.

Young generation shop mostly online, order grocery and food online without having to touch or make any direct physical contact with the object they are buying. Exchanges happen through credit or debit, without any direct interaction with any real people in real time.

Direct human interactions are becoming less and less essential, virtual people are filling up the vacuum. As deprived minds are automatically forming tighter bonds with objects, they are also using objects to soothe the pain of unfulfilled human yearnings. Tolerating the discomfort and unpredictability of human emotional connections are becoming more challenging.

Currently, family systems are breaking down, social values are evaporating fast and attachment to objects are

skyrocketing. A general tendency in unstable corrupt society is to overestimate power of money and equate it to 'Almighty Omnipotent God!'

Insecure and sick minds interpret money as 'love' and 'security, leading to rampant greed, jealousy, aggression etc. Casino, human trafficking, drug-arms and sex trade etc. are just the tip of an iceberg.

Money get diverse emotional meaning because of how the experiential memories are stored in brain and body cells at the time of poverty, oppression and at the time of affluence and power.

'Incentive motivation circuit' of the human brain (neuronal circuits between VTA of midbrain, forebrain and cortex) releases dopamine, leading to a feeling of elation or pleasure. Money, video games, pornography, etc. can stimulate this incentive circuit and motivate humans to repeat the behaviour again and again to get the same elation or thrill (condition reflex). Behavioural addiction results from forming a pathological relationship with these mood-altering objects. Living life on 'pleasure principles' as opposed to on 'reality principles' eventually robs all human potentials. This downward spiral of self-destruction can easily spin out of control.

Social injustice, discriminatory legal system, authoritarian political system, severe power imbalance, inefficient state machinery, ignorance, etc. are some of the root causes of these psycho-social diseases. It is probably worth remembering that good citizens are not born, they are to be created by a conducive environment.

Photo: LS Archive/Sazzad Ibne Sayed

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

You have a lot to offer. Sudden changes are likely. Social activities will be satisfying. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21-MAY 21)

Stay away from unsavoury situations. Minor accidents can happen if you aren't careful. Let your talents shine. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUN. 21)

Put effort into your work. You don't owe anyone an explanation. Avoid social gatherings for a while. Your lucky day this week will be Tuesday.



CANCER
(JUN. 22-JUL. 22)

Your unique approach will irritate others. Try not to exhaust yourself. Spend some time with your partner. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

Romantic opportunities can rise. Your ideas will not be appreciated. Find some time for yourself. Your lucky day this week will be Saturday.



VIRGO
(AUG. 23-SEP. 23)

Don't start unnecessary debates. Don't easily divulge personal information. Go on a short trip. Your lucky day this week will be Wednesday.



LIBRA
(SEP. 24-OCT. 23)

Do things you enjoy. Consider investments that have potential. Throw yourself into work. Your lucky day this week will be Sunday.



SCORPIO
(OCT. 24-NOV. 21)

Make changes at home. Romance may be likely if you travel. Any plans of entertainment will be successful. Your lucky day this week will be Thursday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Channel your boundless energy. Amazing things are just over the horizon. Avoid making outlandish purchases. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Look into new philosophies. Don't make unnecessary moves. You could experience unusual circumstances. Your lucky day this week will be Friday.



AQUARIUS
(JAN. 21-FEB. 19)

Direct your energy wisely. Plans with your partner will lead to a great time. Avoid being overly opinionated. Your lucky day this week will be Friday.



PISCES
(FEB. 20-MAR. 20)

Find ways to make extra money. Don't overspend to impress others. Don't make unnecessary changes to your home. Your lucky day this week will be Saturday.

A NOTE ON NUTRITION

**BY CHOWDHURY
TASNEEM HASIN**
Chief Dietician,
United Hospital Ltd.



Low carb diet: Does it really help treat obesity?

The low carbohydrate diet — also known as the “low carb diet” has become the latest big thing in weight-loss plans. The low carb diet requires adhering to an extremely low-carb, high-fat diet in order to put our body into a metabolic state called low ketosis, in which, it has to burn fat rather than sugar for energy.

A typical low carb diet is comprised of 80 percent fat, 15 percent protein, and a mere 5 percent of calories from carbohydrates, which is completely different from the food pyramid of most parts of the world. Low carb diet can be helpful in treating epilepsy, as it reduces the frequency of seizures and also can be used for some other neurological disorders, but as a general weight-loss plan, low carb is controversial because of its unsustainable nature.

Also, not all patients are appropriate candidates for the low carb diet, especially those with chronic conditions such as high blood pressure, diabetes, or other conditions. But if one is considering this diet, they probably should know about the side effects before opting for it, which include nausea, gastrointestinal distress, severe fatigue, lethargy, dehydration, dizziness, irritability, and muscle soreness.

These so-called flu type symptoms usually pass after a few days. About 25 percent of people who try a low carb diet experience these symptoms, with fatigue being most common. It happens because the body runs out of sugar to burn for

energy, and it has to start using fat. Also, the transition alone is enough to make our body feel tired for a few days.

With frequent urination (common in those who follow low carb diet) there is also the inevitable loss of electrolytes, which can exacerbate these symptoms. In addition, as carbohydrates are a source of energy and stimulation, removal of this source of energy will result in increased sugar cravings, brain fog, and difficulty concentrating, much like most other withdrawal symptoms.

Bad breath, sometimes referred to as keto-breath, can sometimes occur as one enters the fat-burning state. Ketones can be released in the breath, as well as in the urine and sweat in the form of acetone, which is a smaller molecule and the main component of nail polish removers. It tends to make its way into our lungs.

For people with diabetes, it can trigger a dangerous condition called keto acidosis. This occurs when the body stores up too many ketones — acids produced as a by-product of burning fat — and the blood becomes too acidic, which can damage the liver, kidneys, and brain. Left untreated, it can also be fatal.

Also, because low carb diets are so restrictive, it's not an appropriate plan to follow long-term. Most people will regain a lot of the weight they lose as soon as they go back on carbs. These types of back-and-forth weight fluctuations can contribute

to eating disorders. Low carb diet mainly appeals to people who have issues with portion control and binge eating.

Another consequence of low carb-related weight changes can be a loss of muscle mass — especially if one is eating more fat than protein. They will lose weight, but it might actually be a lot of muscle because muscle burns more calories than fat, and that will affect our metabolism.

Because the body can be low on electrolytes and fluid, on top of the increased urination, it can lead to a loss of electrolytes such as sodium, magnesium, and potassium. This can make people prone

There are some changes with fluid balance that can typically occur within the first couple of weeks of a low carb diet.

to acute kidney injury. The development of muscle cramps is a possible side effect because of hyponatremia. The kidneys play an important role in metabolising protein, and it's possible that eating too much of the nutrient can have a negative impact on kidney function

Other side effects can include irregular menstrual cycles for women, decreased bone density, and sleep issues. Some patients may need to supplement with sodium and potassium, as long as they do not have blood pressure issues.

