

VOLUME 19, ISSUE 49, TUESDAY, JUNE 2, 2020
JAISHTHA 19, 1427 BS

Star

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FLOWERS ON OUR MIND
AND IN OUR HEARTS TOO PC
AWAY FROM SCREEN
ENCOURAGING CREATIVITY IN KIDS P12**

Sundresses and Flowers

PHOTO: SAZZAD IBNE SAYED
MODEL: NAAZ
STYLING: SONIA YEASMIN ISHA
MAKEUP: FARZANA SHAKIL'S
MAKEOVER SALON

**ঘরে থাকুন
মিরাপদে থাকুন**

চিরচেনা রঙিন পৃথিবীটা আজ অনেকটা ধূসর।
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KUNDALINI RISING

BY SHAZIA OMAR
Writer, activist and yogini
www.shaziaomar.com



Eight limbs of Ashtanga yoga

Ashtanga is a vigorous and demanding physical practice. Maintaining a daily routine of the 'primary series,' as the sequence of *asanas* is called, requires discipline and dedication as well as an entire overhaul of one's lifestyle. One must keep mind and body clean, otherwise it is not possible to muster the *dharana* (concentrated focus) required to do the *asanas*. For example, you cannot stay up late at night and still manage your practice because your physical and mental strength will not be enough. You cannot have a drink or two, or hold on to resentments, or smoke, or be caught in a negative thought spiral, because these will all affect your ability to concentrate and perform in the morning. You are forced to treat your body as a finely tuned instrument.

Practicing daily made me sensitive to what I eat, how much I sleep, and what I obsess over during the day. I can feel sluggishness on my mat during practice if I pigged out on junk food the night before. Thus, the practice gently moves you towards a healthier lifestyle. To bring mind, body, and spirit into alignment for one and a half hours a day requires discipline, but it's worth it, because this slow polishing process, leads you towards a state of enlightenment, or '*samadhi*.'

Ashtanga means with eight limbs, and refers to *yama*, *niyama*, *pranayama*, *asana*, *pratyahara*, *dharana*, *dhyana*, and *samadhi* aspects of this tradition.

Yama — social ethics. The five *yamas* are: *ahimsa* (non-violence, meaning no negative thoughts, words or actions towards yourself or others), *satya* (honesty, with yourself and others), *asteya* (no stealing — of possessions or time), *brahmacharya* (wise use of sexual energy), and *aparigraha* (non-possessiveness).

Niyama — personal ethics. The five *niyamas* are: *saucha* (cleanliness of mind, body, spirit), *santosa* (contentment), *tapas* (discipline), *svadhyaya* (self-study, reflection, looking within), and *isvarapranidhana* (surrendering to a higher power, keeping God in our hearts.)

Pranayama — breathing exercise for expansion of vital energy (*prana*).

Asana — physical exercise for stability of body. This is the one most people associate with yoga, though it is only one part of eight.

Pratyahara — withdrawal of senses (so you can look within and listen to your heart).

Dharana — single-pointed focus, concentration on a



single point.

Dhyana — meditation for stability of mind. This is perhaps the most important part of yoga. Meditating on emptiness, releasing ego, witnessing thoughts but not getting caught up in them.

Samadhi — a state of bliss.

To achieve a state of bliss, we must practice all eight limbs. Once you perform the ritual of the primary series a few times, it is not hard to love this tradition of yoga, because the benefits are instantaneous. You feel stronger, calmer and more capable of surfing the turbulence of life.

To watch her yoga videos, subscribe to her channel:
[youtube.com/shaziaaminaomar](https://www.youtube.com/shaziaaminaomar)

Photo courtesy: Shazia Omar

LEARN. KNOW. GROW

GHULAM SUMDANY DON
Professional corporate trainer and Chief
Inspirational Officer at Don Sumdany
Facilitation & Consultancy



Time in traffic, waste or invest?

Living in Dhaka and spending time in traffic comes hand in hand. Either we find a way to deal with it or just sleep through it. Even though it might seem like a distant memory now with the ongoing coronavirus lockdown, traffic seems to have persisted nevertheless. And so, traffic is going nowhere anytime soon, so let's just find our ways to make use of it and invest our time while in traffic instead of wasting it.

Set up your day

Spend time in traffic setting up your day. If you do so, you will be able to allocate your time better. Navigate through the classes or meetings you have throughout the day, think if there is any way to plan a get-together with your friends or give time to family. By doing so, you will have a clear visualisation what your entire day might look like.

Learn anything

A plethora of platforms catering to all sorts of learning are at your disposal. You can read through pages; you can close your eyes and listen or you can watch and learn new things while commuting. I understand the need of taking some time off and scrolling through social media just for nothing but then again, learning will pay off in the long run.

Start working early

Many of the readers might not be a fan of the idea, but I would always prefer an

extra hour put into the work. It is not because of my infatuation towards working as an entrepreneur but starting early will give you more time throughout the day. You could send e-mails, follow up, start working on your task at hand or just talk with your team members before they start the day.

Sleep

Sleeping is not a waste of time; it is an investment on your health. In the rat race of 9-5, we end up having very little time for sleeping and recharging our body. Sleeping while commuting might balance the lack of sleep and give you energy to navigate through the day. If possible, to take a quick power nap and reenergise.

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন ঝপচাঁয় আড়িজাত্য মানেই

স্যান্ডালিনা
সোপ

ঝপচাঁয় আড়িজাত্য...



Comfort food for lazy days

With everyday being a lazy day, we all need closure. Watching movies and reading books all day can become tedious, but a heart-warming snack to go with it can make a pleasant difference. Comfort food can take one's mood from bored and frustrated to relaxed and at ease.

Here are some comfort foods which are sure to fill our hearts and stomachs —

Ultimate junk food

Easy to whip up and satisfyingly indulgent, junk food has been a comforting treat for anyone. Be it homemade or ordered in, sugary drinks, burgers, pizzas, candy, cheesy pasta, milkshakes etc. are kind to the soul if not the body.

