

Star
Life
Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

SOCIAL DISTANCING in times of PANDEMICS

As the coronavirus or COVID-19 sweeps across the globe, one term in particular — social-distancing — has become hotly discussed amongst the masses. However, this is not to instigate fear; it is a simple measure to tackle the virus effectively while maintaining order.

While it may be disappointing that sports events, movie screenings, major festivals and even wedding ceremonies of loved ones are being cancelled, in the end, it is all for the greater good.

Cancelling such public events that draw in a large crowd is an appropriate example of social distancing. It helps slow down the spread of the virus by limiting exposure amongst

individuals through close proximity.

Staying at least five feet away from the next person lessens the chance of exposure to the virus.

In the end, it comes down to us to stand up for one another and remain vigilant in times of great crisis. Simple precautions such as this, and others such as working from home, closing schools, and self-quarantine will help impede the progress of the virus, and hopefully, bring everything back to normal. This is what humanity does best; rise during adversity, and it is time to rise once more.

— LS DESK

FILMMAKER EXTRAORDINAIRE
REMEMBERING TAREQUE MASUD P6

PERSONIFICATIONS OF VALOUR
A SALUTE TO BENGAL'S AGE-OLD HEROES P7

POSTERS OF FREEDOM
TESTAMENTS TO A WAR C



BERGER
EXPERIENCE ZONE

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

FREE CALL 24x7
২৪x৭ সফলতা 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

BERGER
Trusted Worldwide

১৯৭৬-২০২০

CHECK IT OUT

Sunny and sensible with Cats Eye

Mood and destination paired with the seasonal juncture of Spring and Summer — these are the features for Cats Eye's latest collection.

Sadiq Quddus, Cats Eye's Director and Designer, described the collection as being fully focused on the youth. Printed smart casual shirts, round-neck t-shirts, polo shirts with collar and stripe variations, long tops and much more are part of this youth-

forward fashion brand's newest line.

The offered formal and casual wears are made with top quality premium fabric, all priced reasonably.

Online shoppers can look forward to the chance of getting a 10 percent discount when they shop at www.catseye.com.bd

For more information, visit <https://www.facebook.com/CatsEyeLtd/>

Independence Day with Nipun

In the hearts of every Bangladeshi, the month of March is synonymous with the spirit of independence. To honour this spirit, fashion house Nipun is set once again with a collection to uphold all that is free and proud. Nipun is offering shalwar-kameez, sari, panjabi and baby dresses this time around, without breaking the bank. This new collection can be found at all Nipun outlets.

For more information, visit www.facebook.com/nipuncraft

Feast from Middle East at The Westin Dhaka

Foodies and diners looking for the best of Middle Eastern cuisine should look no further than The Westin Dhaka's Middle Eastern food festival!

At the festival, guests can enjoy exotic dishes and desserts from Iran, Iraq, Syria, Lebanon, Turkey, Egypt, Saudi Arabia, Qatar, Kuwait and many other Middle Eastern countries. MasterChef Mehmet Tuncel and his team of culinary artists are presenting a lavish buffet spread, featuring delicacies such as Lamb Ouzi, Samka Harra, Tabbouleh and Kibbeh Labanieh. For the kebab lovers, Shish Taouk, Kofta Kebab, Kabab Orfali and many other succulent kebabs are also served in the spread. For a sweet finish, assorted Middle Eastern sweets such as Baklava, Kunafa, Basbousa and Umm Ali are part of the spread.

The food festival is a dinner-only event and the buffet dinner is priced at Tk 6,000 Net per person. Throughout the festival,



exciting B1G1 (Buy One Get One) offers are available on selected cards from a number of banks. This festival will run till 26 March, 2020, at the hotel's Seasonal Tastes Restaurant.

To attend the festival, guests will have to make a reservation by calling Seasonal Tastes at +8801730374871

For more information, visit www.facebook.com/The.Westin.Dhaka



Today's Athena

As part of International Women's Day, BRAC University Natural Sciences Club (BUNSC) arranged an event, styled 'Today's Athena,' at BRAC University's Mohakhali campus. The name was inspired by Athena, the Greek Goddess of warfare, courage and wisdom. The programme was divided into two phases — a self-defence workshop, followed by a very interactive talk session.

The workshop was conducted by renowned trainer, Shamima Akhtar Tulee, owner and chief consultant of 'Combat Gym by Tulee.' The list of her achievements is impressive, — she is a regular health columnist of the 'Daily Observer,' a four-time National Karate Champion, the first woman in Bangladesh to hold the Shotokan Karate black belt, and has served as referee at various international karate championship matches, to name just a few.

The workshop, which was open to all students, faculty and staff of BRACU, both male and female, was very effective. The trainer taught the participants some very basic, easy, yet crucial self-defence techniques and moves, that can be used

to take down any perpetrator. Participants were taught about some of the weak points of all human beings, where hitting will surely weaken the perpetrator, and will give the victim enough time to make a run for it.

Just as knowing how to defend oneself is important, being aware of one's rights and being able to fight for them is equally important. Keeping this in mind, a talk session was arranged, with the same agenda as the theme of International Women's Day this year — 'An equal world is an enabled world.'

Famous Canadian researcher, scientist, philosopher and artist, Erik Zepka, was one of the speakers, along with some of the most distinguished faculties of the university. They shared their insights on how women's rights are nothing but basic human rights, the different ways women are still being deprived of their rights, and also, how to stand up and fight for one's rights.

By Faiza Khondokar

Dhaka Kendra adds new corner

A project of Maula Buksh Sardar Memorial Trust — Dhaka Kendra has added a new corner titled "Dhakar Muktijuddho" on 14 March, 2020. At the same time, Nazir Hossain Nazir's book "Sat Doshoker Dhakar Smrity" was unveiled. During this occasion, Sayeed Khokon, Dhaka South City Corporation's Mayor attended as the chief guest.

Dhaka Kendra had started its journey back in 1977, with a view to make the denizens of Dhaka aware of the history and culture of the city, as well as to preserve the almost lost traditions of the capital.

For more information, visit www.facebook.com/dhakakendra97

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...

CHECK POINT

Avoiding misinformation through social media

At times of emergency, it is easier than ever to stay up-to-date with family members, friends and colleagues. But with the spread of information also comes the inevitable spread of misinformation. Currently, there is simply no substitute for sharing official, trusted information. It is also important to remain alert to the possibility that something you have received may not be accurate and should therefore not be shared.

Across the various social communication platforms that are being used, there are some common tips that every user should keep in mind.

SPOTTING NEWS THAT MIGHT BE FAKE

To check the credibility of any information, check for signs to help you decide. Forwarded messages with images, voice recordings all fall under this. Remember that anything can be digitally altered to serve a purpose.

STOP AND THINK BEFORE SHARING

If you have received a forwarded message from a close contact, try to find out the source. Try asking if the sender knows where it came from. If the message has been forwarded from person to person without any

credible source, there is a high chance that it may contain misinformation.

Anything that seems out of the ordinary, or contains ludicrous claims requires attention. These messages should not be shared, or forwarded even as a joke. The best that a user can do is to delete them. Also, it should be noted that when a message suggests sharing, you should not do it mindlessly.

RELY ON OFFICIAL SOURCES

Considering the current health pandemic, other than trusted sites like WHO, reliable news sites and the local government health ministry, do not rely on every piece of information that comes your way. Check up with the official sites before discussing and sharing any further.

REPORT AND STOP THE SPREAD OF MISINFORMATION

For any problematic information, take the right step in reporting them. Get familiar with the options for reporting and blocking misleading content in the messaging platforms that you use.

— LS Desk

TIPS

Things to do over the weekend

Being stuck at home is not always a bad idea. Sometimes it helps to self-reflect and connect with the loved ones. Something, most of us have been unable to do, because of the mere chaos that we call daily life.

Just to add some added spice to our lives while we are reconnecting, here we provide you with some suggestive ideas that can also help to keep your mind off the presiding tension over the recent crisis.

STREAM A MOVIE

Many movie studios that were planning on releasing films for a mass screening are searching for alternatives such as streaming devices. You can purchase these live streams through services like iTunes etc. So, no more missing out on new movies... it's time to catch up on the latest with the family by your side. You may stock up on popcorn though.