There are some changes with fluid balance that can typically occur within the first couple of weeks of a low carb diet. As the body uses up its stored sugar (glycogen), it releases water into the blood that gets passed out of the body through urine. As fluid is passed out of the body, salts in the body can get depleted too. During that time, and especially at the end of the first week, symptoms such as brain fog/slow thinking, racing heart rates when lying down, insomnia, cravings etc. can arise.

The low carb diet is notorious for delivering a quick initial slim down. Carbs hold on to more water than protein or fat, so when one stops eating them, all that extra water gets released through urination. As a result, the scale might read a few pounds lower.

Patients need to be evaluated and monitored by a dietician when they start a low carb diet due to the level of dietary restriction. Also, patients need to boost their water intake before they start. The low carb diet has blown up as an ultra-low carb eating plan that can help you drop pounds fast — but its effects on your body go beyond weight loss.

Personally speaking

In my imagination, I see myself in a beautiful home showered by the golden afternoon sunlight, the slant rays flirting with my plush plants, the room filled with a heady aroma of cinnamon tea being brewed and scones being baked, a happy child heading out to the playground and me, curled up in my favourite corner either with a book or magazine, after returning from work.

No worries, no stress and life like this could go on never-endingly.

Reality for me was nothing like that image. I was so immersed in that façade of happiness that somewhere I missed the fine prints of life and I lost the signal and skipped the cue.

For once, the happy child that I thought I saw, was not happy and I failed to support this emotional turmoil, again, when my father left me standing all by myself without saying goodbye, or him giving me one of his famous pep talk on how I would live without him, my paradise was lost forever.

I did not see it coming until I found myself at rock bottom, shrouded in melancholy. And that's when the antidepressants made their way into my world. I found out I am not the only one who needs to sort the tangles of their mind; there are many like me, and a lot more who do not realise the importance of maintaining mental health.

With globalisation, we have adopted many prejudicial or damaging nuances in our social and private lives. For one, the velocity with which our high paced corporate living style and constant need to feed our virtual egos and identities are accelerating, things can be quite exhausting. And these, at times, make us reach for the handbrake. Hence, the need for counsellors, psychiatrists, therapists, arises for some of us who find it suffocating or too much to grasp.

Setting the parameters

Society has a longstanding misinterpretation and superstition regarding mental health. There's a key difference between 'mental health awareness' and 'mental illness'. People usually make the mistake of associating the two.

Mental Health Awareness does not only deal with the illness of the mind, but also acknowledges the process of taking care of it, realising one's own deficiencies and abilities regarding mental health, and staying productive while dealing with daily stress. When a person's attitude and feelings are normal, they are considered to be mentally healthy; whereas mental illness maps out the diseases of the mind.

"Every one of us must take care of our mental health, like dental health or physical health, and seek professional help when we suffer from mental illness just like we would see a dentist when we have a toothache.

"Mental illnesses are health conditions involving changes in emotion, thinking or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities (APA) and wellbeing is a keyword in the WHO definition of health



— "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity," says Dr Helal Uddin Ahmed, Associate Professor, Child Adolescent and Family Psychiatry, National Institute of Mental Health (NIMH) and Secretary General of Bangladesh Association for Child & Adolescent Mental Health (BACAMH).

On the stigma of being ill

You would often hear people in small towns or villages say colloquially that one has caught 'bad air' or 'batash lagse'. In other words, they say evil spirits have taken over the person or the child and they seek the help of village shamans or 'ojhas'.

"The shamans often tie the person concerned to a tree, beat with sticks, scorch with burning stamps, and make them walk on fire— all to get the 'spirit' out of the possessed body. A few years ago, Prothom Alo, the Bangla daily, published a picture of two new-born babies that were hung upside down and were being banged together for similar reasons.

"Such treatments are deadly, and a traumatic experience for the patient no doubt, and all the while, the villagers and neighbours standby and watch. The talisman or religious blow-on might have placebo effect, but it cannot cure the ailing mind. Moreover, the traumatic experience darkens the patient's spirits more," says Dr Niaz Mohammad Khan, Associate Professor, National Institute of Mental Health (NIMH).

Dr Avra Das Bhowmik, Associate Professor, NIMH also expressed his concern over this general behaviour of treating mental illness.

"Recently, this practise of calling shamans is becoming less frequent because of the general awareness building up among villagers; they take the patient to government health complexes or community hospitals. The need of the hour is to make these hospitals equipped with doctors who can give them the first medication and refer them to psychiatrists, or counsellors. Also, the MBBS syllabus must include early management course on psychiatry. We have approximately 250 or so working psychiatrists in the country, this number should increase and more doctors

should take up this study.

We should address the misconception and stigma associated with mental health through general education, orientation to the general doctors, and for our patients, family support is a key factor.

The caregivers' angle

Sleepless nights and bloodshot eyes, the flooding of ideas and thoughts and the incessant chatters followed by cups of caffeine and puffs of nicotine, tackling and debating with ease on topics like Che or Mao or Shabagh Mancho to onions prices all at one go; you think your friend is a genius.

But his mother knows, her son needs to sleep, needs to take a pause, needs to calm down. His hyper overdrive or manic phases will soon be overshadowed with dark moods and self-harm acts. The panic-stricken nights when the mother silently stands outside his doors, sobbing and praying that behind the doors he banged closed, that her son is safe and that the demons in his heads are not torturing him to the edge.

The unsteady steps, the monologues, the sleep paralysis, the phobias and obsessive-compulsive disorders are all things we need to discuss at large within the family boundaries, and learn to tackle each episode calmly.

Family members of a person suffering from mental illness or disorders shoulder the vast majority of long-term care responsibilities towards the patient. This also put a severe pressure on the caregivers or family members, for example they suffer from adverse health effects such as elevated stress and depression, feelings of stigmatisation, chronic medical conditions, the need to use of tranquilisers and antidepressants for themselves and that too ever so often. Their quality of life has to be compromised, not to forget the financial stresses, and limiting time for leisure and socialising. The family members too should regularly distress to a counsellor to continue supporting the ill. The parent or the caregiver should be given ample social support and adaptive coping ideas, they must know that solving the problem and tackling it head on is more effective than avoidance and that there are other emotional coping strategies to de-stress yourself.

The importance of hospitals and doctors

With a lost look in his eyes, a man in his mid-twenties is walking down the dark and dreary corridors of National Institute of Mental Health Hospital at Shyamoli. The Tk 10 ticket allows him to see a psychiatrist.

The sun never rose in these long, spacious yet dirty passageways, and most of the people there are dishevelled and listless. If you just pace through these hallways at the huge building of the mental health hospital, you would get the exact visuals of how we perceive mental health.