Revelling in such feasts are sure to remind one of the times spent with loved ones over cheesy and oily goodness and also to provide contentment and fulfilment in times of isolation and idleness.

Tea plus more

A warm cup of perfectly brewed tea is often enough to provide some solace. But

adding a little more sweetness or savouriness to accompany the hot beverage can elevate this comfort food. Pairing one's evening cup of tea with plain puffed rice, nimki, bakarkhani or everyone's favourite butter toast, makes for a blissful combination.

For the sweet tooth

Sweets have always been a sinful yet indulgent treat and one which is difficult to say 'no' to. Starting from ice-cream and waffles to soft spongy roshogollas to baked goods, these are not only mouth-watering comfort food, but also delectable late-night snacks for anyone with a sweet tooth.

Sweet treats like brownies and cakes can be easily made at home with a mug and microwave in a matter of minutes to enjoy with some chocolate or vanilla ice-cream or with a warm cup of coffee or hot chocolate. For the

full indulgent experience, why not all three and have a sweet and chocolaty moment with yourself?

Anything fried

Fried food or crispy goodness is a good alternative to popcorn while watching movies and television series. French fries, potato wedges, fried chicken, pakora, spring rolls and other fried delights make for perfect lazy day snacking. Besides, it is possible to make a personalised snack fuelled by one's gluttonous imagination as almost anything and everything can be fried. The potential of cooking food in grease and oil remains limitless!

But of course, everything in moderation. No one wants to



feel sickly as opposed to satiated and unrepentant after such rich indulgences.

All time favourites

Mixed puffed rice ('muri-makha') is embraced in every household and welcomed during family-times or lazy afternoons spent watching movies and reading books. Puffed rice combined with mustard oil, chopped onions and chillies and pickles is a cultural comfort food suitable for any occasion. This snack can be customised to anyone's liking by adding various condiments making it the perfect soul food. Chanachur can be mixed with oil and pickles or eaten simply as it is straight from the packet — the perfect quick snack for night cravings and any time of day.

Comfort food is not only sustenance for the body, but nourishment for the mind, which makes us feel at home. Indulging in these foods bring back memories and fills our minds with a sense of nostalgia and happiness, and also make good company for leisure.

By Puja Sarkar
Photo: LS Archive/ Sazzad Ibne Sayed

SPOTLIGHT

Healthy relationships vs the lockdown

Relationships are being tested, and now, there is no chance of saying that partners are not spending enough time with each other. Not only is this pandemic taking a toll on everyone's social life, but also shaking up the dynamics of many a marriage. To keep everything from tanking, here are some things to keep in mind.

Be mindful

Being home 24/7 means consuming household items more often. In an already stressful situation, to maintain a healthy marriage, presumed gender roles should have no place and both parties should take responsibility for cleaning up after themselves and dividing household chores. Expecting one partner to do everything while the other finishes work and relaxes will only raise tensions and lead to unwanted arguments from which there is no storming out of.

Balance 'I' and 'We'

Just because spending time together is easier now does not mean it is mandatory. Not every Netflix series has to be watched together, nor does every moment from sunrise till sunset need to be spent in unison. Doing so will only build frustrations and shorten one's patience. Despite the situation, everyone needs time for themselves. Pandemic or not, no one likes to be crowded all the time.

Perhaps, before the lockdown, it was a luxury to be able to do things together. But time apart only makes relationships stronger and intensifies the appreciation partners have for each other.

Learn to appreciate the silence

Alone time is crucial, even if it means having separate rooms as temporary work stations and for now, getting some alone time is tricky. But accepting the fact that partners will not always have something to talk about is often challenging to many. Sometimes, the silence is enough to strengthen a marriage. Embracing this silence is the next best thing when alone time becomes scarce.

Keep the romance alive

A lockdown should not bring in slobbery and dullness. No one said romance was an element alien to the indoors. Sometimes, surprising your partner with a cup of coffee during work, cleaning up the house or preparing lunch, are more than enough to keep the spark alive. Nothing like good vibes!

Communication is key

Things might get tense at times. To talk through and resolve any conflict, partners should have some time each day to simply unload their minds. Be it something they have been wanting to get off their chest or something new they have learned; communication is key for any healthy marriage, with or without a pandemic at play. Hear them out!

Daily laugh time

Similar to mandatory communication, having scheduled hours to be cheesy and make each other laugh is a mood-lifter. Watching funny cat videos or sharing jokes always helps to lighten everyone's mindset.

Be it to cry or to laugh with, we appreciate having someone to lean on and share our lives with. But that does not mean every single waking moment. With that being said, during every blood boiling argument when you are at the end of your tether, keep in mind that this is not forever, and end each day loving one another, on a good note.

By Puja Sarkar



LS EDITOR'S NOTE

Splendour of colour

What I really love about my kitchen is the bright and colourful ceramic and porcelain crockery against the backdrop of my white walls.

The red tray between the stoves to rest my cooking spoons and spatulas, the dark purple bowl to keep the chopped vegetables in, the green sieve to wash them, the yellow lime squeezer, the orange salad bowls, the gorgeous red salt shaker; these pots and pans, plates and dishes lend an air of polychromatic splendour to their practicality in my kitchen.

I also love to collect crockery, thus wherever I go, be it at the back alley of New Market or Chatu Chak in Thailand, these collectibles are always on my list. Needless to say, there is a second list of the actual things that I need, but it is always this first list that never changes and gets all my attention.

There was a time when I ran out of cash and could not buy anything from the second



while some kitchens are not too busy, others are buzzing 24/7. And my kitchen is a happening one, even at 3 AM, either my hubby is brewing his famous ginger tea during a movie break, or my son making his late-night sandwich while watching Liverpool score goals.

The place just does not sleep and every morning, to my utter surprise, his blue mug and my son's yellow plate brighten up my



mornings, before I take out my pink mug and brew my tea. It means the heart of my home is beating and keeping us all warm and fuzzy. I must add a mandatory postscript here, if the maid is not in by 7:30 AM, then the untidy mess of these colourful plates and mugs on the kitchen counter is anything but fun.