BINGE-WATCH

Want to know why everyone at office has been rambling about Baby Yoda and how cute he is. Watch the series and find out. Now you have the time to actually complete watching the entire series instead of going through it halfway like all the other times in your life.

PHONE A FRIEND, READ A BOOK, WRITE A POEM

Yes, do all the things that you have been meaning to do for the last few years but could not. This is definitely the appropriate time, especially catching up on old friends over the phone.

WRITE A JOURNAL

Psychologists always suggest writing a journal as basic management to self-reflection and calming of the mind. You may actually be very tensed about the current pandemic and the harrowing situation. Write about it and watch the magic unfold. Your tensions would reduce significantly.

LISTEN TO PODCASTS

Find your favourite topic and listen to a podcast on it.

COOK

See what you have in your pantry and whip up a new meal. Maybe something that you have been meaning to experiment on for a while. This time try taking your family members as sous chef or helping hands.

— LS Desk

Buying sprees: More negatives than positives

Evolution has taken off many traits from the human psyche, but the remnants of some are still holding a bit too strongly considering the current times, particularly the tendency to stock pile for coming emergencies. Currently, this has translated into buying sprees and subsequent hoarding that people have dived face front into across the world.

Panic buying of products has become a widespread disease of its own, resulting in verbal outbursts and occasional physical altercations even in the most developed of countries. Before stocking up on products think of what you are buying. Perishable goods like fruits and vegetables will only rot away. And products like salt, sugar, rice, flour, lentils and such will keep for months. It is the same for root vegetables like potatoes and carrots; when stored in a cool and dry place, these can be stored for a few months. As for meats, poultry and fish, these can

be frozen at home and kept for well over three months.

This also give sellers the power to hike up the price of essentials. This is easily seen with the case of face masks, hand sanitisers and washes, as well as for daily medications. Considering where sellers in the country hike up prices for any and all occasions, there is no reason to give them one more scope of exploitation. Buying up like this leaves little to nothing for the others in the community, showing inconsideration and apathy, which is the last thing one needs at times of great emergencies. Dissipating community harmony, and cultivating animosity towards each other is not at all welcome in times like this.

While there is reason to be sensible and stock accordingly, the common sense to go with it disappears. Carefully consider what you need, and keep safe and healthy.

— LS Desk

NEW IN TOWN

Experience the 'Lavish'



Lavish Boutique Salon has commenced its journey on the evening of 13 March, 2020, with an intimate High Tea, joined by family, friends, socialites and members of the press. Just as the name suggests, everything about the evening was nothing but lavish; the elements of the party, along with the décor of the salon depicted fine modern luxury. Situated at Road 34 of Gulshan 2, the salon is a convenient visit for all women alike.

The boutique-themed salon seems to be adapting a black and gold based aesthetic; with warm honey chandeliers hanging off the ceiling to stunning black amenities — the feel of contemporary grandeur is at the core. The welcoming attitude of amiable hosts and staff only amplifies the beauty of the gorgeous

space. Clearly, 'Lavish' doesn't aim to just be your go-to destination for haircuts, it's determined to become your choice for a luxurious yet soothing escape.

Among the services you can avail at this salon, hair spas are one of their specialties. Facials, hair treatments, along with manicures-pedicures belong to their list of offers too. The boutique caters to the whole salon experience, within a budget, while making you feel extra special. They have also introduced a range of budget-friendly packages, priced at Tk 2,000; this tag makes the opulence approachable for women of all ages and walks of life.

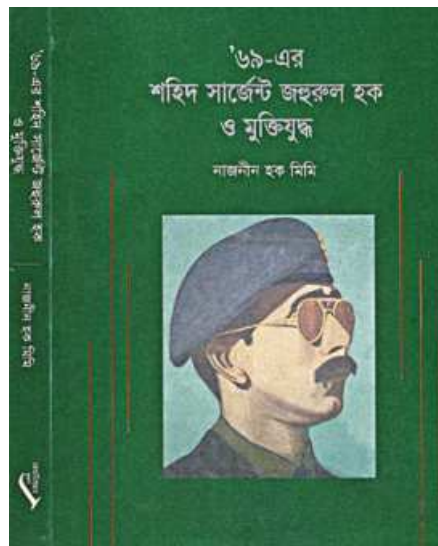
Lavish, founded by four wonderful women, is more than just a salon.

It's a reflection of women empowerment where four ladies allied together with the motto to serve others with the very best service. And the whole message was manifested in the High Tea, as every guest was tended to and made to feel special. From the delicate feasts to the music of calming tones in the air, the spirit of the party came to life. Precautionary measures against the current situation also prevailed as staff wore protective masks and guests were made to apply sanitizers as they walked in. The evening enforced on what to expect from the boutique as a whole, and it's no less than affordable luxury combined with quality service for a comforting getaway.

By Zohaina Amreen

Shahid Sergeant Zahurul Haque: An intimate profile

February 14, 1969. 3rd Punjab Regiment Barrack, Dhaka Cantonment. Sergeant Zahurul Haque, along with some other accused in the historic Agartala case, was interned there. They used to share their small amount of food with poor children waiting outside the barbed fence of the confinement. But West Pakistani guards used to chase away the hungry children and hurl abuse at them. On that night, when a guard named Manjur Shah was beating a child, Zahurul Haque suddenly jumped on him and snatched his rifle. Zahurul warned him against the inhuman behaviour, and returned the rifle.



The next morning, Manjur Shah shot point-blank at Sergeant Zahurul Haque and his two inmates at the door of his cell in the jail. They were taken to the Combined Military Hospital.

Dr Ali attended the heavily injured Zahurul and his friend Fazlul Haque. He requested the military authority to take them to Dhaka Medical College for better treatment, but authorities denied permission.

Zahurul breathed his last around 10AM the same day, and the news of his demise spread around the city like wildfire. The ongoing protest against Ayub Khan got a new momentum; protesters set fire to the state guest house and other government buildings. In the face of mass protests, the government finally withdrew the historic Agartala case (officially called State versus Sheikh Mujibur Rahman and Others) on February 22, 1969. Bangabandhu, along with other accused, was released on the following day, and the rest is history.

Zahurul Haque (1935-1969) was a sergeant of the Pakistan Airforce. He was the 17th among the 35 people accused in the Agartala case. He was arrested in December 1967 on the charge of planning

an armed insurrection against the government.

Several books have been written on the historic case and the massive protests surrounding a glorious chapter of Bangladesh history. But the book titled '1969, Martyred Sergeant Zahurul Haque & Liberation War' stands out, as it gives an intimate profile of a key participant in this historical event. The author, Nazneen Haque Mimi, is Zahurul Haque's niece. She grew up with the family accounts surrounding her uncle, and researched the memories and material possessions of her family members to get to know the person under the uniform. She got hold of the two trunks sent from Pakistan after Zahurul's death and discovered an artist. Zahurul used to paint and do wood carving.

After 1965's Indo-Pak War, he had made miniature airplanes using parts of damaged aircrafts. Some of his paintings are preserved in the National Museum and Liberation War Museum.

Mimi's research mind took her to the close associates of Zahurul Haque. Their accounts reveal new information about the revolutionary and his efforts for the national emancipation of Bengalis.

Flight Sergeant Mafizullah, a trusted friend of Zahurul, says in his letter to Mimi, that Zahurul was closely involved with the Bangla Mukti Front (Bengal Liberation Front) since 1964. This organisation was formed by Bengali officials and soldiers with the aim of armed revolution against the Pakistani junta.

The book also contains a rich collection of photos and letters of Sergeant Zahurul Haque with his friends and families.

The author's erudite prose, storytelling and research perfectly match her emotion and enthusiasm that make the book more than a historical work; it is an intimate profile of a true patriot, revolutionary.

By Shamsuddoza Sajen
Photo: Collected

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Take a break. Your partner may be unsure of your intentions. Try not to take sides. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Trips will be adventurous. Emotional matters can overwhelm you. Overcome any obstacle that comes your way. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUN. 21)

Make rewarding connections. Travel will be knowledgeable. Think before you act. Your lucky day this week will be Thursday.