Languid and lethargic, no one shows any interest to sweep away the dirt and cobwebs, no one shows a special interest to brighten up the wards or counselling rooms. Yet, I would say the doctors there

are extremely professional and tolerant with their patients trying their best under the circumstances.

The National Institute of Mental Health was established and started its journey from 2001. At present, the hospital houses 200 indoor beds with seven departments — Adult psychiatry, Child, Adolescent and Family Psychiatry, Social and Community Psychiatry, Organic and Geriatric Psychiatry, Psychotherapy, Forensic Psychiatry, Addiction Psychiatry, and they have five OPD (outpatient departments) daily.

The old four storied building is being renovated to eight levels. This vertical extension will be adding 200 to 400 existing beds and is expected to run from 2020. Currently, the hospital houses 180 to 200 in-patients in a month. The insufficient doctor team at the hospital get more than 300 daily out-patients.

Generally speaking, the doctors are witnessing an increase in patients but they are attributing the trend to awareness building. According to the national survey, results show an increase of patients, 17 percent among adults and 14 percent among children. There are very few hospitals catering to mental illness in the city and NIHM is in dire straits and overburdened, not exactly a place where we can go for counselling. Thus, along with psychiatrists the city needs affordable hospitals providing counselling and psychotherapy.

Painting: Goutam Chakraborty

To understand better, here is the difference between a counsellor, a therapist, a psychiatrist and a clinical psychologist:

Mental health experts: include psychiatrists and psychologists.

Mental health professionals: include psychiatrists and psychologists, psychiatric social workers among others.

Mental health workforce: includes occupational therapists, speech therapists, and physiotherapists among others.

Psychiatrist: Psychiatrists are physicians who manage mental illness. They are the only mental health professionals trained to combine physical (organic or medical), psychological and social.

Clinical Psychologist: A clinical psychologist is a mental health professional with highly specialised training in the diagnosis and psychological treatment of mental, behavioural and emotional illnesses. Counsellor/Therapist: Mental health professionals, having university degree/ training on basic counselling and therapy actors in understanding aetiology and recommending management of psychiatric disorders.



SPOTLIGHT

In the right state of being

The year 2020 is not shaping out to be in the world that we wanted — within just three months of the year, it has been one soul-shaking wakeup call after another, environmentally, politically, and health hazard-wise.

The expression “A butterfly flaps its wings in the Amazonian jungle, and subsequently a storm ravages half of Europe,” (from *Good Omens*, by Terry Pratchett and Neil Gaiman) is more appropriate than ever for the globalised world.

Then again, no matter how overused the word globalisation seems, for those living in this corner of the world, the material signs and gains have been outstanding. It's quite fascinating to see one season of U.S. or European fashion now being followed within weeks of its exhibition.

Blockbuster movie openings are enjoyed almost at the same time as the rest of the world in Bangladesh. And let's not forget how fast brand name smart devices and gadgets have entered the market throughout the last decade.

This continuous flow of global ideas and products are meant to better the situation of a country as a whole. Yet, behaviour-wise, we are getting more sarcastic, mean, and unkind. The ugly gremlins of skin-colour bias, zero-tolerance towards gender identity and orientation, sexism against women, and total disregard towards mental health issues are as rampant as ever.

Is it not time to really think things through as to where we stand as proper human beings?

Beyond the colour of the skin

There is no easy way of putting this, but skin colour bias in the Bangladeshi mind-set is not going away anytime soon. Fair is beautiful — this is still an unfortunate belief for many.

Fairness overrides a person's other

aspects as well, with little to no regard for one's achievements and struggles; the fair skin tone stands as the first benchmark for success. It is still a faraway achievement to look beyond one's skin colour and see the person as they are.

To be truly cosmopolitan and part of the world, it's high time to correct anyone who feels that the colour of one's skin is their first identity. Speaking up against narrow, small minded views every time is the best first step to reaching the globalised identity that we seek and want to portray.

Frontier of gender identity and sexual orientation

Two to three decades ago, coming out was seen as a fashion sported by celebrities. The way the whole thing was projected seemed like a fad that can come and go. However, once we look into ancient history that laid the foundation of modern thoughts, governance and financial practices; the social structure of old was not the rigid, linear, heteronormative picture that has been painted.

As sad as it is, the ever-growing alphabet acronym of LGBTQPA+ simply is not helping a lot of people to wrap their minds around the history, struggle, and the inevitable change. More often than not, the media — which has been the key to addressing these issues — tends to flatten the outreach instead of projecting the whole issue with its peaks and valleys.

Heteronormative behaviour and thinking have been ingrained into us for such a long time that there is simply no way of easing into the flow. Even for the socially aware, there are still instances where insensitive comments tend to slip out.

At the end of the day, for those who are still figuring out their identity and orientation, they only have a very small group of people to truly open up to. If their confidants are not supporting and

understanding, there is little to no space for these individuals.

Every woman counts

Feminism, as it stands and as it is seen, is not the “proper” way to achieve equality for woman; and this is one unpopular opinion many women are standing by. What is it about women's rights and equality that rubs policy makers and the general populace the wrong way?

Gender pay gap, and pink tax are still holding strong with women not being acknowledged for their efforts and ideas. It is even truer for a country like us, where rigid beliefs still have root in our everyday lives.

Associating anything weak, indecisive, and inconsistent with women is the de-facto standard for just about any discussion. It will not kill anyone to not treat women as less intelligent beings, and yet, it is one of the hardest things for well educated people to do. And worst of all, violence targeted towards women keeps rising without any permanent cure.

Despite all of these societal shortcomings, independent, strong women all around are fighting hard and holding on to their achievements. It's time to break away from backhanded compliments and stand for every woman that you know.

Mental well-being is part of health

Depression, general mental illness and the rest are simply labelled as attention seeking habits. Part of being truly educated is to see these issues as they are, and being aware of how much a person who is suffering through it has to sacrifice just to have a seemingly normal day.

Close acquaintances often drop out from association, fearing that their presence may cause things to go downhill. Also, there is no point in trying to act like a know-it-all from reading popular psychological journals, as every person who has mental

issues suffers from it differently.

The best that one can do is to not bring the issue up under any circumstance. It takes a lot for someone to open up and seek treatment; if you want to help, be there for them, even when it does not look like there is nothing going on.

The balancing act of staying right without being wrong

Despite all the knowledge and positive aspects of every culture being available right at our fingertips, public behaviour as a whole has gone down exponentially. On the one hand, there are people who are trying their utmost to fit in and adapt to new world mannerisms that make one a better person. And then there is the rest of populace, speaking first thinking second, or not at all.

Striking a balance between these non-intersecting groups is a mammoth task, and the key to it lies in the simple concept of accepting changes for the better. In most cases, these will seem disruptive and against the flow.

