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# Life

Style

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## Homebound Glamour

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PHOTO COURTESY: ANOKHI BY HUMAIRA KHAN



**ঘরে থাকুন  
নিরাপদে থাকুন**

চিরচেনা রঙিন পৃথিবীটা আজ অনেকটা ধূসর।  
জীবন হয়ত থমকে আছে চার দেয়ালের ঘরে। ভবু  
প্রিয়জনদের ঘিরে দূঢ় বন্ধনে থাকার, নিজে সুস্থ  
থেকে অন্যকে সুস্থ রাখার প্রচেষ্টা থেমে নেই।  
পরিবর্তিত নিয়মে জীবন চলছে, চলবেই।  
ঘরে থেকে ভালো থাকুন, সবাইকে ভালো রাখুন।

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# The spirit of Fajr

“Prayer is better than sleep” — I listened to these melodious words of the muezzin booming out of the loudspeaker of a mosque, as I wearily made my way out of Nazira Bazaar. The culinary hub, even at that odd hour of the clock, swarmed with crowds last year; it is, after all, renowned for its sehri hangouts.

Despite the weariness of staying awake the whole night and spending time with friends whilst rejoicing the many treats Nazira Bazaar had to offer, my ears did not fail to pick up these special lines of adhan (call to prayer) which are only recited for Fajr prayer.

Fajr is a unique time of the day, I reckon. It is a time when the world is mostly at rest; a time for contemplation as the hustle and bustle of the day is yet to start. Also, not



Despite that, some of us do not put the effort of waking up for Fajr, let alone going to the mosque to pray in congregation. And the Fajr congregation at mosques on a regular day, generally speaking, sees a relatively small attendance.

On the other hand, if you ask those who daily attends Fajr congregation at a mosque, it is likely that many of them may talk of a sense of fraternity and bonding between their fellow Muslims attending the congregation. It is perhaps because of a kind of friendship that forms when you see the same small group of people everyday who gather together with the same purpose in their hearts.

But of course, it goes without saying that it is unwise to attend gatherings of any kind in this time of the ongoing pandemic. For now, we can cherish the peace and calmness of praying from our home.

But waking up so early may be an arduous challenge sometimes! Another hadith enshrined in Sahih al-Bukhari comes

to mind. As narrated by ‘Abdullah bin Abi Qatada:

*My father said, “One night we were travelling with the Prophet and some people said, ‘We wish that Allah’s Apostle would take a rest along with us during the last hours of the night.’ He said, ‘I am afraid that you will sleep and miss the (Fajr) prayer.’ Bilal said, ‘I will make you get up!’... The Prophet got up when the edge of the sun had risen and said, ‘O Bilal! What about your statement?’ He replied, ‘I have never slept such a sleep.’ The Prophet said, ‘... O Bilal! Get up and pronounce the Adhan for the prayer.’ The Prophet performed ablution and when the sun came up and became bright, he stood up and prayed.”*

Fajr for me means discipline: going to bed on time and getting up on time. When successful, the hours between these two somehow become very productive. There is something about starting your day early. With the feeling that you are ‘ahead of time’ and that you have been granted a head

start, you feel motivated.

And yet, sleep or weariness often gets the better of me, like it did that time last year when I was in Nazira Bazaar. As I returned home and jumped onto the bed, the last thing I heard was my disciplined and pious father’s ‘monajat’ — plead to protect his family, to forgive his sins, and also to safeguard his business from all troubles.

His monajat in the early morning is always preceded by dikr, recitation of the Quran, and Fajr prayer itself — a routine I never saw broken. For my father, an entrepreneur who doesn’t shy away from taking risks and dealing with the million uncertainties that comes with it, his activities surrounding Fajr are, I believe, therapeutic.

Indeed, a peace of mind comes with surrendering oneself to a supreme authority, the constant among all uncertainties.

His and all the Muslims’ Fajr and other prayers are witnessed and recorded by angels; and may those of us lagging behind can also make prayers a habit; after all, Sahih al-Bukhari tells us, as narrated by Abu Huraira:

*Allah’s Apostle said, “There are angels coming to you in succession at night, and others during the day, and they all gather at the time of ‘Asr and Fajr prayers. Then the angels who have stayed with you overnight ascend (to the heaven) and He (Allah) asks them though He perfectly knows their affairs. ‘In what state have you left my slaves?’ They say, ‘When we left them, they were praying and when we came to them, they were praying.’”*

Here’s to a spiritual and happy Ramadan!

**By Zane**

**Photo: Ls Archive/ Sazzad Ibne Sayed**



many things capture the beauty of nature as a sunrise does.

Moreover, our beloved Prophet had attached a lot of value to this prayer. To illustrate, mentioned in Sahih al-Bukhari, is this narration by Jarir bin ‘Abdullah:

*We were with the Prophet on a full moon night. He looked at the moon and said, “You will certainly see your Lord as you see this moon, and there will be no trouble in seeing Him. So, if you can avoid missing (through sleep, business, etc.) a prayer before the rising of the sun (Fajr) and before its setting (‘Asr) you must do so...”*

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেনন রূপচর্চায় আভিজাত্য মানেই

## স্যান্ডালিনা

### সোপ

রূপচর্চায় আভিজাত্য...

RAMADAN PLANNER

# Week 1

## Pre-planning meals

Pre-plan your meals in Ramadan. The main focus of the month is supposed to be abstinence. Let us not take that away with worrying about our meals every day. Make a meal chart for a week, with something new and different every day. Then toss and turn that for the next four weeks so you do not end up having the same meal consecutively. This makes it fun, and less boring, not to mention takes away the stress of iftar planning every single day. Apply the same for your dinner and sehri meals too.

Meal planning also allows you to see what groceries you might need. As we are all trying to stay indoors, the planning means you can order in all



needed groceries at once, instead of numerous trips to the store.

## Weekly iftar parties

Given the current situation, it is unlikely we will be able to head out for iftar this year, or invite our close ones over. But let us make the most of it by having iftar parties with the family. Bring out your best dinnerware, cook like you would for a party, and dress up just the same! It will surely lift the mood in this situation while you spend a great evening with your loved ones.

## Productivity

### Cleaning spree

There are activities we cannot do because of the lockdown, but there are still tons to do while being stuck at home. Keeping Eid in mind, a cleaning spree is always on the list, but this year, we are starting earlier. Peak productivity is not expected in such uncertain times, which is why you can hit one section of the house each week. Breakdown similar sections and bring the whole family to it to lessen the stress. By the end of the month, you will have a squeaky-clean home rightfully prepared for Eid.

### Thoughtfulness

Besides being a month of abstinence, prayer, and worship, Ramadan is also the month of giving. And uncertain situations today call for more thoughtfulness than ever before. While we are lucky to have food and shelter amidst the crisis, a lot of people do not.