CANCER
(JUN. 22-JUL. 22)

Health issues can arise this week. Keep your emotions in check. Reach out and make new friends. Your lucky day this week will be Monday.



LEO
(JUL. 23-AUG. 22)

Investments will be profitable. Emotional connections can happen. Don't push your luck. Your lucky day this week will be Friday.



VIRGO
(AUG. 23-SEP. 23)

You will do well in social settings. Catch up with old friends. Don't meddle in others' affairs. Your lucky day this week will be Saturday.



LIBRA
(SEP. 24-OCT. 23)

Friends may not take your side. Don't let anyone pressure you. Your emotions will all over the place. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

Take on extra work. Make quick financial investments. Try to be understanding of your partner. Your lucky day this week will be Thursday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Your communication skills will pay dividends. Focus more on work. Don't blow situations out of proportion. Your lucky day this week will be Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

Someone special has been noticing you. Don't be afraid of opposition. Opportunities will come flying. Your lucky day this week will be Friday.



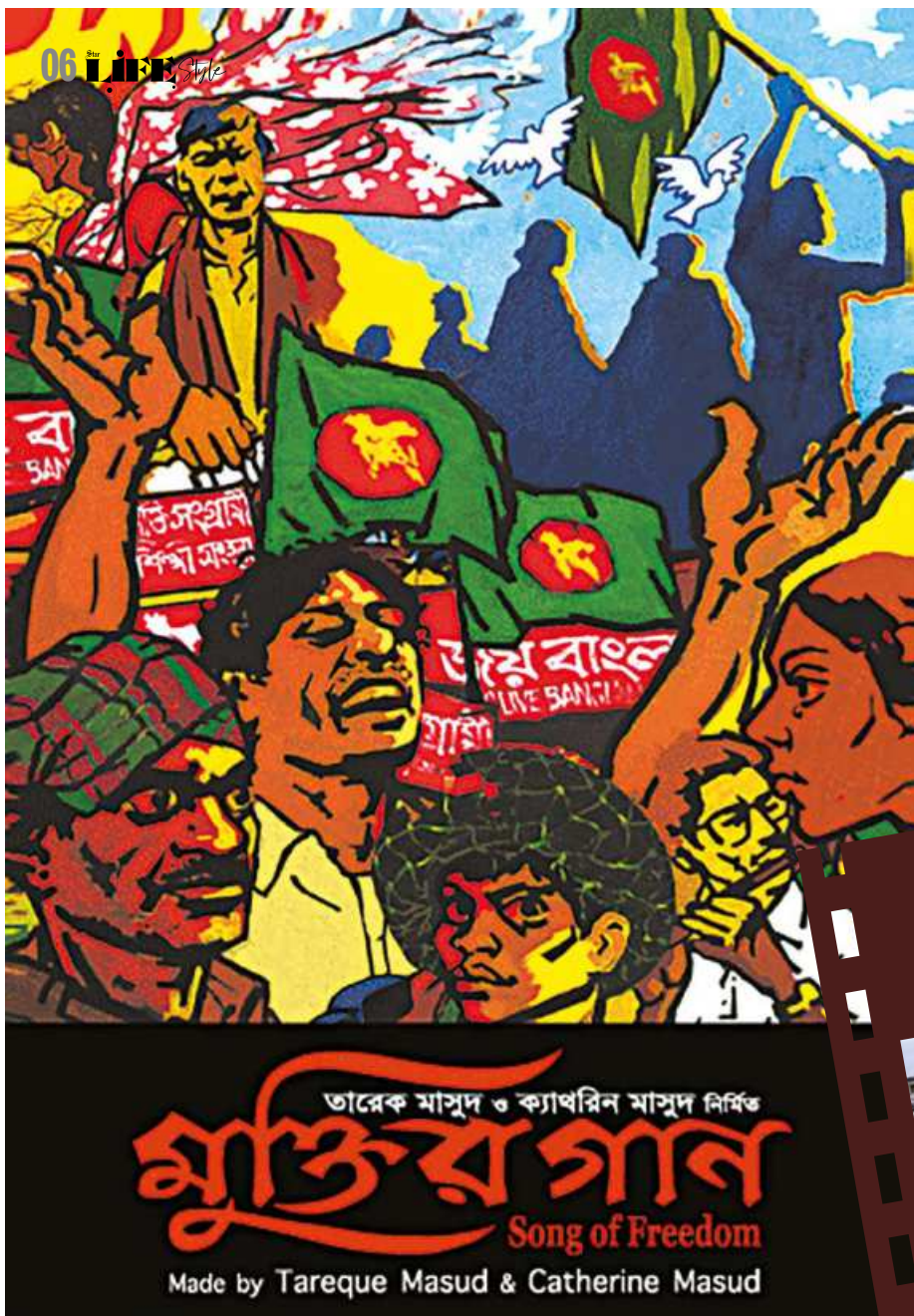
AQUARIUS
(JAN. 21-FEB. 19)

Take time for some maintenance. Do your own thing. Your charm will entice those with common interests. Your lucky day this week will be Thursday.



PISCES
(FEB. 20-MAR. 20)

Try to compromise. You can learn more if you listen rather than rant and rave. Don't push your opinions on others. Your lucky day this week will be Sunday.



IN HIS HEART AND SOUL

His endeavours on the Liberation War first calls for a context.

Let's start with Adam Surot, then, one of his earlier works. This documentary, about the legendary Bangladeshi artist S M Sultan, is a must-watch if you are an art aficionado.

Tareque Masud had attributed a lot to Sultan.

"Whatever I learned of filmmaking, and life, or of the rediscovery of agrarian Bengal; all of this I saw through Sultan's eyes...Through the making of Adam Surot, I matured and evolved as an artist," he explained in an interview.

"The films that came after, whether Muktir Gaan, Muktir Kotha, or particularly Matir Moina — whatever I could express through these films as an artist — all credit goes to Adam Surot."

He was very influenced by S M Sultan, a painter well-known for his portrayals

of pastoral Bangladesh and struggles of farmers and peasants.



Furthermore, his wife and colleague Catherine Masud's contribution ought to be mentioned. "In any of our productions, our contributions are equal," he had informed in another interview.

Indeed, we often see her name alongside his (as directors, for example).

Another person closely tied with him is of course Mishuk Munier — the brilliant cinematographer who also embarked in many of the projects by the Masuds.

Now there, with a context set, let's dive deep into Tareque Masud's art and war!

AN ARCHIVIST EXTRAORDINAIRE

If you have not already, you should watch Muktir Gaan, a film on a musical troupe

who travelled from one place to another during the Liberation War, entertaining and motivating refugees and freedom fighters.

At first impression, it is just a well-made documentary film. But just delve a bit, and the genius of Tareque Masud will become clear.

Muktir Gaan was made by painstakingly collecting and stitching footages of 1971 shot by an American filmmaker, Lear Levin (plus other archival footages).

Levin's footage, a goldmine, sat in his basement for many years. And when approached, Levin allowed their usage for Muktir Gaan for free!

Tareque Masud was not just a filmmaker. I would argue that he was an archivist as well.

And a fantastic storyteller he was too! Muktir Gaan wholly absorbs the audience into the story. The songs and the first-person narrative (by one of the members of the singing troupe, who read a script many years later for this film) had surely contributed to that.

The result of it all? A marvellous feat well-received by the people.

THE CINEMA FERIWALA

In a sense, Muktir Gaan paved way for Muktir Kotha, which is a film featuring various stories of freedom fighters, as told by them — an oral history project, you may say.

The way this project came to be is very fascinating. After Muktir Gaan was released, Tareque Masud and his team went far and wide, throughout Bangladesh, in remote villages, to screen the film; to bring it to the grassroots level.

Tareque Masud actually had a curious nickname, 'Cinema Feriwala' — he was a vendor of films!

He was not simply a director; he was much more: a film activist, a researcher, a patriot.

Anyway, that experience, or the journey throughout Bangladesh with Muktir Gaan, led him to make Muktir Kotha: "The audience of the film Muktir Gaan became the protagonists of Muktir Kotha...When they saw Muktir Gaan, they said, it is very good but we have also fought; our stories are not there in Muktir Gaan; we will tell our stories," Tareque Masud explained in an interview.