My kitchen is not any state-of-the-art fancy place, just something I built over the years; adding a cabinet here, placing a hook there, turning an old jar as spoon holder, or making an oil jar out of an old wine bottle.

I turned my grandfather's law book cabinet into an almira for my dishes and plates. My mother-in-law's chest of drawers as my spice storage drawers. And I love this place, it has my stamp all over it; my flea market style of décor. And the colourful crockeries add that fun factor to the bohemian vibe.

My suggestion to you all would be to pay



list full of priority items. In my defence, all I can say is 'they were cute.'

I actually find my whimsical treasure hunts therapeutic; footpath ware vendors in New Market or that lone ceramic vendor in front of Hawker's Market, or the shops in the DIT-2 Gulshan Market; these haunts are the troves to browse for these porcelain items. But most recently, I found three vans chockfull of such exquisiteness in Uttara.

Salmon pink soup cups, turquoise green mugs, dark green full plates, white dessert dishes, grey platters, red bowls; the vans were full of wonderful surprises. However, just like the garments found in Doza markets, these ceramic crockeries do come with slight defects; you just have to have the patience and eye to nit-pick and find the 'best' of them. Kitchens are the hearts of all homes;



attention to every van vending crockery, you just might end up with a bargain deal for Ikea wares. And bring out your red mugs and green platters to celebrate any occasion in cheerful colours.

Happy reading!

— RBR
Photo: LS Archive/ Sazzad Ibne Sayed

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Co-workers may not be reliable. Problems with your partner are evident. Rely on yourself. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Manage your financial situation. Find root causes of the issue. Meet new people this week. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUN. 21)

Don't lend out money. Take advantage of opportunities that present themselves. Negligence will be bad for you. Your lucky day this week will be Thursday.



CANCER (JUN. 22-JUL. 22)

Find ways to enlighten yourself. Your sensitivity will be appreciated. Your doubt could lead to insecurity. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Close out any pending deals. Your assertive nature will attract others. Consider yourself for a change. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Your relation could be on rocky circumstances. Fulfill all other commitments. Travel could be lucrative for you. Your lucky day this week will be Sunday.



LIBRA (SEP. 24-OCT. 23)

Do research before making any decisions. Mingle with those who can help. Find time for family. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Have more confidence in yourself. Don't get into any joint ventures. Frustrations with your personal life are likely. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Unexpected visitors will be a welcome surprise. Changes at home are necessary. Put your energy into self-improvement projects. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Utilise your extra energy properly. Make personal changes. Put your energy into home renovations. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Don't overindulge in shopping. You can receive recognition for your work. Deep discussions can cause friction. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Don't make unreasonable promises. Deal with abnormal situations rationally. Find ways to release your tension. Your lucky day this week will be Thursday.

COVER STORY

Flowers for your hair

We love nothing more in this time of the year than flowers. With colourful flowers blooming since the beginning of spring, why not put some in our hair? The adornment of hairstyles with flowers is always in vogue. From festivities to even fancy get-togethers, or just sitting home enjoying a cup of tea with your spouse, this beautiful trend has all our approval. Different flowers can be incorporated within hairstyles to complement any occasion. Not too sure? Let Star Lifestyle show you how.

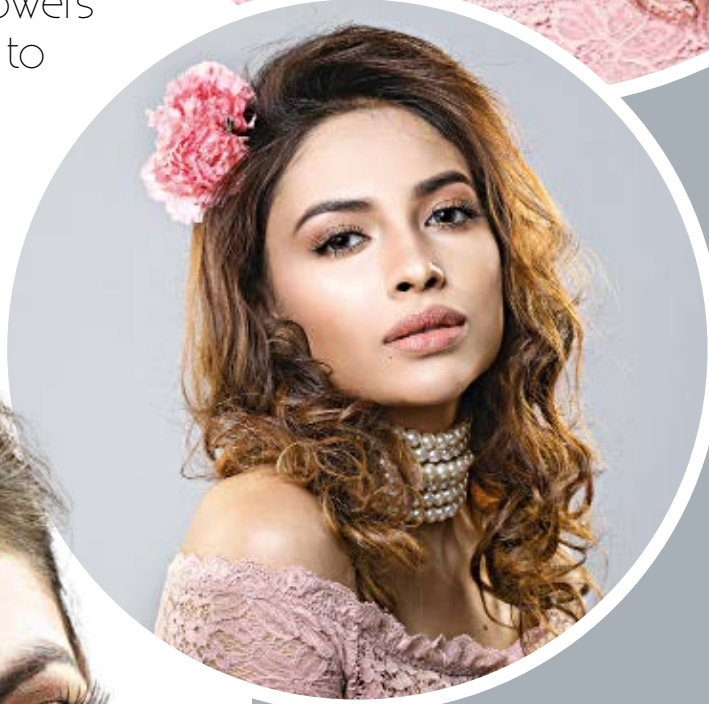
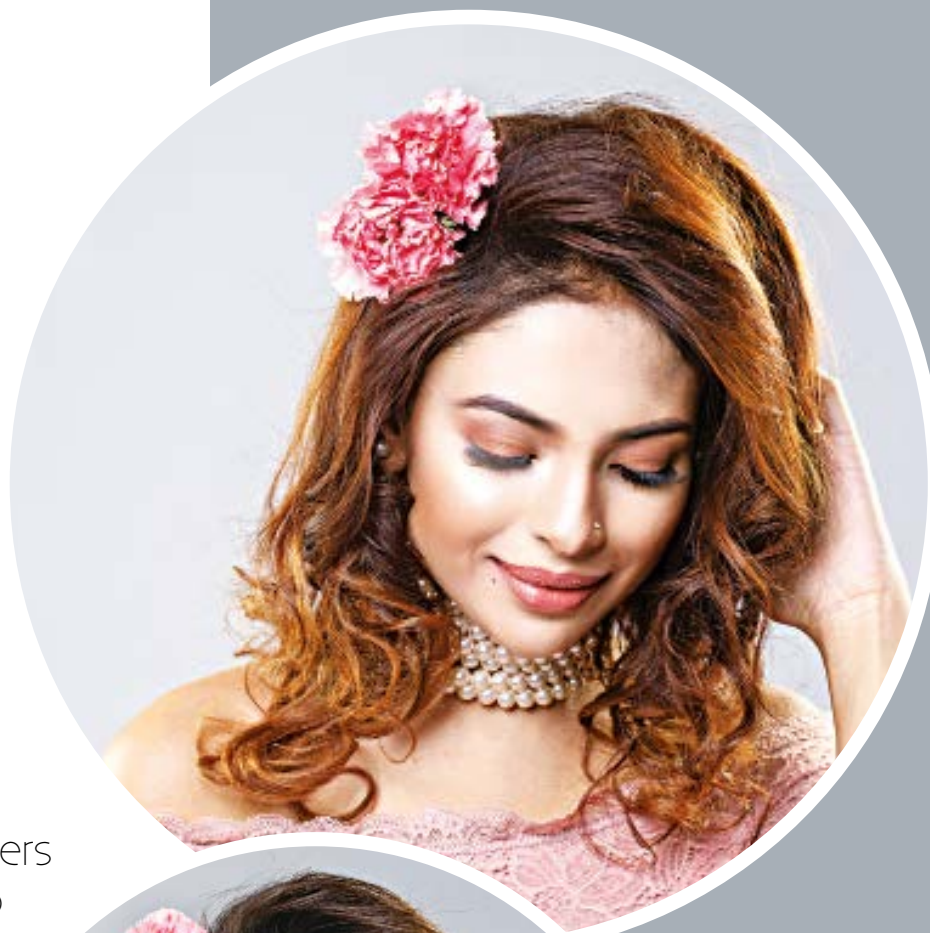