To lend a helping hand, you can donate to organisations who are doing everything they can to provide food for families who need it. The list below



includes a handful of the organisations and their links.

Check out their work, and make a donation to whichever you want to. Donation details can be found on the respective pages and groups.

1 Taka Meal

<https://www.facebook.com/1Tk.Meal/>

Bidyanoondo

<https://www.facebook.com/Bidyanoondo/>



<https://www.facebook.com/FeedAFamily/>

WE

<https://www.facebook.com/groups/213616249956702/>

WE

<https://www.facebook.com/WE-112602597045868/>

Ashia Foundation

<https://www.facebook.com/ashiafoundation/>

Amader Pathshala

<https://www.facebook.com/AmaderPathshala2007/>

## Fun and relaxation

When times are busy, all we want is to sit down and relax, but when the time comes, we run out of ideas on how to do so. So, sit down, bring pen to paper, and start listing. From all the shows you have been wanting to watch, to the books you want to read, or better yet, all the ones you have left hanging because of busy days.

Do not overwhelm yourself, but once again, divide the entertainment through your weeks so you can actually enjoy them, without it feeling like a chore.

## Checkpoint

Eid shopping will surely be different

this year, but we can still make the most of it. You will also find it handy picking up a few sewing tricks here and there from your mother or relative, since last minute tailoring might not be an option this year. If you have dresses in mind, look for online shops that are delivering and place your orders early.

Effortless hack — If you have a nice dress you never wore in public, substitute that for your Eid outfit in case you cannot shop by then.

## Children

Being home all day can be a lot for adults, but it is harder for children. However, this is a good time for basic lessons they can carry on into the future. Teach them to not overindulge. Excess snacking becomes a habit when at home, but overdoing it can be harmful to health.

Children also tend to overindulge in electronics, which can pose a threat to their visual health and increase headaches. While you help your children overcome these, it is a good idea to practice the same for yourself too, because to be honest, us adults are just as guilty here.

Involve your children in daily activities. This includes meal planning, cleaning, relaxing, taking in their ideas, making them feel like an important part of the household.

## Change

### Practice not splurging

If there is one thing we have learnt through this coronavirus crisis, is that we are very fortunate to have food on our tables and a roof over our heads. This Ramadan, let us practice purchase restraint, be it on food or other goods. Overconsuming food and giving in to fast fashion are all choices bad for our health and environment. Let us leave these habits behind and make a fresh start, and hopefully hold onto it even after Ramadan ends.

By Anisha Hassan

Photo: LS Archive/ Sazzad Ibne Sayed

NEWS FLASH

# KFC and Pizza Hut – deliciousness delivered

Staying at home and being stuck with the same food over and over again can be a very tiring for the taste buds. But with the current situation being as it is, and with health safety concerns, there are very few alternatives. In these times, trusted brands are sought after, since it is ensured that they will not compromise with health, safety and quality. Keeping the current concerns in mind, both KFC and Pizza Hut are offering takeaway and delivery services.

Considering customer and staff health and safety, both have introduced Contactless Delivery & Takeaway. This is to ensure that the customer's order journey is purely done online and without any direct contact with any of the employees up until delivery or takeaway is received.

Safety measures during delivery include regular temperature checks for delivery riders and staff. Everyone also follows the recommended sanitation protocol of "20 second hand wash" every 30 minutes. All riders wear a mask and hand gloves throughout the delivery process, including riding and delivering right at the customer's doorstep. While delivering, riders always carry a seating stool. As soon as they reach customer's location, they place the food on top of it and step back for the customer to pick up the order. Delivery bikes, boxes, and bags are sanitised right before a rider goes off for making delivery.

As for the food, at KFC, the chicken is passed through 34 points of quality checks and is cooked fresh at 170° Celsius. At Pizza Hut, the pizza is prepared at minimum 240° Celsius for 6 minutes, making it safe for consumption.

Amit Dev Thapa, CEO of Transcom Foods Limited, the sole franchisee of KFC and Pizza Hut, ensured the promise of both brands in delivering delicious food in the safest way possible. "As global brands, we are trying to deliver our customers the taste they can trust with maximum safety and sanitation with our contact-less delivery," he said.

A total of 8 KFC outlets, including the ones in Gulshan, Dhanmondi, Banani, Chattogram are offering this service. Pizza Hut is also offering a mix of takeaway and delivery through a selected number of outlets.

Orders are being taken thorough their online ordering sites — [www.kfcbd.com](http://www.kfcbd.com) and [www.pizzahutbd.com](http://www.pizzahutbd.com) and food delivery services like Foodpanda, Hungry Naki, Shohoz Foods can be used to check delivery areas. Customers can also call the stores directly. Pre-payment using credit cards and bKash is being encouraged for a fully contactless delivery experience.

For up-to-date contact details and delivery options, please visit [www.facebook.com/KFCBangladesh](https://www.facebook.com/KFCBangladesh) and [www.facebook.com/pizzahutbangladesh](https://www.facebook.com/pizzahutbangladesh)

# Catching your breath

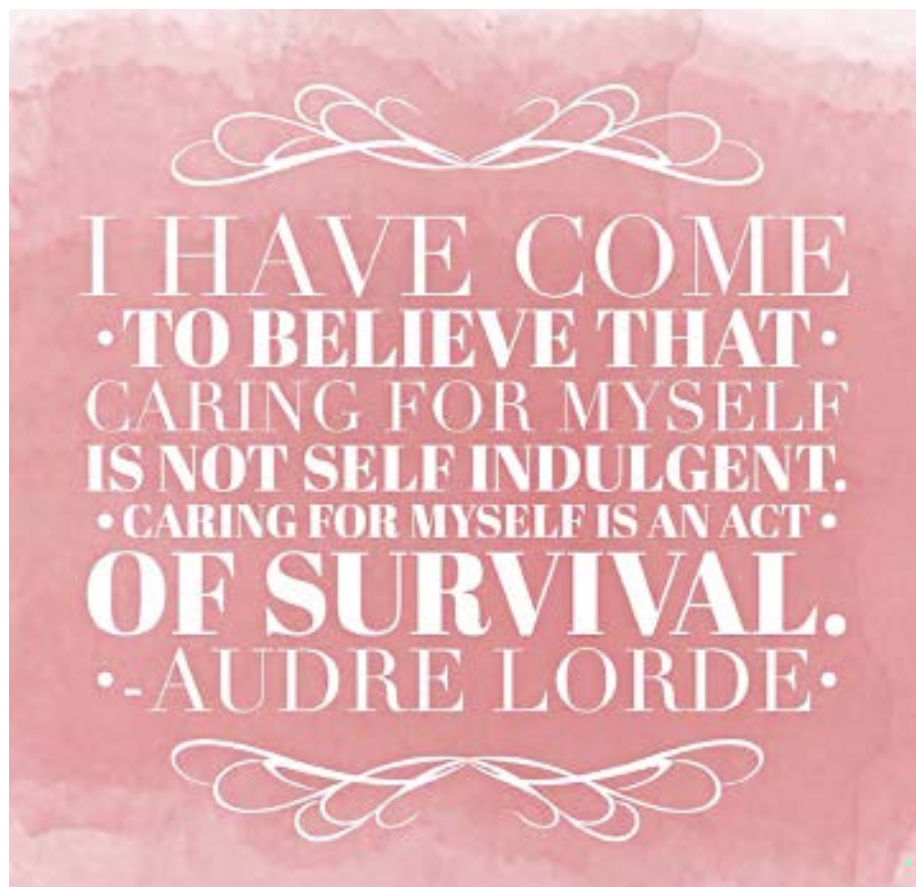
Attending conferences, seminars, talks are always a big deal for most of us; we must not only be at our intellectual best, but also at our fashionable finest. After all, first impressions are the lasting ones, they say.