"While screening Muktir Gaan we were shooting its audience; they are telling their stories," he continued. "Almost two years later, I realised, wow! They are saying so many unknown stories. Hence, we started shooting in a more organised way."

The film tells about the sufferings, struggles, and resistance against the Pakistan army, told directly by those who experienced it themselves.

Its usage of 'September on Jessore Road,' an iconic poem on the refugees of the War, deserves a separate mention by itself. The Bangla translation, sung by none other than Moushumi Bhowmik, accompanied by scenes of devastated refugees shown on the screen, sparks a sense of horror, morbidity, and melancholy in the audience; an impact which lasts for some time even after the film is over.

Another work, which is somewhat similar to Muktir Kotha, is Narir Kotha; also an oral history project.

Narir Kotha presents the stories of the roles of women during the War of Liberation, from the atrocities they faced to the resistance against the oppressors.

TRIBUTE

Film and war: A tribute to Tareque Masud

It is the ill-fate of not only his family and colleagues that Tareque Masud's life was cut short by that unfortunate road accident in 2011, but a huge loss for Bangladesh itself, for Masud had made several outstanding films and had represented the country in the global map of cinema. On the occasion of the upcoming Independence Day, Star Lifestyle looks back at the life of this fascinating filmmaker, through his works on (and surrounding) the Liberation War.

SPOTLIGHT

Heroes of Bengal

The Bengali nation that stands free and proud today, is not the product of just a decade or even half a century's struggle. This psyche to crave independence, knowledge, and a strong streak of daring and inclination to flout the rules, has been a key characteristic of the populace of this delta. Numerous revolutionaries have emerged from here, and through various movements and struggles, both armed and unarmed, became architects of the ultimate freedom won in 1971. They live on today in the annals of history as legends greater than life. They live in our folklore and collective memories, with exploits larger than life, remain inspirational for anyone that happens to look.

ISA KHAN OF THE BARO BHUIYANS

Living a life with ups and downs truly suitable to creating a legend for the ages, Isa Khan, and the Baro Bhuiyans, became symbolic of Bengal's struggle against the greater forces of its attackers. The land of this delta has always been extremely fertile, and thus coveted for its riches as long as the tenets of physiocracy (wealth vested in agriculture) held true at the global level. It was no wonder that the Mughal wanted it too, and the local zamindars, a group of varying numbers loosely called the Baro Bhuiyan (the dozen landlords), were not inclined to give it up.

After his father's slaying, Isa and his brother were sold as slaves, and much later rescued by their uncle. Isa was bestowed a vassal estate in Sonargaon, and teamed up with the neighbouring zamindars to outwit numerous attacks by the much stronger Mughals. Despite being of mixed ethnicity and not completely local, he became a true son of the soil, having grown on these rivers, and used his knowledge of the terrain and astute observation of Mughal politics, to continue to rebuff the empire's advances for as long as he lived.

He also supported other local rulers to thwart attacks from neighbouring kingdoms. For his generosity, loyalty, and independent spirit, his name and glory



with Titu himself martyred in the last armed conflict, but not before passing into the annals of local heroes revered even today, securing the 11th position in the list of Greatest Bengalis poll compiled by the BBC.

SHER-E-BANGLA AK FAZLUL HUQ

It is not difficult to imagine the stature of a man who came to be known as Sher-e-Bangla or the lion of Bengal. AK Fazlul Huq, was a native of the verdant isles of Barishal, and played an important leadership role in the political fight against the British imperialism. He was the one selected to read out the Lahore Declaration, the pivotal document that ultimately led to the creation of India and Pakistan. He was also among the few capable and willing to go toe to toe against the West Pakistan political hegemony, and supported the cause of Bengali nationalism even before the words were coined.

He proposed the establishment of the Bangla Academy in 1948, took steps to create it during his brief stint as chief minister, and was a supporter of the Language Movement as well. He was among the key figures behind the Jukto Front as well.

A man of many talents, Huq reportedly took the Masters exams in Mathematics just to prove wrong the jibe of a fellow student about him studying English because it was easy. With just six months' preparation, he cleared the exams with the highest credits.

Known for his depth of knowledge, wit, legendary eloquence, the great statesman with unwavering patriotism came in fourth in the BBC poll of Greatest Bengalis of all time, and continues to inspire even today.

SURJA SEN AND PREETILATA WADDEGAR

One of the first armed uprisings by local civilians against the British empire in India was brewed right in Chattogram, led by the unassuming Surja Sen, also fondly called Master Da, for in his day to day life, he was a school teacher.

Sen recruited a number of similar minded revolutionaries thirsting for freedom. They hatched a plan to capture and isolate Chattogram from the rest of the empire, by first seizing arms from the local British armoury, and then severing communication systems. However, the inexperienced band failed to take into account the different location of the ammunition, and thus faced a major setback, and ran for cover into the neighbouring wilderness.

A few days later, an armed conflict took place between the rebels and imperial soldiers, where many of Surja Sen's band died, and the rest fled into hiding. Sen was later betrayed by a villager, and viciously tortured by the British, before being hanged to death in 1934. He became symbolic of the unbroken spirit, never giving up in the face of unimaginable torture and unsurmountable odds.

Preetilata Waddedar was a comrade of Surja Sen, also worked as a teacher, and is among the first female active revolutionaries of the independence narrative, known for her fierce zeal and commitment to the cause.



passed into the folklore of Bengal, nurtured in the hearts of its people.

TITU MIR

Titu Mir, born Saiyid Mir Nisar Ali, was a peasant leader, and is legendary for resisting colonial British indigo planters and oppressive local zamindars, armed with just raw courage and simple weapons and garrison made of bamboo.

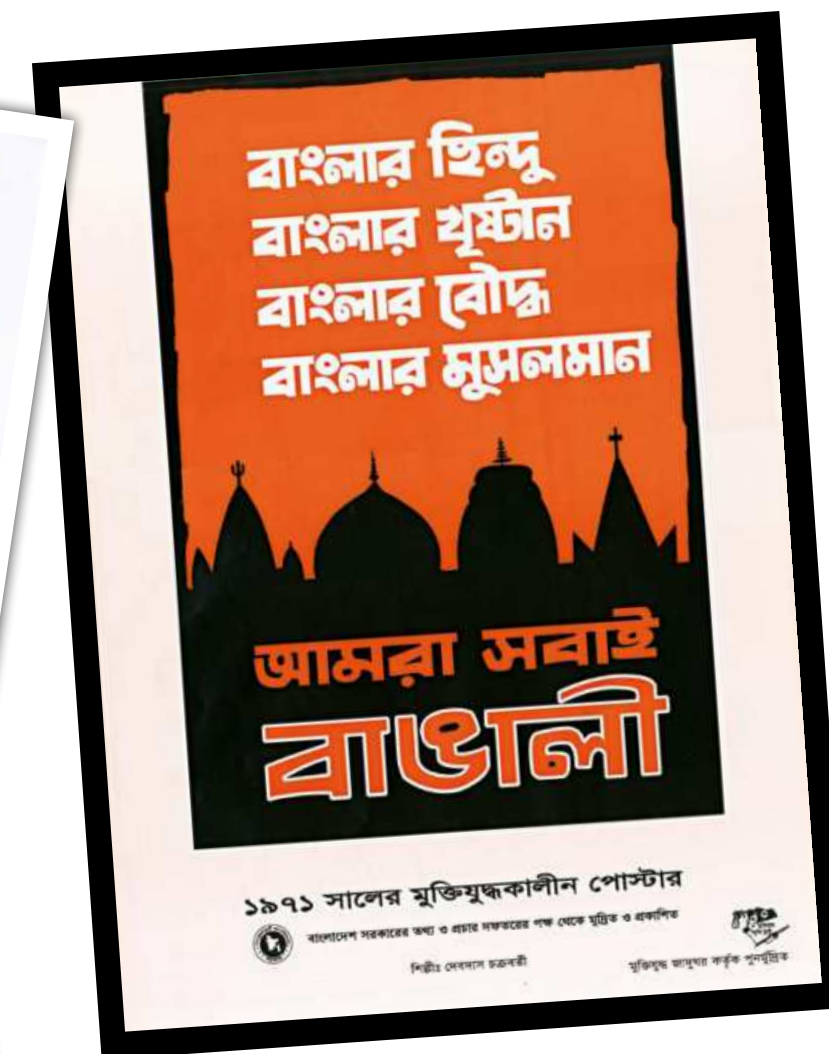
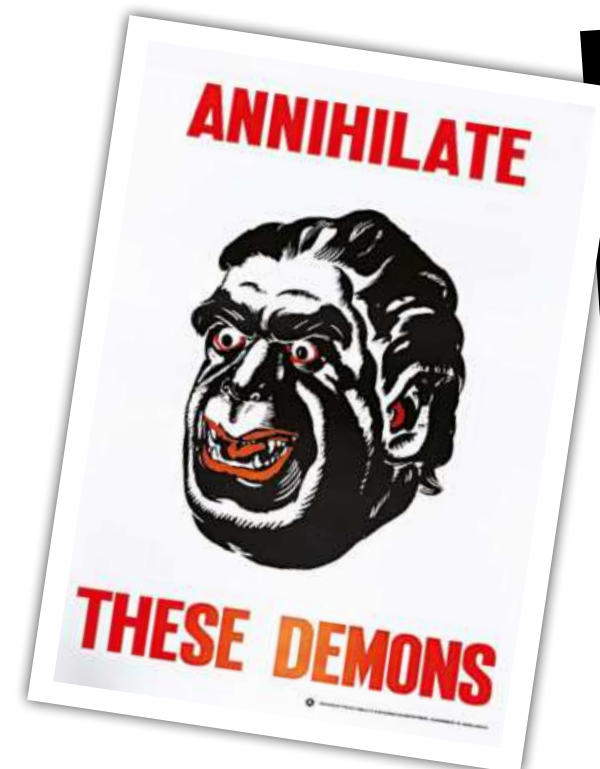
Initially making headway against the oppressive zamindars, he also sought political solutions by lodging complaints with the central East India company against the local officers, but to no avail. Gradually, the conflict kept intensifying and Titu Mir raised his own cohort of nearly 5000 fighters, and trained them in indigenous techniques and arms.