Photo: Sazzad Ibne Sayed
Model: Mohini
Makeup: Farzana Shakil's Makeover Salon



Touch *of* NATURE

WITHIN THE TWIRLS

This style is usually achieved by putting half of the hair up and the rest down. Braiding the upper section, followed by loose curls on the end makes the dainty flowers appear to be blooming from within. Flowers can be placed throughout each section of the twirls and secured in place with clips. The hair ends can be braided as well for a whole new look. This style is currently very trendy, especially for mehndi, holud, and wedding occasions.

COVER STORY

A SUBTLE TOUCH

For this style, we want to achieve the floral look without making it 'too-much.' It's subtle enough to carry in day-time parties as well as on different fun festivities. The half hair up-do (or even a ponytail) can be amplified by placing a bunch of pretty flowers right at the knot. This hairstyle is the simplest and can easily be done at home. All you need are a few clips, some beautiful flowers, and a mirror!

ON THE BUN-SIDE

A classic deshi way of carrying flowers within a hairstyle is to put them within a bun. A messy bun accompanied by dreamy curls falling loosely off and some beautiful, vibrant flowers stuck to the sides make every boho-chic attire come to life. Instead of going all around the bun, placing the flowers to one side adds more definition. On the bright side, the vibrance of this hair-do is perfect for gorgeous parties and wedding celebrations.

A FLOWER CROWN

The latest floral trend is the 'flower crown.' A tiara or a crown decorated with stunning big and small flowers is the dreamiest it can get. This looks absolutely breath-taking. On occasions such as Pahela Falgun/Baishakh and even at birthdays, the flower crown seems a beloved choice as of late. It truly beautifies the female persona and looks absolutely enchanting.

By Zohaina Amreen
Photo: Sazzad Ibne Sayed
Model: Naaz, Niki, Jui, Mohini
Styling: Sonia Yeasmin Isha
Makeup: Farzana Shakil's Makeover Salon



Top 10 must-have beauty products

The past decade has certainly brought us a plethora of beauty products and lots of new brands, but that is not where it ends. Almost every new month, we see the launch, or upgrade, or collaboration of some new beauty product that takes Instagram by storm, and all of this can be overwhelming. The result is usually a large pile of unused makeup and tools that hardly see the light of day.

To make things easier, we at Star Lifestyle have put together a list of the top 10 beauty products that are cult favourites and will always make their way to your top shelf for years to come.

Maybelline New York — The Falsies Lash Lift Mascara

Getting a false lash like effect without the weight and fuss of one is the dream, and this mascara from Maybelline gives us just that, thanks to its hourglass-shaped brush. The formula is also fibre-rich, which helps to thicken the lashes while the unique shape of the brush provides volume for a fine wispy look. Maybelline is known to make killer mascaras, all of which are on the affordable end, but this definitely takes the cake.

Dior Diorskin Forever 24H Wear High Perfection Skin-Caring Matte Foundation

The right foundation is one that does not oxidise into a darker colour after application; one that dries down matte but natural, and not in a mask-like way. Most importantly, one that makes skin look like skin, but better. This foundation from Dior definitely checks all the boxes with a unique formula that is matte, yet hydrating on the skin, and even comes with SPF 35.

Becca Shimmering Skin Perfector in Champagne Pop

This is a collaboration between Becca and Jaclyn Hill, an American entrepreneur, Internet personality and YouTuber, to create one of the most popular highlighters to exist today. The shade Champagne Pop is known to be a universally flattering shade with its peachy undertone, yet gold-like finish that will glide onto any skin tone for a glowy outcome.

Unlike most



highlighters, the shimmers in this are very fine and not gritty, which would texturise the skin instead, and lasts for long hours without reapplication.

Physicians Formula Butter Bronzer

The perfect bronzer is one that leaves a cream-like finish even when in powder form, blends like a dream and does not have shimmers, or shine. This one packs all three properties and is one of the most loved bronzers around the globe. With a huge pan, because Physicians Formula knows how much one needs of this product, this glides on the skin effortlessly for a natural bronze.

NARS Radiant Creamy Concealer

Concealers are one of the most important steps in a

beauty routine, for they allow us to seamlessly tuck in the tiny spots and marks we wish to hide. This one by NARS comes in a creamy formula that blends right into the skin under the warmth of our finger or with the use of a concealer brush, it does not set into under-eye lines, nor does it crease, and stays in place for 16 hours for a clean finish all day long.