As simple as it is, change is something the world needs desperately to counter the phobic, inconsiderate, and thoughtless behaviours that have been ingrained into our psyche through centuries of unchecked practices. Yet, with the ongoing ‘infodemic,’ one lifetime is not enough to simply process all these changes and transformations.

Instead of latching onto every single new social concept, it's best to take it in small strides in one's own comfort zone. At the end of the day, being the best person that one can be is the only way create a truly colourless, identity fluid and harmonious world for the generations to come.

By Iris Farina
Illustration: Biplob Chakroborty

COVER STORY

ABCs of bike stunts

For some, a bike is the source of an adrenaline rush that cars can just not be. So it's not difficult to find people who like roaming around on a bike, and it is equally easy to find someone who has watched Mission Impossible and pictured themselves doing those amazing tricks. And thanks to constant media exposure, more and more people are getting drawn to the idea of bike stunts.

What exactly is a bike stunt?

Bike stunts refer to activities involving acrobatic manoeuvring of the motorcycle and sometimes the rider. This requires balance, skills, techniques, and most of all, the determination to do so given that it is quite difficult and often dangerous.

What do you need?

Obviously, your first course of action is getting a bike.

"Theoretically you can perform a stunt with any bike; doesn't matter what model or how powerful it is. Stunts are about skills and balance, and once you understand the

balancing act, you can do it with any bike. But, it's easier and better to do it with bikes that have more power, since certain moves require certain pressure and engine power," said Alex Peresa Joy, a representative of Haunt Ryderz, the oldest bike stunt group in Bangladesh, starting way back in 2007.

The most important equipment that you will need is safety gear. Always wear a helmet and shoes. Gloves and knee pads are also recommended. Safety jacket and glasses are also suggested, to be thorough. Falling off is very common when you are starting out,

and even when you are experienced, so compromising on your safety is an absolute no.

Do you need to modify your bike?

As a matter of fact, you should make at least some minor modifications if you plan on doing stunts. Regular performers usually remove the default handle and bumper and upgrade to new ones that are designed to assist and protect them during stunts. Headlights, meters, and tail lamps are often removed to protect them from damages as there are at constant risk of impact with the ground. Additional bumpers are added to protect the engine as well

as the rider.

What are the basic moves?

There are countless moves to carry out once you start doing stunts. However, in Bangladesh, riders have been able to perform about 25 different moves. The more complicated moves require more powerful and modified bikes, which are not yet available in Bangladesh. But you can always try out the easier, yet popular moves like burnouts, donuts, rolling wheelies, stoppies, circle, Christ, switch back Christ, etc.

What is the point?

If you enjoy pure adrenaline rush, then this is the sport for you. Besides, you can always learn the moves because they require skills, and it will develop you as a rider.

"Everyone who rides a bike is a biker, but not everyone is a rider. Stunt performers are certainly better drivers," professed Alex, who's actively taken part in several bike stunt events. "When I first started, I thought everyone can ride on two wheels. What if I do it on one?" he added with a smile, as he pointed out that it's more than just a sport, but rather, a lifestyle.

Find your community

There have been more and more groups emerging and growing, who host and perform bike stunts. If you are a beginner, it's a good idea to reach out to them since they can teach you a lot. Besides, there's always the question of safety, and if you are part of a community, it's less risky. The biggest group on Facebook (in Bangladesh) is Haunt Ryderz. Members of this community meet up once a week to perform, and there are annual events promoting road safety, where thousands of people come to see them. More importantly, they are welcoming and willing to help out newcomers.

Disclaimer: The Daily Star and Star Lifestyle does not promote unsafe motorcycle riding practises on public roads. Trying these tricks could lead to serious injury, or even death. All stunts are performed by experts, and should not be tried at home without consulting a trained professional.

By Ashif Ahmed Rudro
Photo: Haunt Ryderz





SPECIAL FEATURE

Lunch time mania

Clink and clatter, corporate conversations, and meaningful meetings – this is the scenario you can expect to see if you ever walk into a restaurant during lunch time, specifically in a commercial area. And the same is true for an office canteen. However, lunch time for office goers is not as superficial as it seems. There exists a connotation within these conversations and walls of the restaurants and canteens during luncheon.

At noon, eateries in the commercial hubs of Dhaka, such as Motijheel, Gulshan, and Farmgate are usually buzzing with suited, white-collar employees devouring lunch. It is a spectacular scene to witness groups of colleagues joyfully laughing over an incident at office, or a triad of people formulating new and innovative ideas, or just a couple of people quietly eating food. This bustling environment usually lasts from 1PM to 3PM, defining the situation of lunch time mania in Dhaka.

Satisfying the rising demand

The altering demand of people, the rapid pace of economic development combined with the revolutionary turn in the restaurant industry in Dhaka are shaking things up. While five years ago, there were limited options for choosing the mode and source of lunch, the alternatives now are innumerable. This has also led to better affordability and higher availability.

“Initially, we only served food of a particular price range. However, after a few months of operation we realised there exists a demand within the corporate sector for more affordable lunch on a regular basis. To fulfil this need, we revamped both our menu and the restaurant and are now able to cater to a large pool of loyal customers daily,” said Mohammed Shahidul Islam, managing partner, Nawab Chatga.

Seeing this as a good business opportunity, a vast number of catering services and restaurants are popping up in commercial areas. Family style restaurants, fast food stores, catering services, and food delivery apps are all serving towards satisfying the lunching requirements of office goers. These food hubs are further classified, ranging from fine dining restaurants to small scale eateries, catering to the demand that exists in a flexible manner.

Health and hygiene

While there are myriad options available, the question lingers, are they actually fulfilling the vast demand that exists?

Most people are now health conscious and look for hygienic and healthy options. Because this is the decision of consuming lunch on most days of the week, the source must be decided conscientiously.

“Although the availability of lunch is better than ever now, it would be great



to have more catering services that serve homelike food of the best quality without the addition of extra spices and condiments for the sake of better tasting food,” said Rabeya Moyeen, senior project manager at a research institute located in Gulshan.

As people age and become prone



towards a healthy living, there persists a growing concern regarding source of food they are consuming. Most people cannot find a trustworthy and reliable source of lunch depending on which they can order food every day, setting aside the looming concern of health and hygiene. Despite many commercial areas housing dozens of eateries that serve homelike food, there exists a dearth of such dependable food sources.

However, there is a lucky bunch of office goers who have the privilege to enjoy homemade food every day of the week. This is often the case for entrepreneurs or office goers who live in the same neighbourhood as their workplace.

“Being a gym owner and having a health-conscious perspective, I am lucky to

be able to have homemade food delivered to my office, coming right out of my home kitchen every day,” said Fatah Saad, owner, Hammer Strength Fitness Club.