He went as far as to announce himself as the ruler of the area, and demanded taxes from the offending zamindars. Ultimately, Titu's soldiers and rebellion lost to the superior arms and strength of the British,

POSTERS OF 1971

A guide to freedom

There is always a price for liberty — a price to pay for freedom, and a price one owes to enjoy the pleasures that come with it. The events of 1971 are glorious in the history of Bangladesh, as we became a sovereign state through a nine-month long armed struggle, but it was not just the battlefield where war was raging.



At every refugee camp in the neighbouring country; at every training camp where valiant youth of the nation, farmers, day labourers, and able men and women learned warfare in the spirit to free their native land; at every liberated zone of Bangladesh — there were travelling musical troupes singing songs of freedom and victory.

Posters and placards were printed to present before the rebels in an effort to further inspire them to carry on their struggle of freeing their motherland.

Much has been written and spoken about slogans of those times. The rebellious cry, *Joi Bangla*, still stirs the same emotion to the millennials as it did to the baby boomers who fought for the liberation of Bangladesh.

Slogans are a catch phrase, and many take the form of placards, and posters, which is primarily a placard for public display with slogans and designs combined.

Before the war, placards were particularly popular. They could be written on large

pieces of paper, glued on a light piece of wood or 'chatai' and were carried to processions and meetings. Their purpose was simple but

It was a time when printing technology was not developed and given that they were considerably expensive, placards were more common in our socio-political scene than posters. They lacked designs but the lyrical words that they more often than not featured, inspired thousands.

After the Mujibnagar Government was formed in exile, it became important for the administration to hand down information regarding the war to the people who were actively taking part in it.

Across the globe, the cause for Bangladesh had garnered tremendous support, and it was imperative that updates were sent to these kind souls who were fighting a war in a different frontier, one where the battle lines were drawn by ideology and the means to fight were civil support and not military.

The Mujibnagar Government took it upon

decisive. They added visuals to gatherings where demands were being made.

liberation movement into many categories. The speech of 7th March gave many directions to the Bengali people, and these words by Bangabandhu Sheikh Mujibur Rahman was one of the most iconic posters that came out —

Ebarer Shongram/Shwadinatar Shangram/Rakta Jakhon Diyechi/Aro Rakto Dibo/Ghorey/Ghorey Durga/Gorey Tulo.

Done in a vivid colour scheme of black and red, over a white background, although seemingly more of a placard than a poster, it did create a visual effect where red was the colour of glory and victory; black of mourning, and white of peace. One must break it down to realise that, at times of war, is necessary for peace but a loss of life is always to be mourned.

Another poster of an iconic nature was one that asked every Bengali, and perhaps people across the globe, to boycott Pakistani products.

The poster read — *Bangladesher shompod bridhdi korun/Pakistani Ponno Borjon Korun.*

The 1971 liberation war was a struggle

themselves to print posters for the local soldiers, and for an international audience which, in light of a media blackout by the Yahya regime, could narrate the poignant tale of the struggle for freedom of Bangladesh.

In retrospect, one can scrutinise posters of our

liberation movement into many categories. The speech of 7th March gave many directions to the Bengali people, and these words by Bangabandhu Sheikh Mujibur Rahman was one of the most iconic posters that came out —

Ebarer Shongram/Shwadinatar Shangram/Rakta Jakhon Diyechi/Aro Rakto Dibo/Ghorey/Ghorey Durga/Gorey Tulo.

Done in a vivid colour scheme of black and red, over a white background, although seemingly more of a placard than a poster, it did create a visual effect where red was the colour of glory and victory; black of mourning, and white of peace. One must break it down to realise that, at times of war, is necessary for peace but a loss of life is always to be mourned.

Another poster of an iconic nature was one that asked every Bengali, and perhaps people across the globe, to boycott Pakistani products.

The poster read — *Bangladesher shompod bridhdi korun/Pakistani Ponno Borjon Korun.*

The 1971 liberation war was a struggle

of the masses where every individual made contributions. It was thus deemed important to appeal to the people to reject Pakistani products, which in turn, would benefit the future economy once the country had emerged victorious.

Similar posters also read, simply — *Bangladesh needs your help.*

And then, there was September on Jessore Road, Allen Ginsberg's famous poetry; the four lines of which made perhaps the most touching poster during the entire war.

Millions of babies in pain/millions of mothers in the rain/millions of brothers in woe/millions of children no where to go.

And the world did respond to the anguish of the Bengali people. Bengalis, and civil society across the globe protested the atrocities and pleading for immediate action from their respective governments. And many administrations, even in those early days, extended their arms in assistance.

The struggle of 1971 was that of the people of East Pakistan. It had no discrimination, we were all united under one banner, to stand against oppression. Since those tumultuous days of March 1971 till this day, the posters of 1971 have played an important role to define the goals set before us.

Today, they remind us of a time when people stood against tyranny and emerged victorious.

By Mannan Mashhur Zarif
Images collected from the Liberation War Museum

এবারের সংগ্রাম
স্বাধীনতার সংগ্রাম
রক্ত যখন দিয়েছি
আরও রক্ত দেবো

যারে
যারে
দুর্গ
গড়ে
তোলো

১৯৭১ সালের মুক্তিযুদ্ধকালীন পোস্টার



বাংলাদেশ সরকারের তথ্য ও প্রচার দফতরের পক্ষ থেকে মুদ্রিত ও প্রকাশিত

মুক্তিযুদ্ধ জাদুঘর কর্তৃক পুনর্মুদ্রিত



Dewy damsel

Sometimes the major trick behind a perfect look is not piles of makeup, but a capable knowledge in general aesthetics, a good skin-care routine, and a steadfast understanding of the art of 'flawless blending.' This week, Star Lifestyle takes you through the basics once more.

Olive toned and lovely

Asian skin is olive toned but is often prejudiced against—made to feel inadequate unless fair. However, the transition towards nude makeup could not have been possible without the acceptance of the natural skin tone of the Asian complexion. Where previously makeup was cakey (read pancake) and made one's skin look unnaturally white and patchy, the nude makeup scene has models looking dewy and flawless. The complexion is unapologetically dusky and the foundation has completely blended with the natural skin tone, giving the ladies an out-of-this-world confidence.