Maybelline New York Cheek Heat

Another favourite from Maybelline, Cheek Heat is a cream blush that helps to give a natural flush to the cheeks without looking cakey, powdery, or unnatural in any manner. The gel formula allows for build-up, so one can choose the colour intensity. You can directly use your fingers to tap it on the apples of the cheeks for a natural glowy blush, or use a synthetic brush if you want to go for a deeper colour pay off.

HUDA Beauty Desert dusk Eyeshadow Palette

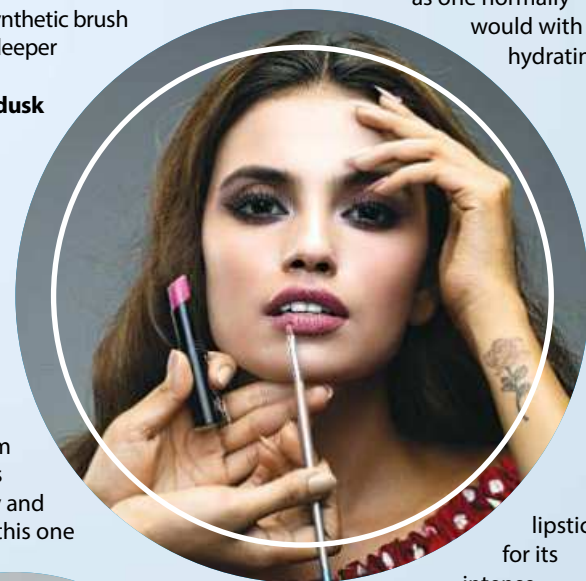
Creamy, long lasting, and blendable — these are just some basics an eyeshadow should have, and while this palette from Huda Beauty has them, what makes this special is the range of colours. With a mixture of warm and cool tones, mattes and shimmers, creamy and duo-chrome toppers, this one palette can help you

and Wet n' Wild has come up with its own version with a wide range of fun colours. Mostly used as eyeshadow toppers, these are best applied with the finger, or with a synthetic brush. If you are ever looking for that extra metallic pop on your eyelid without powdery products, this is the way to go. Simply pat this on for a wet shine that will not budge.

Bobbi Brown Luxe Lip Color

The Bobbi Brown Luxe Lip Color claims to provide a one-stroke colour coverage with a hydrating, smoothing formula, and nourishing shine. And yes, it does live up to every single claim because the intense pigment drowns your lips in full colour with one swipe, and the hydrating formula leaves a healthy natural shine that is not too glossy, nor desert matte. Plus, you do not need as much reapplication

as one normally would with hydrating



lipsticks for its intense staying power.

Glossier Boy Brow

By now, we all understand the importance of a nice structured pair of eyebrows and how it helps to frame the face. Unfortunately, spending 15 minutes on brows are not practical for most of us with busy mornings, and that is where products like this come in. It comes with a pomade like formula, so the brows look natural and not too stiff. This can be applied to the brow with the brow wand, where the small shape of the wand allows it to cover each and every brow hair without clumping or creating a mess. As it comes with a tint, the brows look fuller, darker and more structured, and all in one good step.

By Anisha Hassan

Photo: Sazzad Ibne Sayed

Model: Niki, Efa, Naaz

Makeup: Farzana Shakil's Makeover Salon

Styling: Sonia Yeasmin Isha



create a full-on glam look to an everyday matte look as well.

Although it looks overwhelming at first sight, a closer look will help you see the vast range of colours this palette provides once you can take your eyes off of the beautiful duo chrome toppers.

Wet n' Wild Mega Jelly Eyeshadow

Jelly Eyeshadow is one of the new Eyeshadow trends,





RECIPE

Four easy-peasy chicken recipes

We all start somewhere when it comes to cooking. For some, their very first attempt brings out delectable results, while for others, it can be a total disaster. Whatever the case may be, it is always a memorable experience. We are all amateurs at the beginning and pick things up as we go along.

These four chicken recipes are extremely easy to put together, yet with promising results. You will be surprised at how such minimal effort brings about food that is finger-licking good. These are perfect if you are trying your hand at cooking or want to make a quick meal.

GRILLED HARISSA CHICKEN

Ingredients

- 1 whole chicken
- 8-10 soaked, dried red chillies
- 4 cloves garlic
- 1 tbsp fennel seeds, roasted
- 1 tbsp cumin powder, roasted
- 1 tbsp coriander powder
- 1 tbsp brown sugar
- 2 tbsp lime juice
- ¼ cup + 2 tbsp olive oil
- 1 tsp salt

Method

Harissa is a spicy, fiery sauce, popular in North African and Middle Eastern cuisines. Making this is very simple; combine the soaked red chillies, garlic cloves, spices, brown sugar, and salt in a blender to make

a coarse, grainy mixture. Add in ¼ cup of olive oil and 2 tablespoons of lime juice to get a smooth paste. Make deep slivers on the chicken pieces and use this paste to marinate them for at least 30 minutes. With 2 tablespoons of oil in a grill pan, cook the chicken on high flame. Ensure all the sides are cooked evenly, and there are char marks on the skin.

TRAY BAKED MANGO CHICKEN AND POTATOES

Ingredients

For the chicken —

- 1 whole chicken
- 1 tbsp olive oil
- 2 tbsp mango chutney
- 1 tbsp lemon pepper
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- ½ tbsp paprika powder
- 1 tsp salt

For the potatoes —

- 2 large potatoes
- 1 tsp olive oil
- 1 tbsp mango chutney
- 1 tsp salt
- 1 tsp lemon pepper
- ½ tsp chilli powder

Method

Make gashes in the chicken pieces and rub in the ingredients for the chicken marinade and let the flavours seep in for an hour. Dice

the potatoes, drizzle them with oil, and sprinkle the seasonings. Toss them so that the seasoning coats all the pieces. Place the chicken and potatoes side by side on a tray. In an oven preheated for 8 minutes, let them cook at 160°C for about 50 minutes. Flip the chicken and toss the potatoes once halfway through cooking.