Deshi cravings

A proper lunch is customary in our culture, and while many office goers crave homemade, deshi delicacies, it is always not possible to have such kind of food.

Reazul Islam, deputy managing director, AB Bank, stationed at their office in Motijheel said, “I usually pack lunch from home because I prefer to eat what I would typically have if I were back home. But sometimes, unwillingly, I have to resort to order a takeaway lunch box from restaurants nearby.”

And there are many more like him. Despite the vast availability of various cuisines, homemade food is irreplaceable. Some people willingly forego purchasing lunch from the office canteen, nearby restaurants, or catering services because they are accustomed to the deshi palate.

Call them boring eaters, but truth be told, we Bengalis are more comfortable to our very own deshi delicacies than we realise. After all, nothing compares with the delight of having a steaming plate of plain rice, along with thick lentil curry, fried fish, and a side of spinach amidst all the hustle and bustle.

Imagine the disappointment on a child’s face if he opens his tiffin box to find such an assortment of food — he would probably skip having anything in his tiffin break than to face this embarrassment among friends.

Remember sitting in class at college while getting a hunger pang and daydreaming about rushing to the canteen to get that hot plate of khichuri bhuna after class?



As we pass through these phases of life and finally get into work life, somewhere deep down we wish we could go back to the simpler, tiffin box days.

Work over lunch

A typical lunch hour at office is dictated by a monotonous routine, whereby employees get a small break from their harried schedules. People from all departments march to the canteen, where groups of colleagues can be found chitchatting.

In other cases, on an extremely busy day at work, some employees can be seen having lunch alone at their designated cubicle, or aggressively typing away at their keyboard unbothered to eat but trying to complete the tasks at hand. Unfortunately, sometimes due to heavy workload this small recess is also missed by many.

Instances like these forces you to take a walk down memory lane and reminisce the meek days, when life as we knew it was humbler and when there did not hang a guillotine of responsibilities on our necks. To keep up with the fast paced environment and to excel in the competition of life, somehow we all end up in places where we never desired to be, trapped in a web of corporate politics and encumbrance of obligations.

Respite from a hectic schedule

However, among the pressure of crunching numbers and meeting deadlines, a one-hour break for lunch comes as a respite to many.

“Often days, I look forward to lunch time because this hiatus allows me to casually catch up with colleagues and discuss something other than work. To some extent, this also boosts our productivity at office,” says Mahir Ahmed, assistant executive, Branding and Corporate Communication, IPDC Finance.

While some companies offer flexible lunch schedules, others have rather rigid timetables. It is not possible to go out of office for lunch in the prospect of a “colleague’s hangout” within such a short period. On the contrary, on special occasions such as Pahela Falgun, groups of colleagues flock to restaurants and order according to their heart’s desires. Being forced to consume lunch at their workplace, it is not every day that they get to eat according to their heart’s will, despite having access to a plethora of delicious cuisines available right at their fingertips.

At other times, when workload is relatively low, it is a common sight to witness groups of employees enjoying a warm cup of tea at the local tea stall and

discussing futile incidents or concocting crucial conversations regarding life and its odysseys.

“Our office location is in an eerie dead-end, which allows us a repose from work by sitting on the pavement sipping coffee after lunch. This makes me recall the days when I had plenty of time to spare for hangouts. Now I have my own identity, and

am receiving so many benefits and facilities, yet I barely have time to maintain social and familial relationships,” said Pushpo Meem, a banker working at Gulshan.

The other group of people

Despite having access to so many options and holding numerous privileges, we do not fail to complain. If you ever happen to be travelling on the road during lunch hour, you may witness a band of rickshaw pullers taking their afternoon siesta, uncomfortably resting their heads on the passenger seat and using their dowdy cummerbund as a shade from the scorching sun.

This ten-minute break after their luncheon, maybe the only one they can afford to have, amidst the frenzied chores that they continue to do day after day to earn basic bread and butter for the family. The half-an-hour lunch break may be his only opportunity to socialise and catch a break from the shackles of commuting through the roads and alleys to earn a living.

Lunch hour among the working-class people is not limited to grabbing a quick meal before re-joining work. It has more meaning and insight than the naked eye can see. Whether it is a banker contemplating his life choices or a rickshaw-puller happy to take a quick nap amidst the hustle of work, lunch time mania poses more significance than just consuming food.



By Fariha Amber
Photo: Sazzad Ibne Sayed

আমার কাছে
তেল
মানেই
রূপচাঁদা

২৫ বছর ধরে পরিবারের সুস্বাস্থ্যে
বাংলাদেশের একমাত্র আস্থা
রূপচাঁদা সয়াবিন তেল

adani wilmar | BEOL

RUPCHANDA
FORTIFIED SOYABEAN OIL

স্বাস্থ্যকর অর্গিট ফোর্টা

Omega 3+6
Vitamin A



Office lunches from around the world

Lunch time is essentially a meal time that truly formed a solid place in our schedules during the industrial era, when workers needed a break. Whether it was a small affair, or like Samuel Johnson stated in his English dictionary in 1755, “enough food that fits into one hand,” the term lunch itself has Anglo Saxon origins and today, we have conveniently shaped it into a half hour break to relax in-between work.



Peru: Chinese-Peruvian chicken

I rallied around with friends spread across the globe and requested (read pleaded/hounded) them to send me images of the food they ate at lunch in office, offering a unique glimpse into their food cultures and traditions.

They made this massive effort of embarrassing their colleagues and themselves, by taking pictures of the food they ate every day. Some of my friends are blessed with canteens, and while there is a harmony in some of



Jordan: Tomatoes with pepper, hummus and brown beans and roasted eggplant sauce make up a normal lunch which everyone is eating, as opposed to rushed affairs at their desks.

these images, meticulously planned by true foodies, many of them are clearly the work of a rushed, in-between meetings, quick bite! The end result is an ongoing list of almost 30 countries and I am pleased to share a few here.

KOSOVO: Second youngest nation of Europe, a medley of cultural influences

This little land locked country's cuisine is heavily influenced by neighbouring Albania, Serbia, Greece, etc. Honestly, most



Indonesia: Nasi tim (steamed rice) with chicken and egg, served with chicken broth, is a Chinese-Indonesian dish



Indonesia: Nasi rames/warteg (rice with mix of one's own choice of dishes)

of the images I have seen resemble a very homely platter and just screams of healthy, flavoursome food. Normal lunch time for

office goes is 12 PM, and according to my architect friend Arbenita, they mostly eat outside.

INDONESIA: Islands, Komodo dragons, Bali, and spicy food

Indonesia is the world's largest archipelago and thus, home to a staggering variety of cuisines, transcending across to food cultures in offices. Most of us are familiar with the more popular nasi goreng or beef rendang, or just something with noodles. But the Indonesians were only introduced to wheat when the Portuguese and Dutch arrived about 400-500 years ago. Add to this, the Spanish, in the 16th century, brought the chilli pepper from the new world, and the relish sambal, was created in the hot steamy settings of some Javanese village.