But all that has changed today, for Covid-19 is a threat so strong that press conferences, daily meetings, conferences are all done online from home; to the extent that you are now even signing contracts virtually.

While these have been sorted, there are few quirks of working from home. Suddenly, in the middle of a meeting, your cook asks you for the day's menu, your two-year-old wakes up screaming from a bad dream, your ever-angry tween rocks the house down with loud music or your husband cannot find his glasses for the umpteenth time, which he apparently looked for everywhere except on his head. Or, just when your conference call begins, your adorable pet dogs start howling all at once, showing solidarity with the mongrel on the street, but these are part of our new normal and every one of us working from home is facing these.

Some of us are even cheating by turning off our video button and not showing our faces smeared in homemade face pack, or how you are actually disguising your shorts or yoga pants by putting up a poker face and donning a decent scarf during the course of the call. Some of us are complaining that we are actually working longer hours now, while some of us feel that working from home is almost like an earned leave — no work but full pay, until your inbox is full of your boss's threats to meet the deadline.

One thing this quarantine has taught



me is how good it feels to have a breather during the span of my 24 hours, instead of constantly rushing from point A to point B, I can actually slow down because I have no place to be, no meetings to attend, no getting stuck in traffic.

I am forced to take it easy and savour the little moments of pleasure that I can now find during my daytime. I can now, with full

attention, finish reading my new books that were not touched since I purchased them, listen to my favourite songs, finish watching those unwatched series on Netflix, cook my special meals, brew a cup of my special orange pekoe tea or even try that new Internet craze, Dalgona.

Most importantly, I can now do a home facial with yoghurt and lemon juice, I can

shape my nails or colour my grey temples with an easy peasy technique. I am now cleaning my closets and rearranging my furniture, airing out the plants, trying to propagate my succulents, pursuing my long-lost hobby, planning my Ramadan offerings. The idea is to contemplate what note-worthy, stimulating and interesting things you can do to enrich your daily prescribed life.

This first week of Ramadan, let us be grateful for what we have and share our bounties with friends, family, even foes; and not forget the less fortunate ones in our society. During this time of social distancing, let us make a few extra iftars for the day labourers, who have no jobs now, for the little boys who used to carry our groceries in the bazaars, for those tiny girls selling flowers or water bottles at traffic stops.

It's best to give our patronage to people who cannot beg and ask for things because they are the most hard-hit ones. They had been laid off from work and their dignity does not allow them to go look for alms. Stay at home and do something worthwhile for others and yourself this Ramadan.

— RBR  
Photo: Collected



## HOROSCOPE



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

New relationships can begin. Don't dramatize matters. Avoid spending irresponsibly. Your lucky day this week will be Tuesday.



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

Don't put unnecessary pressure on others. Look into career choices. Do the things you enjoy. Your lucky day this week will be Monday.



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

Keep your thoughts to yourself. Call up a good friend. Expect opposition at home. Your lucky day this week will be Wednesday.



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

Spend time with your partner. Someone wishes to steal your credit. Secret affairs can be upsetting. Your lucky day this week will be Saturday.



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

Don't force your will on others. No need to look for excitement. Think before you act. Your lucky day this week will be Saturday.



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

Prove your worth. Steer clear of gossip. Avoid friends or acquaintances with bad habits. Your lucky day this week will be Wednesday.



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

Make sure to complete any pending work. Keep your ideas to yourself this week. Make property investments. Your lucky day this week will be Tuesday.



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

Plan a vacation for the future. Don't let situations go out of hand. Stick to your own projects. Your lucky day this week will be Monday.



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

New relationships will through work. Follow through on your ideas. Stay out of the way. Your lucky day this week will be Thursday.



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

Comfort is a necessity. Check your motives. Channel your efforts into getting rid of bad habits. Your lucky day this week will be Monday.



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

Real estate investments could be advantageous. Don't blame others. Take care of your health. Your lucky day this week will be Sunday.



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

Plan your investments properly. Don't get involved in secret affairs. Have your loved one's best interests. Your lucky day this week will be Thursday.

COVER STORY

# The year without Baishakh and Eid

*What we face in this pandemic is not only the loss of human lives, but also the death of small/cottage industries. The last decade saw a boom in the fashion industry of Bangladesh. Thousands chose fashion/styling as a career. Entrepreneurs invested crores and looked forward to the bustling sales, during Pahela Baishakh and Eid 2020.*

*Lacs of workers looked forward to bonuses and over-time pay.*

*Instead, today, fashion entrepreneurs are struggling to survive. Many small firms fear that the pandemic will wipe out businesses and kill the livelihoods of hundreds of thousands of workers.*

*So, allow us to start safe trading, starting Ramadan! Allow the fashion industry to survive.*

— **Humaira Khan, Proprietor Anikini, and Anokhi by Humaira Khan**

## PATHOS OF THE ARTISANS

Deen Islam, a Jamdani merchant (*mohajon*), hailing from Sonargaon, looked forward to reaching sales peak during Baishakh and Eid. He almost fell flat on his face when the pandemic ruined Baishakh first, and then rolled on to destroy Eid-ul-Fitr.

The saddest part is neither Islam nor anyone from the Jamdani village see an end to the horrific days of struggle. They hear only rumours, much of which lead to the belief that things might only get worse for them, the already struggling artisan community of Bangladesh!

In a morbid tone, Islam confessed to us the pitiful situation of the Jamdani artisans of our country.

“There are no sales in the Demra and Noa Para market (Haat Bazaar). Artisans (*taantis*) who work as freelancers are dying out of hunger. The only advantage that we have, both the merchants and the artisans, is that we live in our own village, and we have roofs over our heads.

“Agriculture has become the main source of income today. If this situation continues and we are unable to pay the artisans any longer, they will permanently shift towards a new profession, and this trade (handloom) will die once and for all,” said Islam.