CHICKEN PICCATA

Ingredients

- 2 boneless chicken breasts
- ¼ cup chicken stock
- 4 tbsp flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp chilli flakes
- 4 tbsp butter
- 2 tbsp olive oil
- 2 tbsp capers
- 2 tbsp lime juice

Method

Slice the chicken in half and butterfly them. Season with salt, pepper, and dust them with flour. Heat oil and half of the butter in a pan and shallow fry the chicken slices. Remove the pieces when both sides have a firm outer layer. In the same pan with leftover chicken fat, add chicken stock, lime juice, chilli flakes, and capers. Let this simmer for 5 minutes and add in the remaining butter. Put the chicken pieces back in and allow the sauce to thicken and

meld with the chicken pieces for a couple of minutes. Serve this with pasta, fresh salad, or roast vegetables.

CHICKEN KATSU

Ingredients

- 2 boneless chicken breasts
- 1 egg
- 4 tbsp flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp Chinese five spice powder
- ½ cup breadcrumbs
- ¼ cup oil
- Drizzle of barbeque sauce

Method

Chicken katsu is a common item you will spot on the menu of Japanese restaurants. It is simply the Japanese version of a fried chicken. To make this, slice the chicken breasts in half to get four flat pieces. Season all sides with salt, pepper, and Chinese five spice powder. Coat the slices in flour first, followed by dunking them in a beaten egg and finally, panko breadcrumbs. Heat oil sufficiently and fry the chicken pieces to get a crispy, crunchy exterior. Drain them on a kitchen towel and serve with a drizzle of barbeque sauce on top. They taste great with cabbage slaw.

By Fariha Amber

Photo Courtesy: Fariha Amber

It's reading time!

This period of quarantine and lockdown has definitely redefined and reshaped our lives. While each individual is praying and hoping for all of this to be over, this stay-at-home period has given us all a different perspective of our own selves. We are getting more individual space and 'me-time,' and many of us are utilising this by trying out new things or just pursuing an old hobby — cooking, painting, yoga, meditation, or reading. Sticking to the idea of reading, if you are not sure which book to read or looking for recommendations, here is a list that you should definitely try out.

Romance

Every Breath, The Notebook (Nicholas Sparks); *It Ends with Us* (Colleen Hoover); *Beautiful Disaster* (Jamie McGuire); *Gone with the Wind* (Margaret Mitchell); *A Long Petal of the Sea* (Isabel Allende); *The Proposal, The Wedding Date* (Jasmine Guillory); *Call Me by Your Name* (Andre Aciman); *Eleanor and Park* (Rainbow Rowell); *The Hating Game* (Sally Thorne).

Thriller and Crime Fiction

Are you Afraid of the Dark, The Silent Widow, After the Darkness (Sidney Sheldon); *The Da Vinci Code, Angels and Demons, Inferno* (Dan Brown); *Dead Letters* (Catie Dolan-Leach); *Gone Girl* (Gillian Flynn); *The Widow* (Fiona Barton); *Strangers* (Dean Koontz); *The Girl on the Train* (Paula Hawkins); *The Annotated Big Sleep* (Raymond Chandler); *The Silent Patient* (Alex Michaelides); *The Long Call* (Ann Cleeves); *Black 13* (Adam Hamdy); *Girl in Room 105* (Chetan Bhagat).

Horror and Supernatural Fiction

Carrie, The Shining, The Outsider, The Institute

(Stephen King); *At the Mountains of Madness, The Call of Cthulhu* (H.P. Lovecraft); *The Hunger* (Alma Katsu); *The Haunting of Hill House* (Shirley Jackson); *Beloved* (Toni Morrison); *Bird Box* (Josh Malerman); *Come Closer* (Sara Gran); *The Drowning Girl* (Caitlin R. Kiernan); *The Fifth Child* (Doris Lessing); *The Invited* (Jennifer McMahon); *Moon Called* (Patricia Briggs).

Science Fiction

Neuromancer (William Gibson); *Hyperion* (Dan Simmons); *Metro 2033* (Dmitry Glukhovsky); *The Martian* (Andy Weir); *Borne* (Jeff VanderMeer); *The Time Machine* (H. G. Wells); *Ender's Game* (Orson Scott Card); *Dune* (Frank Herbert); *The Handmaid's Tale* (Margaret Atwood); *Fahrenheit 451* (Ray Bradbury); *Ancestral Night* (Elizabeth Bear); *Children of Time, Children of Ruin* (Adrian Tchaikovsky).

Youth and Young Adult novels

Fault in our Stars, Paper Towns (John Green); *Perks of being a Wallflower* (Stephen Chbosky); *The Outsiders* (S.E. Hinton); *The Book Thief* (Markus Zusak); *All the Bright Places* (Jennifer

Niven); *The Truth about Forever* (Sarah Dessen); *A Separate Peace* (John Knowles); *Five Point Someone, Half Girlfriend* (Chetan Bhagat); *Two can keep a Secret* (Karen M. McManus).

Spiritual books

Like the Flowing River, Manuscript found in Accra, The Witch of Portobello (Paulo Coelho); *The Power of Now, A New Earth* (Eckhart Tolle); *The Untethered Soul* (Michael A. Singer); *The Secret* (Rhonda Byrne); *The Celestial Prophecy* (James Redfield); *A Return to Love* (Marianne Williamson); *Way of the Peaceful Warrior* (Dan Millman); *The Book of Awakening* (Mark Nepo).

Travel books

The Alchemist (Paulo Coelho); *The Great Railway Bazaar, Dark Star Safari* (Paul Theroux); *Round the World in 80 Days* (Jules Verne); *Down Under* (Bill Bryson); *In Patagonia* (Bruce Chatwin); *A short walk in the Hindu Kush* (Erik Newby); *Eat, Pray, Love* (Elizabeth Gilbert); *Vagabonding* (Rolf Potts); *Blue Highways* (William Least Heat-Moon).