The No-Makeup look

More up close shots further shed light on the 'no makeup look.' Apart from the stunningly smooth complexion, the nude look has credited both the models with fresh, chiseled features. Artful use of the highlighter is apparent, giving prominence to the cheekbones and nose. The lips are in hues of brown and resemble the natural lip colours of Asian women. The eyes have been outlined in rich brown and black, making them look attractive, without seeming over the top. This is, in so many words, what a nude or no makeup trend is all about — making women look beautiful simply by enhancing their already attractive features and not much else!



Flawless blending

Makeup is not restricted to the face or hair only. While a major faux pas of any makeup artist is to cover the face and forget about the neck and shoulders, a professional makeup artist would never make that mistake. The trick behind the barely-there makeup look is flawless blending, and that means the artiste must cover every inch of skin that shows, from the neck and shoulders to the hands and back. That was something that makeup artists back in the day of glamorous, pop-out makeup would forget from time to time, and women would sometimes sport a different skin shade above and below the chin. This has been rectified with go-a-step ahead advances to enhance necks and shoulders with highlighters and bronzers. This gives the skin a more chiseled look and a healthy, golden glow.

By Munira Fidai
Photo: Sazzad Ibne Sayed
Models: Jui, Mohini, Niki
Styling: Sonia Yeasmin Isha
Makeup: Farzana Shakil's Makeover Salon



'Tis the season of tomatoes

Spring has arrived and has blessed us with a plethora of fruits and vegetables. While some of them are available all year round, there is something joyous about cooking with fresh seasonal produce. Tomatoes are at the peak of their glory during this time of the year, and so, we bring you the following recipes to make some mouth-watering dishes this week.

VEGETABLE STUFFED TOMATOES (GEMISTA)

Gemista is a Greek dish that is composed of stuffed tomatoes, placed on a bed of tomato sauce. Usually, it is loaded with carbs and the stuffing includes rice, but this is a vegetable version. It can be served as the main dish for lunch or dinner. The selection of tomato for this one should be meaty, firm, and large, such as the likes of heirloom tomatoes.

Ingredients

4 large heirloom tomatoes
2 potatoes
1 tbsp olive oil
½ tsp salt
½ tsp pepper

For the sauce —

2 tsp olive oil
1 cup crushed tomatoes
1 medium onion
2 cloves garlic
1 tsp salt
½ tsp crushed black pepper
½ tsp paprika powder
1 tsp ground cumin
½ tsp dried thyme
½ tsp sugar

For the filling —

½ eggplant
½ red bell pepper
6 button mushrooms
1 medium onion
2 cloves garlic



1 tbsp chopped mint
1 tbsp chopped coriander
1 tbsp chopped parsley
1½ tsp olive oil
1 tsp salt
½ tsp crushed black pepper
¾ tsp ground cumin
½ tsp chilli powder
½ tsp dried basil

Method

Chop the heads of the tomatoes and scoop the flesh from inside, leaving a thick circumference. Peel and cut the potatoes into wedges, and season these with a drizzle of olive oil, a pinch of salt, and pepper. Puree the scooped out tomato flesh and preheat oven at 180° C for 10 minutes.

For the sauce

Heat olive oil in a pan and add in sliced garlic and onions. Stir for a while until they turn aromatic and add in the crushed tomatoes. One by one, add in all the condiments and stir. The consistency should

be soupy — you can adjust this by adding little amounts of water. Let it simmer for 5 minutes.

For the filling

Heat oil in a pan and add in finely chopped onions and garlic. Sauté for a couple of minutes and add the peeled and chopped eggplant, along with diced red bell pepper and mushrooms. Cook for 5 minutes until tender and add the tomato puree. Throw in the



seasonings and sauté for another couple of minutes until it reaches a saucy consistency. Turn off the heat and add freshly chopped herbs and mix. Stuff this mixture inside the cavities of each of the tomato.

Pour the prepared sauce in a baking dish or casserole, place the tomatoes and potatoes on it, and put on the lids of the tomatoes. Cover the top with foil and roast in the oven for 40 minutes, then remove the foil and cook for another 20 minutes. Serve it as is, or with rice, pasta, etc.

TOMATO PARSLEY TART

This tart is cheesy, saucy, and fresh, all in one. Bursting with the goodness of tomato in every bite, this lighter version of a pizza will leave you craving for more. Made with a combination of three types of tomatoes, this is the depiction of pure tomato goodness.

Ingredients

1 sheet frozen puff pastry
2 red beefsteak tomatoes
2 green beefsteak tomatoes
6-8 grape tomatoes
5-6 black olives
4 tbsp tomato paste
¾ cup shredded mozzarella cheese
1 tsp olive oil
1 tsp salt
1 tsp oregano
½ tsp chilli flakes
1 tsp crushed black pepper

Method

Preheat the oven to 160°C for 10 minutes and slice the tomatoes evenly. Cover either side of the tomatoes with kitchen paper for 15 minutes to soak up their natural juices. Thaw the puff pastry and roll it out to a rectangle measuring approximately 12"x10". Brush olive oil on the surface of the baking tray and place the rolled puff pastry sheet on it. Prick the pastry sheet with a fork, leaving a ½-inch border on all sides. Spread tomato paste on the pricked surface, followed by shredded mozzarella. Place the green and red tomatoes alternately and add in the sliced grape tomatoes and olives to fill any gaps. Sprinkle with salt, pepper, oregano, and chilli flakes. Let it bake in the preheated oven for 20-25 minutes and serve hot with a generous sprinkling of fresh parsley.

By Fariha Amber

Food and photo: Fariha Amber



**Whether in Profession
or in any Occasion**

Revive your skin with the power of
vitamin E enriched

KING'S
Sunflower Oil

Tamanna Chowdhury
Clinical dietician and nutritionist

Hotline
0961277888



RECIPE

Dairy desserts

BERRY HALO PUDDING

This dessert is pleasant to eat and equally fascinating to look at. Consisting of two layers and made in a Bundt pan, every spoonful of this pudding will leave a burst of fresh and fruity deliciousness lingering in your taste buds.

Ingredients

For the transparent layer —

- 1 cup mixed berries
- 1 cup water
- 2 tbsp lime juice
- 1 tbsp sugar
- 1 tbsp agar-agar

For the opaque layer —

- 2 cups whole milk
- 1 tbsp sugar
- 2 tbsp rose syrup
- 2 tbsp agar-agar

Method

To make the top layer, tuck a sheet of cling wrap neatly to cover the entire inner surface of the Bundt pan. Fresh berries work best for this dessert and you can use a selection of your choice consisting of strawberry, blueberry, blackberry, and raspberry. Place the berries symmetrically so that it looks pretty once set.

In a pan, take one cup of water, add sugar, lime juice, and agar-agar powder. Stir this to combine and put it on heat. Bring this to a boil before removing it from the stovetop. Keep stirring the mixture as it comes to a boil to prevent lumps from forming. This step is crucial as the pudding will not set if the agar-agar does not boil.

Remove this from heat and let it cool slightly before pouring it above the set

berries, slowly and carefully without distorting the arrangement. Let this set in the refrigerator for half an hour before pouring in the second layer.

To make the bottom layer, combine two cups of whole milk, sugar, rose syrup, and



agar-agar powder. Stir these to combine and place it above heat and wait for it to come to a boil while stirring occasionally. Once this comes to a boil, remove it from the stove and let it cool slightly.

Pour this on the prepared transparent layer before it is fully set, so that both the layers are glued together. Let it set in the refrigerator for at least an hour. Before serving, invert the Bundt pan on your serving dish and carefully peel off the cling wrap.

MAHALABIA

Mahalabia is a Middle Eastern milk pudding. It is dense in texture but light to eat,



and the rose syrup poured on top with desiccated coconut and chopped pistachios complements this dessert perfectly, so that you get delight in every bite. The name might sound fancy, but it is extremely simple to make.