While discussing losses, Deen Islam provided a precise calculation. During Ramadan, his estimation was to sell approximately 50 saris, earning him an average of Tk 45,000 per sari, of which, Tk 5,000 (from each sari) would be paid to the artisans working for him. The rest of the collections would help in future investment into threads, preparation work by the womenfolk of the village, hiring new workers, and feeding his family of eight, who were all dependent on him for their livelihood.

“I make good money, and with it, I am able to support few families — my relatives and my own,” said a troubled Islam.

Inquired on financial support from the retail outlets to which he had been selling or the government, he was prompt to say that such incentives are yet to materialise.

**Photo Courtesy: Anokhi by Humaira Khan**



Taslima Miji, owner of Gootipa and Leatherina, a local and export-oriented leather brand of Bangladesh, had a lot on her mind regarding the current situation.

## Export Market Conundrum

"I have struggled a lot in life! I have seen the worst in entrepreneurship and yet, every time, I tend to gravitate back towards it... every single time!" expressed a dejected Miji.

The burdened entrepreneur continued in a pensive tone, while discussing her entrepreneurial life story.

"After a lot of struggle, last year, I had finally been able to reach a steady growth

could no longer linger around a blocked supply chain and had to shift the procurement process to a more expensive European country like Albania, on a temporary basis, till the lockdown in Bangladesh was lifted.

"According to your prediction, Europe will reach a plateau earlier than South East Asia, and hence, for a brief period of time, they



export-oriented companies at 2 percent interest rate.

"I will try to avail it

as soon as possible. I am already in talks with my bank manager and lawyer about this," she remarked, with hope in her voice.

She was quite detailed in explaining that this soft loan might not be a permanent solution to many because they were already drowned in liabilities, and a new loan, no matter how low the interest rate, would only add to the financial load.

"In this case, the solution could be an increased grace period for the previous loans or an exemption," expressed Miji.

While on the topic of how women entrepreneurs were averse to applying for government induced stimulus packages due to its complications, she disagreed with the idea.

"There is a limit to how much the government can help us. We must be alert on our own as well. Many women entrepreneurs of Bangladesh, even today, do not even have a proper Trade License, TIN – Tax Identification Number, or BIN – Business Identification Number. In that case, neither the bank nor the government can help in any way. So, the basics must be followed. Business literacy is a must, and it's currently lacking amongst many," said Taslima Miji.

Photo Courtesy: Gootipa Leather Goods



level. International buyers were quite content with my leather products and we chalked out an advanced sales plan. The first three months of this year had been quite successful and this brought me great hope," said Miji.

The entrepreneur also shared how her buyers, who were extremely cooperative,

need to shift the supply chain to be able to keep the business rolling. That's certainly disheartening for me and bad news for my company," revealed Miji.

When asked whether there was any government support to help her business wade through the murky waters, Miji informed of a soft loan stimulus package for

## Online And The Future

As the world began to stay home in an effort to stay safe, brick and mortar outlets have gone out of business. Everyone plans on opening an online store, and while we tend to assume that business is booming on this end, we spoke to entrepreneurs, specialising in online businesses to truly assess the reality. This is where Fariya Tazin, owner of Polka Drops, and Lora Khan, owner of the 6 Yards Story shares their stories.

"Baishakh is done with and dusted off," remarked Tazin, adding on to say, "Taking consideration of a missed Eid is the most daunting thought today. During Eid, we actually expect to earn 30 to 50 percent of the yearly revenue and it's all lost in 2020," said the distressed owner of Polka Drops, a high-end, online, fashion outlet in Dhaka.

However, Tazin had few hopeful points to share with fellow entrepreneurs to help their businesses pick up quickly

from this distraught situation; a massive institutional level promotion of Bangladeshi boutique houses and brands, protection of local producers from foreign products — raised import taxes, fiscal incentive to entrepreneurs to be able to carry on with wages for at least three months after the lockdown is lifted, etc.

Photo courtesy: Polka Drops

CONTINUED ON PAGE 8



## Still Hopeful Entrepreneurs

After Covid-19 has crushed Baishakh for both entrepreneurs and the general public, it now seems to be poised to destroy most of Ramadan and even Eid-ul-Fitr in 2020. Most of the fashion houses have already begun to count their losses, and if this pandemic somehow rolls on to 2021, there is no limit to the amount of losses that will occur in total. To get a clearer picture, we spoke to a few entrepreneurs to assess the 'before and after situation' caused by the viral catastrophe.

Sabera Anwar, owner of a high-end clothing line and an exhibition management company, was doing splendidly, until of course, Covid-19. She used to arrange mega fashion exhibitions under the banner of Panache Hub, allowing both newcomers and industry giants to rub shoulders under the same roof.

This year, Anwar wanted to revive her clothing line, Panache, by re-launching it in a new avatar. She had already set up a dedicated factory, hired workers and done fashion photo-shoots on her latest collection. Just when she was about to launch, the menace broke loose and created havoc in her plans.

"This is such a serious loss! I can't even begin to express where the losses begin and where it ends. I try not to think about the pandemic because it gives me panic attacks every single time," said the entrepreneur.

Anwar is planning to have an online discussion with fellow fashion entrepreneurs, in order to be able to deal with the situation in the aftermath of the pandemic.

"The basic discussion will be to reach a consensus regarding cost control and how to deal with sales in a 'Post Covid-19' world," said Anwar.

Sabera Anwar has already built a back-up plan, where she hopes to open her factory in a limited scale within a month's time, with all



the necessary protective measures against the virus; to at least be able to sustain in the long run, along with her family of employees.

"This is perhaps the dawn of the new era, where online sales would be the next big thing. I have to live through this pandemic and for that, I must reopen, even if that means in the smallest scale possible," she said.

When urged about suggestive plans for the future, Anwar promptly replied, "People must inject cash back into the economy, once this is all over — that's the only way we can survive through this major economic loss. Only a united effort can help pull us through."

Photo Courtesy: Panache Hub

## Each For The Other

Esha Rushdi, owner of Powder Room, a popular beauty parlour in town, shared her side of the story to illustrate the existing calamitous situation of the beauty industry. The entrepreneur, who also heads a local label, Cape Town, seemed tense and sceptical of the future.

"I never thought I'd have to keep a large chunk of cash in my bank account to cover for business expenses. I never predicted this to happen. Every single month, I have to pay Tk 8 lacs, that too, only as rent! This situation is absolutely unprecedented.

"So, along with few other reputed industry leaders in the beauty field, we have reached a consensus to survive the pandemic by offering our employees a fixed salary of Tk 5,000 per person, so that there's less strain on the business and also because this way, we can continue paying their basic expenses, as long as it is necessary. Our employees, numbering in hundreds will now remain employed and would not have to worry about going hungry," expressed Rushdi.