Fantasy

The Hobbit, Lord of the Rings (J.R.R. Tolkien); *Divergent* trilogy (Veronica Roth); *The Chronicles of Narnia* series (C.S. Lewis); *Hunger Games* series (Suzanne Collins); *The Gunslinger* (Stephen King); *Prince of Thorns* (Mark Lawrence); *A Wizard of Earthsea* (Ursula K. Le Guin); *Assassin's Apprentice* (Robin Hobb); *The Magicians* (Lev Grossman); *Children of Blood and Bone, Children of Virtue and Vengeance* (Tomi Adeyemi).

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By Faiza Khondokar

READER'S CHIT

Mindfulness and the quarantine

On the morning of 12 March, 2020, the World Health Organization (WHO) declared COVID-19 a pandemic, and the world as we knew it came to a standstill. We, along with the rest of the world, are now passing our days in home-quarantine and dealing with numerous uncertainties. Never has it been more important for all of us to come together and promote survival as well as the well-being of ourselves and others.

In addition to protecting our physical health from the COVID-19, we must be conscious of how to maintain our mental wellness. As fear, confinement, and uncertainty test us, practicing mindfulness can provide us some much-needed emotional nutrition.

None of us were prepared to face this type of unexpected situation, and long before the pandemic, we already had a very complex mental situation (depression, phobias, generalised anxiety, eating disorders etc.). This isolation/self-quarantine can work as a catalyst to increase these mental health issues. Practicing mindfulness can work like a wonder to keep up a positive mental state during the crisis that we are facing. The concept of mindfulness is not very complicated, and it is simply the awareness of the present moment that one is in.

Mindfulness includes consciousness and an open as well as an accepting attitude. The practice of mindfulness allows one to

notice emotions, anxieties, and negative perceptions as they arise and aids one to accept whatever arises rather than to suppress it or make a big deal out of it. According to an Associate Professor of Family Medicine, Dalhousie University, Canada, "Emotions are like waves; they come on and if we allow them, they pass." Therefore, knowing how to regulate our emotions can help us sustain our mental wellness.

Mindfulness is best conducted through guided meditation and body scan. It is basically taking a pause for a moment and observing your body, thoughts, and feelings. One merely needs to set aside some time, observe the present moment, let the judgments roll by, and return to observing the present moment.

Moreover, the practice of mindfulness is highly recommended by NICE (National Institute for Health and Care Excellence) to the people who experience recurrent

depression. Both adults as well as children can practice mindfulness at their convenience and there are tonnes of helpful tech tools to support the practice of mindfulness.

We all are passing a very challenging situation, in which, nothing is certain and it is okay to be fearful. In order to make life easier and cope with the uncertainties we are facing, we all need each other's support and compassion.

Practicing mindfulness regularly not only helps us to be kind towards ourselves, but also to the people around us. According to the research conducted by the mental health foundation of the UK shows that "People undertaking mindfulness training have shown increased activity in the area of the brain associated with positive emotion — the pre-frontal cortex — which is generally less active in people who are depressed." In short, positive emotions such as empathy and kindness are cultivated through mindfulness, which is urgently needed in

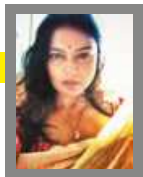
this complex situation we are currently encountering.

Passing the time in insolation is extremely difficult for people with a pre-existing mental health conditions as well as for the underprivileged people who cannot afford to stay at home. The fear that stems from the coronavirus threat is not possible to eliminate, but we can rationalise this emotion and prevent it from having disastrous consequences. Exercising psychological strategies such as mindfulness can help us to a great extent in order to handle this quarantine calmly and support each other.

Practicing the art of living a mindful life encourages us to adopt healthy behaviour patterns and attitudes, which will eventually help us face this crisis collectively and more assertively. It is high time we learn to reflect on our inner thoughts and emotions and learn to regulate them adequately.

By Ayman Anika

UNDER A DIFFERENT SKY
BY IFFAT NAWAZ



A completely unrelated series of hunger stories

1984 — Dhaka

My father used to take me, and sometimes my younger brother, to a particular shop in the Baitul Mukarram Market. It was a gadget store. They carried camera accessories and other things. Nothing that interested me at the age of five, six, seven. But still Abbu took us, unsure if it was to get us out of the house for air or he really wanted our company. I went with him like that many times to many places, a tiny body next to a grown body, holding hands, the tiny committed to whatever the grown was going to do, show, experience.

The man at the camera shop had a name which started with an M. My father called him M... bhai. I had found a new kind of face type to study in him. You know when you are young and you come upon new faces which look different from the ones you know and you observe their looks with special interests — like that. I observed him.

My father never bought us anything when we went to that shop. So, there were no material gains. We were not particularly bored or excited. It was fun to be in one of those shops in a plaza were people walk by, always peeking in out of habitual curiosity. The fact that it was adjacent to Baitul Mukarram, one of the biggest and known mosques in Dhaka gave it a religious flavour. If we went on a Friday, my Father had to look at his watch, as stores would close around jumma and while he did not pray at the mosque, others would shut their stores and join the prayers. We would then come home, moderately hungry, mostly empty-handed, though my Father seemed happy with whatever conversations he had with M... bhai, I assume about cameras, new models, old tech glitches, Fuji, Nikon, Canon. When we reached home, there was lunch, I would help my mum put the dishes



on the table. And we ate, in an ordinary way, in ordinary days of my extraordinarily complete childhood.

2017 — Cox's Bazar

There was a six-month window in my grown-up life when I did not cook at home even once. I had a nice flat, open with lots of air and light. A kitchen corner, with cooking essentials. But I never once made a dish.

The gas cylinder hung around, bored and full, wondering why it was never used. I would spend my days in the Rohingya refugee camps or in meetings around Cox's Bazar town; many long meetings, and thousands of pages of notes. Or, the days I went to the camps, the long Marine Drive rides with Bay of Bengal on one side. And the way the wind sings only in Cox's Bazar, the warm breeze soothing faces and

the trees calling out while I betrayed and never stopped for a moment to be with them. That was the time when I never ate at home, even if I went hungry, I felt incapable of cooking a dish for myself.