Today, Indonesian cuisine is a melange of tastes from Indian origins, Chinese settlers from the 7th century, as well as the largest Muslim population of any country, making the food supremely diverse, unique, and halal. These pictures were sent to me by Angeline Basuki, an architect and the next batch at my Heritage Management Masters course. All the dishes represent local food that is easily available anywhere and costs about \$1.5!

BRAZIL: The Amazon, beaches, football, and samba

I had the amazing fortune of visiting Brazil, and other than the warmth people showed us, I was wowed by the cultural diversity — I hadn't realised that the Japanese formed a unique part of their culinary and cultural heritage! Generally, their food is all about meat and meat, and simply more meat, but they have loads of vegetables too. And then, you have a spectacular entry like Acai berries and the

many beans and greens. Add to this, the Italian and Japanese influences and you start to see that Brazilian cuisine has a mind-blowing diversity.

Elisa Cerqueira, was one of our event caterers, and she sent me images of these lunch boxes prepared for her clients.

JORDAN: Petra, mansaf, ancient history, and the Dead Sea

When I arrived in Jordan, eagerly looking forward to the food there, I was enthusiastically informed by the locals that no visitor ever leaves without gaining at least 2 kg. I think I successfully left with 5 kg extra, and am still carrying it around, but that food tastes nothing less than magic!

The mansaf was a Middle Eastern version of our biriyani which had been heavily recommended to me, but my senses were entirely keyed in on the



Brazil: Black beans with Smoked Sausage and Bacon, White Rice and Braised Cabbage (Feijão preto com linguíça e bacon defumados, arroz branco e couve refogada).

local cheeses, especially the Nabulsi, (originating from the Palestinian region of Nablus) which was also used in the to-die-for dessert Knafeh and the hung yoghurt, with herbs rolled into a ball of divinity.

This photo has been supplied to me by my dear friend Saed Essalameh, who is bemused at my love for food.

PERU: Machu Pichu, llamas, and Lake Titicaca

Lunch in Peru begins between midday and 1 PM, and it is common for shops and offices to be shut at midday, with employees returning to work as late as 3 PM. Many Peruvians head home for lunch and given their variety of food, I wonder how they stay away from trying out all the different cuisines they have access to.

Chinese immigrants came mainly from the province of Guangdong in the late 19th and early 20th centuries, and they brought with them ingredients, and combined

EVENT

A Green Revolution

Jute has long been called the golden fibre of Bangladesh, and that alone underscores the significance of the fibre in the culture and economy. Bangladesh grows one of the best quality jute fibres in the entire world, and there's significant production and scope in our country. But are we using it to its full potential and could we do more?

To answer such questions and promote jute products, the National Jute Fair 2020 was inaugurated at the Officers' Club on Bailey Road, on 6 March, and end on 10 March.

Out of the more than hundred stalls displaying products crafted from jute, one stall stood out. "We're not here to sell. We're here to promote jute. We want to raise awareness," said Md Amir Hossain Rangan, Managing Director of JERB, Jute Economic Revolution of Bangladesh.

"Global warming is becoming a greater

problem with every passing day and we must boycott plastic if we want to save our planet. But we need an alternative, and interestingly, we do have it in jute. It is a gift-wrapped solution and absolutely eco-friendly. All we need is imagination and the will to work for it," he added, explaining why jute is so important.

Jute fibre is not only eco-friendly, it's also durable. However, there is a common misconception that jute fibre is not fashionable. Rangan put that debate to bed in person, as you could spot him from across the hallway, very distinguishable in his attire; a Mujib coat made from jute sack.

When asked, he flashed a jolly smile and said that he's been wearing similar clothing for about six years and he's been working to promote jute revolution for 17 years.

CONTINUED ON PAGE 16

CHECK IT OUT

Polar campaign rewards patrons with daily prizes

Polar has handed over the second scooter – Yamaha Ray ZR – as part of its ongoing campaign, to a lucky winner.

The campaign allows participants the opportunity to get a scooter every week, for four weeks. But that's just the tip of the iceberg; participants can win a smartwatch and a smartphone every day as well. And everyone is a winner here: if

you send an SMS (from 10AM to 10PM) with the code number on the ice cream to 26969, you will get data worth of 50MB or a mobile phone recharge of Tk 10 or Tk 20.

Sounds enticing? Time is running out! The campaign will run till 14 March, 2020.

For more information, visit <http://www.polarbd.com/scootyfoorti.com>

Tete-a-tete with James 'Fish' Gill

FROM PAGE 3

industry and in war. But yoga is not about flexibility. It's about intimacy with life. If you want a sense of peace and connection with yourself and others, step in.

What advice do you have for yoga practitioners?

Feel it from the inside out.

Do whatever you can so that you can begin to listen to the very quiet subtle experience that yoga affords us, which is well beyond the loud, external, course experience of what the 'asana' is or how it looks. Because challenge and difficulty and limitations in our life are loud, and modern life trains us in listening for loudness, for the obvious. But balance and equilibrium and wholeness are quiet and we need to train ourselves in quietness to experience ourselves as whole, to realise that actually nothing is lacking. It does not matter what you can do with your body.

What are some of the things you do to take care of the world, or yourself, that you have learned along your journey?

I have learnt that we cannot make it alone. We cannot manage life alone. We need people around us who can hold us when we cannot hold ourselves. This comes back to the idea of the container.

We need to keep the container growing big enough so we can make sense of all the things that do not make sense and sometimes we need other people to help remind us. To grow a community that can talk about things and make space

for vulnerability — that's all we need. Sometimes, we just need others around us to hold the whole thing together while we let go for a moment, until we see that it's ok actually. There's no such thing as failing at being human.

The world asks us to simplify things — wrong and right — should and should not. We need to be reminding each other that life is much more complex than that. And check in with each other about complexity not simplicity.

I have a specific focus on men. They are way out of balance, in general. We seem to be particularly stuck in the experience of isolation, because we think we have to show up in a certain way to be a man. We feel we have to make it alone. Making space for guys to feel a safety in connection and to grow the skills to communicate is a really important aspect of my work, both as a facilitator and as a yoga teacher. The suicide rates in Australia are through the roof and I have lost many men that I love.

It's time that we shift the paradigm. We need each other. Men need good men to lean on. We are afraid of being tender, we are afraid that if we express tenderness and care to each other we might be seen as 'gay'. That's how far out of balance we have come, but that model of man no longer works, it leaves us all alone.