She shared with us her open request to landlords, all over Bangladesh, to forgo or allow paying a reduced rent for the time being to help entrepreneurs survive in the long term, in a post-Covid-19 world.

"It would be great, if they helped us. We are all in this together and we can only endure the losses with each other's support," she said.

When asked about whether the government stimulus package would help in any regard, she was sceptical.

"The government provided a soft loan to SMEs at 4 percent interest rates, but that's only helpful if you are liability free. If you have huge loan lurking over your shoulders already, the bank will consider you risky. Plus, this wouldn't be a viable solution," said Rushdi, with a tone of concern.

As a tackle plan, Rushdi had few other business ideas which she thought could help out entrepreneurs at large, saying, "Once the threat of this virus is gone and the economy starts to pick up, I plan on giving huge discounts, helping cash to be injected back into the accounts. This will also help me maintain a steady cash flow. Profits would not be of primary concern, just to ensure sustenance and survival."

### THE LONELY WARRIOR

Taslima Begum earned a comfortable middle class living during the regular 365 days of the year when there was no such thing as Covid-19. She used to work for Sheba XYZ, an online service provider, as one of their coveted beauty experts. Every month, she made a handsome amount, a certain percentage of which helped repay the online institution for allowing her to use their platform, while the rest helped Begum in paying rent, children's tuition fees, and even act as provisions for her ailing parents living in Noakhali.

Today, things are different. The pandemic has caused the masses to stay indoors in order to impede the multiplication of the



viral disease. And that means Begum can no longer go to people's houses to provide services (beauty treatments) and neither can Sheba XYZ help her in any way in this regard. Her service sales have dropped to zero, and her savings have almost become nought.

"I am living on borrowed money. If this goes any longer, I am going to die of panic and hunger, not by the virus!" she said.

The story has been the same for most freelancers like Begum. On further inquiry, she provided an insight to a 'respite package,' including grocery items, promised to be delivered by her service provider, sometime in the future.

"Relief is supposed to be delivered in a week or two; I have not been informed of a specific date as of yet. And it is the same situation with most freelancers like myself. We have all been promised some sort of help, sometime in the future."

Photo Courtesy: Powder Room and Cape Town

# TO AND BEYOND

Lora Khan, owner and head designer of 6 Yards Story, shared a similar perspective. Sales for ornaments online dropped significantly after 22 March; the trinket shop was unable to attend any exhibition, including 'Jhalmuri,' their very own signature exhibition. The production had to be abruptly stopped and the workers released with full pay.

"People think the market is now online, but that's not how it works! Even online companies have their factories and a formal physical office somewhere where many works, including artisans to white collar employees. My losses have been immense, I have to pay monthly wages to all my employees, including the exorbitant rent, utilities bill, VAT, etc., while sales have slumped down to one third of the usual. However, since ornaments, especially trinkets like ours, are affordable and not a high-end luxury item, there's still some movement with stock. So, there's still some cash flow, but this will not continue for long because stocks will run out sometime in the future and then there will be nothing new! How will I manage after that?"

"Plus, the delivery system is a whole different issue. In these difficult times, it's extremely hard to deliver regularly," said a concerned Khan.

While contemplating on future plans of sustenance, she sounded panicked and glum, saying, "I have lost faith in the banking system. A week earlier, I went to the bank to cash-in my DPS account in order to pay my employees monthly salary and they denied me the service, saying Bangladesh Bank has forbidden any such activity during the pandemic.

"I am not interested in taking any soft loan; I just wanted to cash-in my own money and I couldn't. With the amount of sales that is currently going on, my company can sustain in the short term. What I am scared of is the long term, as there seems to be no end to the calamity."

management, makeup, light, sound, modeling, etc. If one dies, the others die with it.

It's about time the government took a separate initiative to save them, otherwise, when the country bounces back on the economy bandwagon, there would be so many unemployed mouths to feed and no fashion industry to call our own at all!

What we can personally do for the country is to inject the cash back into the economy as much as possible. We can purchase via online services during the lockdown and after that, when everything is back to normal, we should only be patrons of deshi designers, materials, and craftsmanship.

Rather than going to the neighbouring countries for all our fashion needs, why not make the permanent pledge to buy only deshi? This is the time our nation needs us the most. If we cannot contribute to the welfare of our countrymen now, then when will the right time ever come...?

If not today, then when?

**By Mehrin Mubdi Chowdhury**

**Photo Courtesy: 6 Yards Story**

**Online Pages:**

Gootipa: <https://www.facebook.com/gootipa/>

Anokhi by Humaira Khan: <https://www.facebook.com/ANOKHI.BD/>

6 Yards Story: [https://www.facebook.com/6yastory/?ref=br\\_tf&epa=SEARCH\\_](https://www.facebook.com/6yastory/?ref=br_tf&epa=SEARCH_)



## EPILOGUE

Baishakh and Eid have always been the hub of festivities in Bangladesh. And shopping for fashion items remain as one of the primary ways of taking part in the celebrations. Perhaps, there's not a single family in the country that haven't dreamt of buying at least one set of fresh new outfit in the Bengali New Year or Eid. This year, fate had other plans; Covid-19 snatched away Baishakh, Eid, and many other celebrations from the residents of the world, leaving the economy in disarray.

According to a report in a popular Bengali daily, FEB (Fashion Entrepreneurs Association of Bangladesh) has announced a Tk 125crore loss by the fashion industry of Bangladesh.

In a small country like ours, this is a huge blow, which the uncountable fashion entrepreneurs of Bangladesh many not be able to bear. And the fashion industry does not stand alone. There are so many other businesses indirectly related to this industry, like photography, digital content

Polka Drops: <https://www.facebook.com/pages/category/Product-Service/Polka-Drops-1816803381965872/>

Powder Room: <https://www.facebook.com/thepowderroom04/>

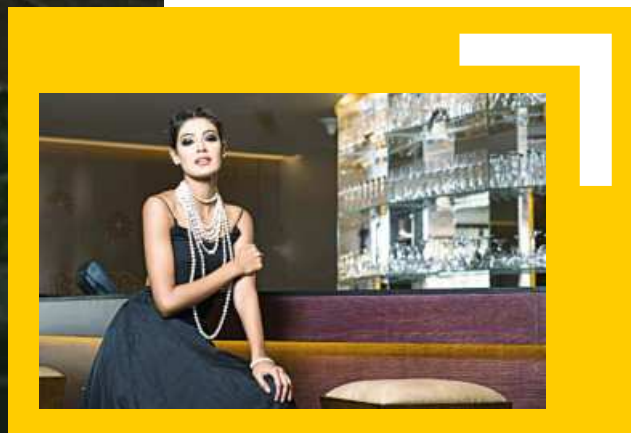
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Panache Hub: <https://www.facebook.com/panachehub/>

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*All banks are providing limited services during the times of COVID-19; emergency and basic transaction services are available. All opinions expressed by the interviewees are their own, and Star Lifestyle does not bear responsibility for them.*





LS SUGGESTS

# The most eye-catching jewellery of 2020

One of the easiest ways to spice up an outfit is adding on some bling. Before you decide to get your hands on some new pieces, pay close attention to all the new trends that have been emerging, because not just the seasons, jewellery trends also change and evolve with time. A little research goes a long way because you can always sport these pieces on multiple occasions.