Ingredients

For the milk pudding —

- 2 cups milk
 - ¼ cup sugar
 - ¼ cup corn starch/flour
 - ¼ cup heavy cream
 - ½ tsp rose water
- For the rose syrup —*
- ½ cup sugar
 - ½ cup water
 - ½ tsp lime juice
 - ½ tsp rose water
 - 2-3 drops red food colour

For garnishing —

- ¼ cup desiccated coconut
- ¼ cup ground pistachios

Method

To make the milk pudding, in a bowl add milk, sugar, corn starch, heavy cream, and rose water. Stir vigorously with a whisk to combine fully, ensuring there are no lumps or dense spots. After that, place this mixture in a non-stick pan on medium-high heat and stir. Keep stirring continuously and

slowly the mixture will thicken. Do not stop stirring at any stage as this will cause the pudding to clump up and stick to the bottom.

The pudding should be prepared within 8-10 minutes. Once ready, pour the warm, glutinous mixture into your desired cups or moulds. Bring this to room temperature or let it cool slightly and cover the tops of each individual glass or mould with cling wrap before storing them in the refrigerator for four hours.

Meanwhile, prepare the rose syrup. For this, combine equal amounts of sugar and water and allow it to dissolve in medium-high heat. Let this come to a boil, add in lime juice, which will prevent it from crystallising. Lastly, add rose water and red food colour. Let the mixture boil for a while until it thickens and reaches a syrupy consistency. Once ready, let it cool.

To assemble, remove the cling wrap from atop the individual puddings and pour in a tablespoon of the cooled rose water syrup on each serving. Decorate the tops with desiccated coconut and ground pistachio nuts.

By Fariha Amber

Food and photo: Fariha Amber

ডিপ্লোমা'র স্বাদের আবেশে
চোখ বুজে
আর্দ্রবে!

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

New Zealand Dairy | Excellence in Quality

DIPLOMA
Instant Full Cream M
Vitamin A & D enr
1 kg

DIPLOMA
Instant Full Cream Milk Powder
Vitamin A & D enriched
500g

DIPLOMA
স্বাদের কাছে হারবে সবাই

MUSING

The US, us and the virus

March 15, 2020

I have always followed good hygiene practices, or so I thought. However, after the World Health Organization began to share proper hand-washing techniques following the coronavirus outbreak, I realised that I seldom washed my hands for at least 20 seconds, and a lot of times, skipped the backs of my hands.

Am I grossing you out? But did you know that 4 out of 5 people do not wash their hands properly? I did not, until recently. However, living and working in pandemic conditions are teaching us new things every day.

At the time of writing this piece, the total number of confirmed cases has topped 182,000 with over 7,000 deaths globally. The schools in my state, Delaware, have been shut down. My husband's workplace has asked its employees to work from home. Bars, taverns and restaurants were ordered by the state's governor to halt their dine-in services. From today onward, the food joints in Delaware, Pennsylvania,

California, New York, Michigan, Maryland and most other US states are only allowed to offer takeout, drive-thru or delivery services. Last but not least, The White House has called on Americans to avoid gatherings of more than 10 people.

The general people in the US also have been asked by their government to stay at home as much as they can in an effort to 'flatten the curve' or in other words, to slow down the outbreak by practicing social distancing. A flatter curve ensures that the demand for health care does not exceed its supply.

Today is a Monday, the first day of a brand new week, but looking out the window I find everything deserted. People are indoors and there are hardly any moving cars on the streets. Things have unfolded at an unprecedented rate over the last one week. We are indeed living in pandemic conditions.

Last week, we paid four trips to grocery and department stores to ensure that we had enough food and essentials at home.

Unlike a lot of people, we did not panic in the beginning. We took it easy, until our state declared a state of emergency. That very evening, we drove to Costco, a chain membership-only warehouse club, only to find out that they ran out of toilet paper, hand soap and hand sanitizer the day before! They were yet to restock them. In the drinking water section hung a sign that said that a customer could not buy more than two cases of water per day.

I called up Target, a major American department store chain, to find out if they had toilet paper left. They did not. Like almost every other store, the Target store was also sold out of toilet paper, hand soap and hand sanitizer. Everyone suddenly became a germaphobe!

It was both a sad and a mad situation. Some people were hoarding everything from toilet paper, disinfectant sprays, laundry detergents, hand soaps, and wipes to bottled water, cooking oil, eggs, cookies, cereals, and milk. Because of the hoarders, the rest of the customers were left with little or nothing

to buy. We had to place an order for toilet paper on Amazon. Never in my life did I think that I would be forced to order toilet paper online, because the physical stores would be completely sold out of them!

Never-seen-before signs have begun to pop up in stores across the country. To control and contain hoarding, stores have now put up signs that limit the number of toilet paper, paper towels, disinfectant wipes or bottled water a customer can purchase.

I stopped by a Starbucks shop yesterday to get a cappuccino — the coffee shop was unusually quiet with just two other customers. A sign said that Starbucks would no longer accept reusable cups to prevent the spread of the coronavirus. The American life as we know it has changed almost overnight.

The outbreak has taught me one thing, that is, everything in a person's life is uncertain, be it happiness, good health or financial soundness.

By Wara Karim

Film and war

FROM PAGE 6

Tareque Masud did not shy away from presenting stories of people who may be argued to be relatively underrepresented or voiceless — the poor, the marginalised, and the minority groups. The interviewees of these two documentaries reflect that.

KALEIDOSCOPIIC LENS

What Tareque Masud actually did shy away from, is the act of painting with a broad brush. Instead, his camera lens was a kaleidoscope, through which he saw variations, exceptions, and unique colours.

Naroshondor, a short film, is a testament to that. It is a political thriller (no worries, we won't give any spoilers here!) set in Old Dhaka in 1971, which reflects his "complex reading of history outside the dominant narratives."

A MASTERPIECE

If not any other film by this maker, you have probably watched *Matir Moina* at least?

After all, the pride this movie brought to us as it won an award at the prestigious Cannes Film Festival cannot be understated. The movie indeed created a buzz.

For starters, *Matir Moina* has brilliantly celebrated our culture, from songs to boat race.

Film historian James Leahy once wrote about the director: "Two great passions are equally clear: his love for cinema, and his love of Bangladesh. His extensive knowledge of both indicates the depth of his engagement. He loves the richness and diversity of his Bengali culture, not only the 'high culture' of Rabindranath Tagore or Satyajit Ray, but, as he told me, the 'rural, folk and un-modern parts'... In this, he felt, resided the great potential of Bangladesh."

Set in the turbulent '60s, *Matir Moina* highlights deeply rooted sentiments, and digs deep on complex issues such as religion and Bengali identity — all surrounding a boy called Anu, one of the main characters of the story.

The director heavily drew inspiration from his own childhood in the film.

The fact that *Matir Moina* does not directly deal with 1971, but the prior scene of the '60s which paved the way to '71, reflects the depth and maturity of the director.

After all, Bengalis' road to freedom was simply not the nine months of war. Years and years of oppression, revolutions, and the uprisings are part of the story — all closely knit together.

The year 1947, for example. And Tareque Masud was working on that too: *Kagojer Phool* was supposed to be a prequel to *Matir Moina*, set in 1947, where we would see Anu's father's youth!

It was one fateful day when he was returning after work, on *Kagojer Phool*, when that accident happened, forever snatching away Tareque Masud — and his friend and cinematographer Mishuk Munier — away from all of us.

What Tareque Masud gave us — his films, through which, we see our history — comprises of an invaluable body of work, for which we shall forever remain indebted to him.

What Tareque Masud could have added to it in the future, is a loss irreversible.

By M H Haider

Photo: Collected

Sources: Books — *Chalacchitrokatha: Collection of Interviews & Lectures by Tareque Masud*; *Tareque Masud: Life & Dreams*; YouTube channel: *Tareque Masud Memorial Trust*.

Heroes of Bengal

FROM PAGE 7

During the ill-fated revolution by Surja Sen, she led a group of rebels to attack the European Club in Chattogram. The rebels chose the club for its blatant racist overture, as it declared "No dogs and Indians allowed."