Instagram: @james_fish_gill
www.creativeteams.com.au
Photo courtesy: Shazia Omar



Japan: Japanese Enoki mushroom beef rolls



Macau: Rice and braised pork with preserved vegetables in soy sauce

Peruvian ones to create Chifa cuisine. The main staple foods in Peruvian cuisine however are native crops such as corn, beans, and potatoes, as well as Andean quinoa and fresh fish.

A friend, forged through our common interest in heritage, Renata Tavera sent me these images from her office in the heritage sector of an organisation in the capital city of Lima.

JAPAN:
The land of the courteous, sushi, and most of our cars!

My friend Hitoshi recently moved to Dhaka, and misses the platters he had back in Tokyo. Lunch time, according to Hitoshi, depends on the work type, so he often ate at his desk while working at a bank.

Some smaller companies, mostly factories, have set a lunch room to encourage communication, from 12 PM to 1 PM. At some offices, people can eat super early, from 11:30 AM to 12:30 PM, while later ones go from 12:30 PM to 1:30 PM, to cover each other during lunch time. However, in traditional families, Japanese housewives wake up as early as 5 AM to start cooking for their husbands and their kids' lunch box

MACAU:
Portuguese ex-colony, Patua-critically endangered language, Chinese-Portuguese fusion food
Macau is one of the tiniest countries, with a population that makes it the most populated one, as well as one of the richest ones!

A Portuguese colony until 1999, this tiny nation has a delightful medley of cultures and possibly, one of the first known instances of fusion food, mixing Chinese and Portuguese cuisines. Also known as the Las Vegas of Asia, its historic city centre ranks as a UNESCO World Heritage Site, while its language Patuá, is a creole language — a blend of Portuguese and Cantonese, recognised by UNESCO as a critically endangered one. My friend Jenny Kong's husband, based in Macau, sent me these images of his food.

This article was written with the purpose of showing how even a



Kosovo: A burst of colours that also speaks volumes about the health factor of this delicious platter.

short break in our daily work routines involves a representation of our culinary heritage and eating trends. My friends gave me a sneak peek into their daily lives, and I too, leave you salivating and possibly, planning an elaborate meal for work. Until next time, with more countries in focus!

Photo courtesy: Reema Islam

Dairy Delights

BREAD MALAI ROLL

This milk based dessert is a trendy one, as it is the modern version of our very own Shahi Tukra. Consisting of a dense milky shondesh, wrapped in a roll of bread that rests on a bed of thick, saffron-infused milk, this dessert is both decadent and delicious. Not to be consumed regularly, but it is suitable for those special occasions when you cannot resist some guilty pleasure.

Ingredients

For the milk mixture —

- 4 cups whole milk
- ¼ cup condensed milk
- ¼ tsp cardamom powder
- Pinch of saffron

For the filling —

- 1 cup whole milk
- ½ cup powder milk
- 1 tbsp sugar
- 1 tbsp ghee or clarified butter

For assembly and garnishing —

- 8 loaves of white bread
- 2 tbsp chopped almonds, pistachios, and raisins

Method

To make the saffron milk mixture, take 4 cups of whole milk in a pan and set the stove to medium heat. Set aside 1 tablespoon of milk and add a pinch of saffron, and let the flavours infuse. Let the milk heat up and reduce to half the amount, while stirring occasionally — this should take approximately 30 minutes. Pour in the condensed milk, and saffron infused milk, and incorporate well. Then, add in the cardamom powder and stir to combine.



Reduce this mixture further to one cup until it reaches a thick consistency. Once ready, remove from the stove and set aside.

To prepare the sweet filling for the bread, heat the clarified butter on a non-stick pan and add in powder milk and sugar. From the remaining 1 cup of whole milk, gradually add this in small quantities while stirring after each addition. Within 10 minutes, you should be left with a thick mixture that can be shaped with your hands. After cooling this slightly, grease your palms and take small amounts in them to roll this mixture roughly to a size matching the length of the bread.

Finally, for assembling, first prepare the bread. Cut the brown edges from the bread loaves and roll the white part with a rolling pin to get a thin sheet of bread. Place the

pre-rolled sweet mixture at the edge of each bread sheet and roll. In your serving dish, pour in three-quarters of the prepared milk mixture, and place the bread rolls on it. Pour the remaining milk mixture on top and garnish with chopped almonds, pistachios, and raisins. Let this delightful dessert chill in the refrigerator for a couple of hours before serving.

MILK CHEESY BITES

Ever landed in a situation where guests arrive unexpectedly at your house, and you are instantly concerned about what to serve them? While you may order takeaway for the main course, here is a quick and delicious dessert recipe, which comes together in no time.

This sweet and cheesy dessert will crumble in your mouth the moment you take your first bite and you are sure to feel a sensation of crumbly, cheesy, and milky goodness. Extremely easy to put together using regular pantry ingredients, it is also a microwavable recipe! The delectable taste will surely leave your guests in awe, and hounding you for the recipe.

Ingredients

- 2 eggs
- ½ cup sour curd
- 1½ tbsp clarified butter or ghee
- 1½ tbsp vegetable oil
- 1 cup milk powder
- ¼ cup granulated sugar
- ¼ tsp baking powder
- Sprinkles (optional)

Method

Start by greasing a 6" X 6" pan or microwav-

proof container; a microwavable glass container or food-grade plastic container will do. First, beat the eggs with a hand whisk or electrical mixer (this will make it fluffier) until it is pale in color and airy. This should take about 2-5 minutes depending on your choice of utensil. Next, add in sour curd and incorporate well. After that, add oil and melted clarified butter at once. Combine all the wet ingredients properly and make sure it is not an emulsion, rather a homogenous mixture.

Next, add in one by one, the milk powder, sugar, and baking powder. Incorporate well into the mixture to make one smooth paste. After that, pour the prepared mixture into your greased dish. Put it in the microwave for approximately 5 minutes; the time will vary depending on the power of your oven. Take out the container and check once after the first couple of minutes, then decide how much longer it will need. It should be firm on the sides, and jiggy at the center, and parting away from the edges of the container.

Once fully cooked, let it cool for 5 minutes before serving as it will be very hot and cutting through it will not give you the desired shape. Invert the container on your serving dish and let it fall loosely on its own. Lastly, cut it into neat pieces and decorate with your choice of sprinkles to add a pop of colour. That was your easy dessert made in only 10 minutes!

By Fariha Amber

Photo and food: Fariha Amber



Excellence in Quality





ডিপ্লোমা'র স্বাদের আবেশে চোখ বুজে আনবেশে!

বিশ্বসেরা উৎস থেকে সংগৃহীত
উৎকৃষ্ট মানের ডিপ্লোমা দুধে তৈরি
সুস্বাদু ডেজার্টের কাছে হেরে যায় সবাই।

DIPLOMA

স্বাদের কাছে হারবে সবাই

©New Zealand Dairy 2020

LS PICK

Anchored in heritage: A reincarnation of long-lost boats

Given that Bangladesh is a riverine country, it comes as no surprise that boats of various shapes, sizes, and forms had been crafted — to use and commute its many rivers and canals, and to cater to the diverse needs and purposes of those aboard, be it recreational or functional.