## MISMATCHED EARRINGS

Yes, they were a thing before, but recent trends are not like the ones we saw years back; these are not as loud, and more detailed. You can buy pairs that come in similar colours and different shapes, or same shapes and different designs, one shorter and one longer, and so on. Bottom line — they should have some form of element tying them together, so, even if mismatched, they look like a pair. If you have got multiple earrings in similar colours, textures, metals or base, try out a few to make your own.

Another take on this trend seen a lot on the runways were single earrings, where you sport one hot piece in one ear.

## SPRING CALLING

Even at the peak of summer, we can never get enough of bright spring colours. From pastels to bolds, the more colourful the better. Think lots of bright florals, gems,

pearls and beads all put together to create beautiful statement pieces.

Pair these bright colours with subtle prints like polka dots or chequered, or better yet, solid colours to focus solely on the jewellery itself.

## AN HEIRLOOM FOR GENERATIONS

If you have ever peaked into your grandma's jewellery box, you have seen a lot of these designs. Matte antique finished

gold, minimal detailing, and bold dome shaped gemstones. Signet rings and lockets have taken over Instagram, because they provide a visible but subtle sheen, and look like they were made for the contemporary outfits we love.

## OVERSIZED CHAIN LINKS

Perfect for those who love bling, but do not want to go through all the effort of matching jewellery. Oversized chain links come in various types that go with every sort of outfit. From chunky metal on formals, to bedazzled with gemstones on dresses and even resin ones for your everyday clothes.

## SQUISHED PEARLS

Traditionally, most pearl designs we used to see would have symmetric spheres. Recently, however, baroque pearls are all the hype. They look more natural, do not give off a plastic shine, and pair surprisingly well with matte gold. A classy and feminine choice for a night out, and a must-have if you love subtle yet bold jewellery.

## EYE OF THE TIGER

Not for the faint of heart, animal motifs are back in jewellery this year. Scorpion neck pieces, panther head rings, lion head cuffs and fishbone earrings, just to name a few, were some of the most coveted at Fashion Week 2020. These stand out from the rest in that they garner a lot of attraction, so be sure of minimising glam on the rest of the outfit when wearing animal motifs.

## HOOPS! I DID IT AGAIN

Did hoops really ever leave? No matter, as this time around, it is better and bigger. Think fat wide gold rings for night outs, massive resin hoops that look great for outdoors and hoops inside hoops for occasions. And even though we do not see much of it, hoops go really well with traditional wear like kameezs when in fun colours.

## JEWELLED COLLARS

Remember the Gossip Girl era where everybody would have a thick collar-like neckpiece completely covered in rhinestones, sequins, pearls and everything else we imagine fits as jewellery? It is back, and we love every bit of it. Like the boss of statement neckpieces, these lay flat and cover a lot of neck area and are perfect for lazy girls who love to throw on one piece to complete a look.

## HANDMADE WITH LOVE

Handmade jewellery literally screams fun and whimsical, but very down to earth. Stitched with love, these are earrings, bracelets, cuffs and neckpieces stitched onto different sorts of fabric. Pairs great with traditional wear, but if you seek some oomph, throw on a piece or two on your summer suit for an otherwise unique match.

Each different trend speaks to different personalities. Sometimes, you want to look bold with a chunky chain link, while at other times, your elegance wants to speak with pearls and dainty pieces. You can have it all, just at different times with different outfits.

By Anisha Hassan

Photo: LS Archive/Sazzad Ibne Sayed



**WISDOMTOOTH**

BY SANIA AIMAN  
Sub-Editor, Lifestyle  
The Daily Star



# A different Ramadan

Every year, particularly for Muslims, the countdown to Eid in the month of Ramadan is largely that — the Eid day! Do not get me wrong, there is nothing wrong about the anticipation or the celebration. But I personally feel that most of us lose sight of the main purpose of the month, and engage in activities that perhaps cheapen the spirit in many ways. The purpose of Eid-ul-Fitr is to celebrate the joys of having had the opportunity of doing good deeds in the blessed month of Ramadan. Which means that doing the good deeds is what warrants a celebration. But in reality, for countless people, the day of Eid and the countless social frivolities continuing well into the next month, appear to take precedence over the actual observance of the month of fasting.

Ramadan is about practice; of living a life in a manner that is pleasing to Allah, with personal improvements, health, as well as the added benefits of developing and acting on compassion for the less fortunate, through increasing charity and socially impactful actions. I feel, many of us need to re-evaluate our ways of life during this time, and reflect on our actions in the past, with the intent to identify whatever possible mistakes, and use the blessed month to rectify those mistakes and form new and better habits.

The first and most obvious action related to Ramadan is the ritual of fasting — abstaining from food and drink from dawn to dusk. It seems like a simple enough thing to do, but how many of us have actually thought about the purpose behind this? To me, it is a reminder to count the everyday

blessings we take for granted; we start our fast with full bellies, while being assured of having a full table at sundown as well. But millions of people around the world do not have the access to the basic human right of three full meals a day, and many of them live not far away at all. Perhaps, this Ramadan, we could be more thoughtful about it.

Shorobor is an organisation that has an iftar package programme. You can buy a package to donate a full month's iftars for one person for just Tk 660 this year.

Or, you can provide help with the month's rations for a family that you know is struggling.

As citizens living in a country full of people living on the margins of poverty and without any food security, I feel Ramadan is a time to remember that consciously, be thankful and share that good fortune

as much as we can. From this perspective, the gluttony-inducing glitzy sehri parties, and buffets seem offensive. I went to one such iftar with friends once. The company and camaraderie were a lot of fun honestly, but the wastage and amounts of food was obnoxiously offensive, and I felt indecent for participating. Having said that, community bonds are important, and should be fostered. Eating together enables better bonding. Perhaps, the correct way for us then is to consciously temper the activities with moderation.

Another aspect of Ramadan, again in anticipation of the Eid celebrations, is shopping. Universally, on festival days, people want to dress and look their best, and decorate their homes the same way. There is joy in looking and feeling presentable, and seeing the happy faces of loved ones looking all pretty. But somewhere along the line, many of us have lost the simplicity from this aspect, and made it into a convoluted debacle of display and unmitigated consumerist greed. I only point to those who buy festive clothes in the double digits — how can buying 15 saris or 12 kurtis for one person be justified, especially since we also buy things all year round?