After the rebel group had torched the club, many of them were injured in the ensuing fight with the British imperial troops. Preetilata was injured, but rather than being taken captive, committed suicide by ingesting cyanide. She has thus become an icon of a freedom fighter willing to make the ultimate sacrifice, especially inspirational to women of her time, and today.

MAULANA BHASHANI

In all of the history of Bengal and Bangladesh, no political leader can claim the close proximity to the soil and its most grassroots people than the Red Maulana, so called for his left leaning ideals. Abdul Hamid Khan Bhashani, a native of Sirajganj, took up the cause of the oppressed wherever he went, be it Tangail, or Assam, or Bhashantek, which gave him his title of Bhashani.

Emerging from a childhood of utmost sorrow where he lost all of his family members, Bhashani himself worked in the fields and on the rivers, and forever more remembered his and his countrymen's connection to the same, and the basic necessities of life. He led and organised the public protest against the building of the Farakka Barrage by India, proving to

be a true visionary, testified by today's water woes in the Padma and its tributaries.

He was one of the early recognisers of the non-tenability of a joint East and West Pakistan and was unafraid to express that opinion even in the 1950s. Bhashani was the founder president of the Awami Muslim League, which later went on to become the Awami League.

"Azad Bangla Zindabad" was his openly chanted slogan from 1969, and later was an active and outspoken advisor to the Mujibnagar Government. The larger than life Maulana stuck to his conviction and deep-rooted love for the oppressed throughout his long life, which perhaps led people to vote him as the 8th greatest Bengali of all time in the poll by BBC.

This list of Bengal's heroes is not definitive, as there can never be one that can do justice to the hundreds and thousands of free-spirited patriots who have loved, served, sacrificed, and died for Bengal, and later, Bangladesh. Our freedom and nationhood today come as the culmination of centuries of love for the land, and the determination to protect it. Some of the older heroes' actions may become questionable in the light of modern mores, but often, their intentions and patriotism are beyond reproach. Just as fallibility is a key human trait, so are resilience, patriotism, and integrity—the lessons on which abound here.

By Sania Aiman

Photo: LS Archive/Sazzad Ibne Sayed

INTERVIEW

Trailing into the new horizons

Nasreen Zamir is the brainchild of Bangladesh's first fine perfume brand, "Jonaki by Nasreen Zamir," which recently had its first launch at the Westin Hotel. Zamir is an established entrepreneur, interior designer, and artist.

While juggling her many responsibilities, she managed to squeeze some time out for Star Lifestyle to detail her journey in creating this unique perfume, inspired by her childhood memories, and wanting to bring some change to the changing lifestyles of Bangladeshis.



It is important to take heed of the different notes. Bergamot, water lily, rose, freesia, and musk are the notes which have to be taken into consideration. The top notes are rose and jasmine. The middle notes are bergamot, water lily, and citrus lemon. The base notes are neroli, musk, patchouli, and vetiver.



You are well known as an interior designer. What made you venture into this field of making perfume?

I ventured out because we have been doing interior design, graphic design, and textile design for almost two and a half decades. There was a need for something new to energise and diversify the business. In December 2017, the idea was conceptualised, with 2018 being the year of intensive and extensive study, and the perfume finally going into production in 2019.

Tell us more about this journey?

I studied the fragrance in the first year, trying to understand what it is and what kind of scents I would like it to have. There are many fragrances like floral, citrus floral, and floral woody. The name Jonaki was derived from the Bengali name for fireflies. I grew up in Chattogram seeing hundreds of



fireflies in the garden. Interior design is the basis of who I am, and by bringing together the art and design, you get to know the difference between fragrances. Everything from the cap design to bottle design must be synchronised together.

There are 6 months of sustainability and compatibility tests to ensure clarity, long-lasting capacity, and colour steadiness, as well as checking whether the fragrances are hypoallergenic.

Any reasoning behind the name?

For me, the Jonaki represents youth and vibrancy. Tagore's song, "O Jonaki," speaks of the independence and free spirit of this carefree and beautiful creature.

What future do you have in mind regarding this line of perfumes?

I would like this perfume to be well known all across Bangladesh. I am hopeful that Square Toiletries Ltd. will be our marketing and distributing partner in helping to relay the perfume to all corners of the country. After conquering the national arena, I hope to establish "Jonaki" on a global platform.

By Israr Hasan

Photo: Jonaki by Nasreen Zamir

ফাস্ট ওয়াশ

**সাদা
আব এক
নাম**

KOHINOOR CHEMICAL

Fast wash
Brilliant White
DETERGENT POWDER

with **Color guard**

POWER WASH
১০ মিনিটে পাওয়ার ওয়াশিং এর মাজিক

Multi Booster
কাপড়ের যে কোন দাগ ময়লাকে নিমিষে দূর করে

with **Color guard**
কাপড়ের রঙকে রাখে নতনের মতো স্বচ্ছকে



RESTAURANT REVIEW

Welcome to The Amber Room!

InterContinental Dhaka has officially opened The Amber Room, just last month — an elegant restaurant which really has the potential to reign supreme among the upscale eateries in Dhaka, for locals and foreigners alike, be it in terms of food or a fine dining experience. Here's why.

FIRST IMPRESSION

The Amber Room is indeed sleek and stylish. But what's even better is the fact that the restaurant does not overdo it — a mark of true sophistication.

The many tasteful artworks hanging on the walls and the very comfortable couches and chairs together not only make the place elegant, but calm and comfy too, instead of being 'loud' or pretentious.

I would also say there is an interesting sense of warmth around — perhaps because of the wooden interior, the lighting, the sight of the fire burning in the large oven behind the counter, and the hospitality of the staff.

The head chef, Reynaldo S Dulatre, is an amicable man himself, with around 20 years of culinary experience.

At its core, The Amber Room is essentially a steak and seafood restaurant, he said. He added that it is a restaurant which has a focus on fusion, as there is a local touch to many of the dishes he cooks, be it in terms of some of the ingredients used or the seasonal variety that comes with the endowment of nature.



THE FOOD

The menu is delightfully simple. I for one, am not really a fan of long and complex menus. Yes, there is a counter from where you can order grilled stuff personalised to your liking, but the core menu has been kept rather basic.

For starters, I ordered crab ravioli. The crab stuffing was indeed relishing, but the orange flavoured butter sauce in the dish elevated it to a whole new level; so much



so, that even the carnivorous me savoured the fresh vegetables which accompanied the raviolis.

Next came the tenderloin steak. I was really looking forward to it, because, in Dhaka, you do not really get fine steaks in many places.

And it didn't disappoint. It came on the table in a wooden platter boasting exquisite presentation, complete with sides and sauce



and a special steak knife I picked from a selection.

So, all ready and armed, I attacked the steak. The juiciness and tenderness was spot on!

"Our beef is usually aged for 18 to 21 days, or even a month or so," Chef Reynaldo informed.

Not just the steak, though, from lamb to fish, The Amber Room won't let you down, as each is prepared brilliantly and presented

with elegant garnishing.

Meanwhile, the menu's diversity is reflected in the fact that it also has kachchi biriyani.

Moving on to desserts, the restaurant's Mega Profiterole is a must-try. And a mega profiterole it is indeed, perfect for two people (even three, I reckon). The pastry ball, stuffed with vanilla ice cream, looks even more appealing when you pour the generous cup of chocolate sauce all over it, immediately elating you with the momentary rush of chocolate aroma!

From start to finish, The Amber Room provides you the very best in terms of food and ambience, and then, they stop — cautious about not overdoing anything, thus striking the perfect balance, which is a rare feat in itself.

Essential info:

InterContinental Dhaka hosts Ladies' Night Tuesday, with alluring offers on its eateries on the day. As a part of that, The Amber Room provides 50 percent discount for its female guests.

The Amber Room is open from 6:30PM to 11:30PM, every day, except Sunday. For reservations, call 02-55663030.

For more information, visit www.facebook.com/TheAmberRoomInterContinentalDhaka/

By M H Haider

Photo courtesy: InterContinental Dhaka



EVERY DAY IS A CHANCE TO GET BETTER

CH9009TW



TIME ZONE Authorized Sales Centre
Imported by: Kallol Enterprise Ltd. 199 Tejgaon Industrial Area, Dhaka, Tel: 58816004