And hence, the craft of boat-making thrived for numerous centuries.

Today, however, we do not see as many varieties as our ancestors did. In recent times, this rich tradition of boat-making has waned away to a large extent.

It is a heritage in despair.

And that is where 'Friendship Colours of the Chars,' a concern of the non-governmental organisation, Friendship, comes in.

Spearheaded by Friendship's Founder and Executive Director, Runa Khan, the organisation (which also has a number



"On one hand, boats started to become motorised. And on the other, wood got replaced by steel," explained Md Redwan Ferdoush from Friendship, who works as a Senior Programme Officer of Cultural Preservation. "And so, in pursuit of moving on with changing times and in pursuit of efficiency, we started to lose an age-old craft."

Nazra Mahjabeen Sabet, Assistant

Director, Nodi Limited (an enterprise of Friendship) continued, commenting, "The craft is our heritage. And therefore, we are striving to keep this heritage alive by offering people, model boats so that they can have an appreciation of the boat-making craft, locally and globally."

She further informed that most of the craftspeople are the very same ones who were involved in making life-size boats.

Bhojon Chondra Shutrathdar, for example, comes from a line of ancestors involved in the craft. In fact, he himself was also involved in it in the past.

Now that the sun has almost set in the world of traditional boat-making, he is one of the carpenters who mainly focus on making model boats for Friendship Colours of the Chars. "I apply the same skill-set used in making life-sized boats," he said, while working at a 'goina' (a kind of boat).

After he is done, he will pass it to another craftsman, such as Md Abdul Halim — who

once used to be a boatman — who will then work on it further, such as burnishing.

Boat carpenters like Shutrathdar and Halim have perfected even the tiniest details, with the end-products being the immaculate replicas of life-size boats, right down to the last motif and design — a mark of craftsmanship extraordinaire.

The work not only gives the craftspeople a livelihood, but the due recognition the craftspeople deserve. And, the heritage lives on.

And you too can get your hands on it! You can purchase model boats from 'Friendship Colours of the Chars,' a fashion and lifestyle brand.

Check out their outlet, located in House 40, Floor 2, Road 12, Block E, Banani, Dhaka. For more information, find 'Friendship Colours of the Chars' on Facebook.

By **M H Haider**
Photo: **Orchid Chakma**

of other notable projects to empower marginalised groups in society), has taken initiatives to preserve and promote the craft of making various kinds of boats, such as documentation of traditional boats to making their miniature versions for sale, and to even making life-size ones.

These initiatives are a relief to this boat-making heritage which is in peril; after all, most of the traditional wooden boats have gone extinct.



ফাস্ট ওয়াশ

সাদা আব এক নাম

১০ মিনিটে পাওয়ার ওয়াশিং এর মাজিক

কাপড়ের যে কোন দাগ ময়লাকে লিমিবে দূর করে

কাপড়ের রঙকে রাখে নতনের মতো কক্বাকে

RESTAURANT REVIEW

Tarka: Your Indian food getaway

We understand the appeal of Netflix and pizza, or a lazy afternoon with a cheeseburger, but every now and then, all of us get that craving for a more familiar taste. The Indian subcontinent has some amazing cuisines that makes even the harshest critics close their eyes to savour the taste. And Tarka will give you exactly that.

Located at ANZ Huq Eleven Square, Banani, Tarka is mainly an Indian restaurant, but they serve different kinds of food from all over South Asia. You can find exotic dishes here that are colourfully served with the familiar taste of Indian food.

The interior is well lit and decorated with a modern touch. The royal blue décor is complemented by the white interior and the minimalistic design. You might notice the soothing atmosphere, as you bask in the clear view of the city and soft Indian melodies played in the background. The staff are very hospitable and will greet you as soon as you step through their door. The restaurant offers a wide number of choices from their menu, which includes even vegetarian dishes, but if you want something specific, you can always ask the chef.

From common items such as the tandoori platter to more exclusive dishes like the Mutton Rogan Josh or the Fish Anarkali, you can make your choice to go with your mood.



If that does not interest you, there is always the choice of biryanis, which include items such as Tandoori Kabli Biryani or Mutton Hyderabadi Biryani.

You can also go for the tried and true curry that we all love so much. While a number of exotic dishes are often cooked lightly, you will notice that Indian cuisine is always rich with spices. It's not uncommon to find curries where the meat could have been of better quality, or the spice could have been well balanced. Tarka meets that demand and maintains that balance perfectly.

You will find that not only is the meat perfectly cooked, the sizes are also well cut, making it easier for you to eat. There is an amazing balance on the spices, especially in the chicken items, where they are cooked to perfection, bringing out that appealing red

hue that is so appetising.

The expert cooking and balance of spices makes it scrumptious with every single bite. Everything just hits the taste buds perfectly and goes really well with their in-house naan, which is complemented with the salad on the sides.

It's a perfect place for a dinner date or even a gathering. You can also order for parties or events with catering. If you are craving for some traditional or exotic food, with a touch of the Indian culture, Tarka is the place to go.

Essentials — Level #8 of ANZ Huq Eleven Square, House 1, Road 11, Block H, Banani.

Facebook: <https://www.facebook.com/tarkarestaurant/>

By Ashif Ahmed Rudro
Photo courtesy: Tarka

A Green Revolution

FROM PAGE 13

Such dedication and hard work are rare and he's got his recognition along the way in the form of multiple national awards. But that's not enough.

"We are economic freedom fighters," he said, proudly referring to his team, who have dedicated themselves to this struggle, aiming to do something for the environment, for the country.

Their products are not only interesting, but very fashionable and practical. Products such as attaché cases made from jute fibres are being exported abroad. Clothing items, accessories and showpieces are equally



dazzling. Some of the products in the stall were made by young children of different schools and orphanages.

"We want them to get interested in such things from an early age because honestly, that's what we are lacking. We have the fibres, we have the products, what we need are dedicated people with new ideas so that we can compete against the rest of the world," he elaborated.

To emphasise his words, he pointed to a dress made of jute in the stall, with very artistic design. The bottom hem was brightly coloured, like the flames of a scary fire. Called "Save Mother Nature," the artwork depicts the blight of the amazon fire. There is still time to do just that, and jute is one of the important answers.

By Ashif Ahmed Rudro

*FALL
IN LOVE
WITH
YOUR LIFE*

Cellox
TIME TO CHANGE

CL 364 HB

TIME ZONE Authorized Sales Centre

Imported by: Kallol Enterprise Ltd. 199 Tejgaon Industrial Area, Dhaka, Tel: 58816004