I had breakfasts at a neighbourhood restaurant; paratha, eggs and tea, this gave me 10 extra lbs. I didn't care. I had lunch with white rice, daal and some curries at work. But dinner... I don't remember dinners. I blanked out the kitchen corner, I blanked out the need for meals at home, in those six months in Cox's Bazar when a mute part of me wished to remain hungry and cold.

2020 — Pondicherry

When it comes to cooking, I believe in efficiency. Especially with meals for one. I never saw the point of wasting time in the kitchen and my mother's toiled face from

the ordeals of cooking from childhood made me detest it even more. At most, I made two items and in the past 20 years, had figured out 10 different menus, in rotation and repeat — simple and moderately nutritious.

Until the global lockdown of March/April/May 2020 for COVID-19. I depended on farmers who delivered vegetable and fruit baskets at home. And there was no option to choose what you wanted in your baskets. I started receiving things I never picked up in the market. Some I had eaten at other people's homes or at my mum's, the others were unknown fruits of this semi-foreign region. And because there was no question of wasting any item, I started to make a few dishes every day. Finding recipes from friends, my mother, online and intuition, I started creating colourful plates. The free banana leaves I got from the farmers added a green base to my lunch plates.

I heard somewhere that it takes 40 days to establish a permanent habit. I can safely say now, I have finally understood the self-care that comes with making oneself a wholesome, full-plate meal which includes a variety of dishes, all plant based and grown by locals. I am not one for putting up posts on social media of my meals but I think it's showing on my face...the orange of the pumpkin on my lips, the green of the chow chow on my hair, the brinjal's purple on my eyelids and the jackfruit seed's beige on my skin.

All this makes me want to extend my love, for an unhungry, fulfilled, well-taken care of life of gratitude to all beings in this universe. Reaching out with a full-plate embrace from my tomato, beetroot cheeks to your raw mango hearts.

Photo Courtesy: Iffat Nawaz

PARENTING

Childhood unplugged

Play is the highest form of research,
 —Albert Einstein

She collects all sorts of things for her crafts. These things range anywhere from bottle caps, egg cartons, cereal boxes, Styrofoam to ribbons, empty cans and cosmetic containers, old T-shirts and paper towel rolls. My 7-year-old daughter has taught me that you can make a new “something” out of (almost) anything. However, to let this creativity happen, you have to bear with a lot of mess, tears, frustration over failed projects, and a small investment in children’s craft supplies. Don’t worry, it’s all worth the trouble.

Screens are enticing. True, they can keep your child occupied for hours. And, why not? Digital entertainment options available to children are literally unlimited! But unfettered screen time comes at a price.

Some of the negative effects of too



Media also should not be used to keep your child busy so that you, a parent, can carry on with your daily routine with little distraction. But to teach our children how to calm themselves down or to keep themselves busy requires our investment of time and patience in them.

Ideally, this process needs to begin early childhood when parents need to allow children to explore the world around them. Parents also need to invest in children’s arts and crafts supplies, and creative toys like building blocks, play dough, puzzles, etc. instead of too many toys with buttons, lights, and sounds. As a matter of fact, small children cannot differentiate between a toy and a non-toy. Research has shown that children with fewer toys learn to be creative and imaginative. These children use their basic surroundings to come up with new games, make-believe games. But to let

this happen, you have to create for them the right environment. Remember that a child can derive as much pleasure from a cardboard box as they can from an expensive tablet.

There is an infinite number of apps for children on an App Store. However, it’s one thing to dress a doll on an app, but a whole different thing to make a dress out of fabric scraps for your own doll. In real life, you can also dress up and become someone else — pretend play teaches children to walk in someone else’s shoes. Similarly, a child can draw and colour on an app, but it’s not the same as using pencils, crayons, or watercolour to create a real-life art that their mother can hang on the refrigerator door.

An app can never teach a child what it feels like to play in the rain. An app can never teach a child how to negotiate with her mum when it comes to cleaning up after that messy art project! There is no glitter, glue, paint, ribbon, felt, foam paper, plastic scissors, beads, pompoms, or googly eyes on a mobile application. There are also no bottle caps, egg cartons, cereal boxes, Styrofoam, empty cans, old T-shirts, or kitchen towel rolls on an app to spark creative thinking in a child.

There will be messes, big messes, but bear with the mess, because your child is wondering, exploring, researching, discovering, or even, inventing! If possible, designate a space in your house where all this creative madness can take place.

The future belongs to those who are creative. Look at the world around us. Don’t you see that the world is run by creative people who can think outside the box? It’s never too late to help your child think outside the box. Or even better, help them think like there is no box!

much screen time in children include being overweight and obese for the lack of physical activity; poor vision; sleep deprivation; pains and aches, such as text thumb and text neck; loss of or delayed social skills as children spend less time on face-to-face communication; and even aggression, if your child is into violent video games.

We live in a tech-saturated world, so there is no escaping the digital entertainment. But as consumers, it’s our responsibility to figure out how much of digital entertainment is healthy for ourselves, especially our children.

One of the biggest downsides of screen time is it reduces creativity in children. A child needs to spend time in the 3-D world for their optimal growth, to stimulate their senses, to solve problems, and to think outside the box. Spending more time in front of the “Idiot Box” or a

laptop may be harming our children in ways that we perhaps cannot grasp at this point in time.

A digital device cannot replace the value of “unplugged” play time, where multiple senses are at work at the same time. Unless you get your child off the screen, they will never know the joy of climbing a tree, watching a full moon, sitting in the balcony to read a book, walking barefoot on grass, getting dirty in the mud, getting drenched in the rain, or delight in the joy of making something with their own little hands. Don’t worry about those soiled hands, feet, clothes, and shoes; they can always be washed clean!

While it’s easy to calm your child’s tantrums with technology, the American Academy of Pediatrics suggests that parents should not use media as the only way to calm down their children.



By Wara Karim
 Photo courtesy: Wara Karim