Once again, moderation is all I advocate, for our moral soundness, for financial conservatism, and also, to minimising our individual carbon footprints.

Most of us are blessed with closets full of stuff, be it clothes or jewellery or shoes. Perhaps this Ramadan, when we shop, a simple rule could help us be more socially impactful. If we have the means, for every

outfit we get ourselves, let us get one of good quality for someone who could not do it for themselves. The rule could apply to practically everything we get, too.

Anonymous cash gifts can also be wonderful for struggling families.

For the near future, it seems that a majority of people will be staying at home a lot, due to the spread of Covid-19. Normal life will take a long time to resume, and for the foreseeable future, many of us will be largely bound at home, even after the first wave of viral contamination ends. Staying together longer also creates friction. Ramadan is a time to practice patience, and kindness. Hunger and abstinence affect people in various ways, but mood swings and irritability are most common. This Ramadan, let us be more mindful of each other's mental health, from the stress, collective trauma, and disrupted daily lives.

The Covid-19 crisis has caused millions in economic losses. Keeping aside the effects of lower productions on the environment, in the immediate aftermath, thousands of livelihoods have been lost, savings wiped out, small businessmen and companies gone bankrupt, and the struggles of the people are not going to end anytime soon. We must all be more conscientious, spend responsibly, share our good fortunes, support local producers and sellers, and do our utmost.

This Ramadan, we have to be extra resilient, to help ourselves and people around us battle this crisis, with charity and kindness, and even more kindness.

**Photo: LS Archive/Sazzad Ibne Sayed**

**LS REMINDER**

## Everyday hygiene

From our very childhood, we are taught about the dos and don'ts of personal hygiene and public etiquette. Such practices include daily activities like putting on fresh clothes, not spitting, and littering. However, as we get older, and perhaps a little busier with our lives, these etiquettes go overlooked. These might seem trivial, but in reality, and more importantly, in the current climate, could be a matter of life-and-death.

**CLEANLINESS IS GODLINESS**

Cleanliness is preached to us from a very young age. Yet, at some point we have all disassociated ourselves from its practices. Unless we know how to keep ourselves tidy, we cannot but only wish to do so for the collective community. It starts with the self; it starts with hand-washing.

It may be difficult to believe but there are times when we forget to wash our hands properly,

leaving behind germs and dirt particles. Unless one can refrain from touching their faces, these particles have the potential to damage the body's respiratory system and overall immunity. It is safe to agree that taking a few extra seconds to properly wash hands is better than having to deal with health complications later.

For those who question their hand washing skills, a number of videos are available online to break down the process.

**DENTAL CARE**

Dental care cannot be ignored. Even while sitting at home with no intention of getting out of our pyjamas, we do not want to invite gum disease, cavities, or foul breath.

Firstly, the toothbrush itself should be changed every three months. A worn-out toothbrush is less likely to get into all the nooks and crannies to remove all leftover particles.

Secondly, the toothpaste. This depends on personal preference, but use one which contains fluoride. Remember to floss, and lastly, one final rinse using mouthwash.

**HANDKERCHIEFS AND NAPKINS**

It goes without saying, sneezing, coughing and spitting openly are habits no one appreciates.



These practices of flagrant throat and nasal clearing come off as

moderately inconsiderate and iniquitous to everyone else. Putting an end to this norm is a necessity.

Other than being a distasteful practice, doing so allows germs to transition from one person to another, spreading vastly. Essentially, when one openly coughs or sneezes, tiny droplets are released into the air which may contain germs and viruses.

To combat this objectionable habit, carrying a handkerchief or paper napkin at all times is not a breach of peace. Instead of germs floating freely, sneezing or coughing into a handkerchief is safer. Covering one's mouth with their elbow will also serve the purpose. In a scenario where one cannot help themselves, it would be best to avoid crowds and large gatherings.

**By Puja Sarkar**

**Photo: LS Archive/Sazzad Ibne Sayed**

### THE ETIQUETTE OF PERSONAL SPACE

Be it within the home walls or out in public, it is necessary to maintain a physical distance with the people around. Some people just might not appreciate standing in close contact. Unwanted physical contact, constant questioning, going through their belongings or emails etc. also include invading personal space. It hampers workspace and family relationships especially, when everyone is stuck in a confined area for a very long time.

The same can be said while staying indoors. Just because it is family members does not mean they will enjoy someone else's company all the time. With that being said, even family members need their personal space and privacy to be in their best health.

In today's time and age, cleanliness and hygiene, along with public etiquette has become overshadowed by ignorance and unawareness. Yet, these practices are needed now more than ever not only to maintain social and environmental health, but also to protect ourselves from life-threatening diseases. These practises help internalise habits of sanitation and mental strength which could ultimately shield the entirety of mankind.

**SPOTLIGHT**

# Plight of the transgender community amidst lockdown

When the world unites on a common ground to help the poor and the needy, minorities and vulnerable groups of the society are somehow left out of the discussion. And this is what hit Tasnuva Anan Shishir, actor at BotTala, and a trans-woman, very hard.

And so, members of the cultural society she belongs to arranged for community-based welfare programmes for the poor and the needy during Covid-19, and Anan had been actively involved with the social work.

This is when she started getting calls from other fellow transgender friends, including sex workers; a stringent plea to survival.

"And I was baffled to find out that no one was helping them because of prejudiced and pre-conceived notions masked by patriarchy. The sad realities pointed out



my calling of the moment," Anan said.

Having found out her purpose, she looked out for friends to help her with the initiative and Hochemin Islam, a renowned, gender and sexual rights activist of Bangladesh, seemed to be the perfect person to work alongside her as a team.

On 27 March, the team began to work in a united effort, and the first post was put up on Facebook seeking monetary help from friends and family.

"Our first plan of action was to track the vulnerable people, including sex workers,



to me the austere truth, faced by the marginalised and vulnerable community, namely transgenders, hijra, *kothi*, and sex workers, on a daily basis.

"I have fought a lot in my life, to be able to stand where I am today. And yet, even after all these years, I see no change! My people still face societal ostracisation, pangs of poverty, and the sharp claws of patriarchy every moment of their lives. So, it was definitely time for me to do something about it — 'relief distribution' seemed to be



from all over Bangladesh. Since there was no formal documentation or data available, we relied on personal information. Word of mouth spread like wildfire and people started calling in and giving us information regarding the needy, especially after our first successful delivery of relief packages in the Jurain slum of Dhaka.

"We have distributed food and hygiene kits to trans people and sex workers in Rajbari, Kushtia, Khulna, Bogra, Sylhet, Chattogram and numerous other places.

From the communities of Maya Hijra and Shaheen Guru to Anori Hijra and Alo Hijra; we have also tried to help the trans men, who are probably the most vulnerable amongst the lot."

Our continued findings let us know that trans men did not get community support from leaders and were all on their own in the tough journey of adaptation.

We wanted to know from Anan whether there were others who came forward to help on their commendable initiative.

"Yes! Many people joined hands,

including eminent names of the society, BotTala colleagues, cultural activists, and non-profit organisations, including Alokito Shishu, Alokito Projonmo, Footsteps, etc.

The core team grew from two to four to include S M Mominul Islam, a fellow teacher at Teach for Bangladesh and cultural activist Soyeb Hasan to help with the efficient management of the distribution system.

When asked as to why the trans people were suffering the most during the lockdown, Anan elaborated, "Most of the trans and hijra people depend on donations all year round, from weddings to births and many other festivities. But during the lockdown, all these have stopped. Many also work as sex workers alongside regular girls, and during the lockdown, brothels have been completely blocked off by the police, creating a chaos amongst the community."


The social welfare support of the vulnerable community may have had an arduous journey, and till now, Anan and her teammates could only manage the distribution of relief packages, when much more was necessary. But at least it was a start, especially for the community, which tends to get nothing from us. A community that we brush off and forget quite so often and so comfortably.

In a world where we are continuously trying to bridge-in the gender gap between men and women, somehow, we tend to overlook the third gender. It's about time we embrace equality, because no one in this world deserves to suffer so intensely — no one!

**By Mehrin Mubdi Chowdhury**

**Photo Courtesy: Tasnuva Anan Shishir**


*Disclaimer: Please send in your donations to the following Bkash Number: 01951695612 or call at: 01715628271 to speak directly to the core team members.*




## করোনা ভাইরাস-এ


### আতঙ্কিত না হয়ে প্রতিরোধ গড়ে তুলি!

প্রতিবার সাবান অথবা হ্যান্ড ওয়াশ  
দিয়ে অন্তত ২০ সেকেন্ড\* হাত ধুয়ে নেই





\* Centers for Disease Control & Prevention (CDC)



REAL FAMILY HEALTH PROTECTOR

**DESHI MIX**

BY SALINA PARVIN



# Sherbets aplenty

## CUCUMBER LEMONADE

We all make normal lemonade but ever thought of adding cucumber to it? If no then try it now; the drink is so refreshing that if you try once, you will be hooked to it. I do not always add sugar; sometimes I just add salt and enjoy it more, so you have options. As any drink we make, there can be many variations; add honey if you prefer, or add basil or mint leaves for extra flavour.

### Ingredients

- 1 large cucumber
- ½ cup lemon juice
- 1 tsp lemon zest
- ¾ cup honey/sugar
- 6 cups water
- ¾ tsp salt
- Few ice cubes

### Method

Wash well and peel the cucumber; make few large slices and keep aside for garnishing. Chop the cucumber. Add chopped cucumber, 2 cups of water, and sugar in a blender. Blend until smooth and sieve the drink and add remaining water in a large bowl.

Add salt, lemon juice, lemon zest, and stir well to combine. Sieve again if preferred. Pour in serving glasses add more ice cubes if required, garnish with cucumber slices.

To decorate glasses first, add ice cubes and then keep cucumber slices and twist it, and finally, pour the drink. To enjoy this easy and unique cucumber lemonade, add a snack as well to make a perfect iftar.

## NAURATAN SHERBET

*What can be healthier than milk after a long day of fasting? After all, it fulfils your*



requirement for calcium. Almonds and pistachios are also good sources of energy and contain vitamins that freshen up your skin.

### Ingredients

- 1 kg milk
- 1 tbsp basil seeds (tukh malinga), soaked in water
- 1 cup condensed milk
- 1 cup evaporated milk



### Method

Take banana, apple, almonds and milk in a smoothie maker and blend. Add watermelon, yoghurt and strawberry jam and blend till smooth. Add ice and whisk once more. Pour into glasses and serve immediately.

## BETROOT BUTTERMILK

### Ingredients

- 1 cup plain yoghurt
- 2 cups water
- ½ cup chopped beetroot
- 1 green chilli
- ½ tsp chopped ginger
- 4 stalks coriander leaves
- 4 stalks mint leaves
- Salt to taste
- Sugar to taste

### Method

Peel and chop beetroot and grind together with green chilli, ginger, coriander leaves and mint leaves. In a wide bowl, whisk yoghurt well, add water, salt, sugar, beetroot paste and mix well. Strain buttermilk and serve immediately or chill until ready to serve.

## TETUL - ALOO BUKHARAR SHERBET (TAMARIND AND PRUNE JUICE)

### Ingredients

- 200g tamarind
- 200g prune
- 1 tsp black salt
- 8 glasses of water
- Sugarcane jaggery, to taste

### Method

Firstly, soak prune and tamarind in two separate bowls. Then strain them and extract the seeds from them and grind the pulp. In a pan, add water and sugar and cook for 5 minutes. Add pulp in it, mix well and cook for 10 minutes on low flame. Add black salt to it. Remove from heat. Let it cool and serve.

## COCONUT WATER WITH COCONUT MEAT

*The best way to serve this drink is to chill the coconut water beforehand, and blend the meat just before serving. Do not mix and refrigerate because the water will lose its fresh taste and texture.*

### Ingredients

- 3 cups chilled coconut water
- ½ cup chopped thin coconut meat

### Method

Combine the coconut water and coconut meat in a mixer. Blend the mixture until smooth. Pour the coconut water with meat into glasses and serve immediately.

## OATS MILKSHAKE

### Ingredients

- ½ cup roasted oats
- 10-12 fresh strawberries
- 4 cups chilled milk
- Sugar to taste
- Few ice cubes

### Method

Wash the berries, remove hull and chop it. In a blender add roasted oats, strawberries and blend for minute. Now add milk, sugar and blend again for 1-2 minutes or until smooth. Add ice cubes and serve.



- 3 tbsp chopped almonds
- 3 tbsp pistachio
- ½ cup cream
- ½ cup coloured vermicelli (boiled)
- ½ packet red and green jelly dissolved, boiled in ½ cup water

### Method

Blend ice, condensed milk, evaporated milk, and cream for 30 seconds. Mix with milk and add pistachios and almonds. Cut jelly into cubes. Add basil seeds, jelly and boiled vermicelli into the milk mixture, and serve.

## MIXED FRUITS SMOOTHIE

### Ingredients

- 1 banana, chopped
- 1 apple, chopped
- 1 cup chopped watermelon
- 10-15 almonds, blanched
- 4 tbsp strawberry jam
- ½ cup yoghurt
- 2 cups chilled milk
- 1 cup crushed ice

**Photo: Sazzad Ibne Sayed**

**Food preparation and Styling: RBR**