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Star

LIFE
Style

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The balcony SCENE

BREATHING SPACE **P3**
RE-DOING THE BALCONY
THE SECRETS OF BEING THRIFTY **P4**
LIFESTYLE TALKIES WITH NASREEN SATTAR
RESTAURANTS IN PERIL **C**
DIRE TIME FOR RESTAURATEURS



PHOTO: NB MANSOOR



জীবাণু ধ্বংসে
এক্সপার্ট

BERGER
MR. EXPERT
ADVANCED HAND SANITIZER

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পানির ব্যবহার ছাড়াই

World Health Organization (WHO) এর প্রস্তাবিত ফর্মুলা অনুযায়ী উৎপাদিত।

Shaheda Yesmin earns a spot in World Association of Master Chefs

Culinary curator at Jewel's Kitchen and cooking aficionado, Shaheda Yesmin, has been named as an Official Executive Member of the World Association of Master Chefs (WAMC). The World Association of Master Chefs was established and is continuously supported by fellow culinary masters and professional chefs from around the world who migrated to Australia in the early 1950's. WAMC has a broad resources network spreading around the world. The association strives to connect and combine the culinary art and food culture of the world. Currently, Sunly Kwong Lo is the Chairman of World Association of Master Chefs, and Gaven Peter Ferguson is the President and Global Secretary-General and part owner of WAMC.

This is not the first time that Yesmin gained international recognition. Earlier in the year, in February, Yesmin's interpretation of Eggplant Caponata was announced as a Silver Award winner in Italia A Tavola, a renowned publication highlighting the best of Italian cuisine, dining places and all things gastronomical. This was part of a vegetarian challenge of the Italian Dining Summit, which has a strategic partnership with the WAMC.

Yesmin is also a participant in WAMC's Chefs Bench 2020 competition. This competition is a first



step in developing a new and creative interaction series of events designed to sharpen skills and develop strong relationships together.

Yesmin's entry can be viewed here: <https://www.youtube.com/watch?v=WE95Y622-4E>

SteamPug Content

This is a community of 70 plus freelance writers, editors, developers, and designers working together to provide businesses with great content, consistently. Writing being a very broad term, their services range from personal to corporate needs, including articles, blogs, interviews, website content, rapporteurs, brochures, profiles, presentations to even biographies.

SteamPug Content provides freelance employment to students/young professionals to earn money through specialised writing. Even

today during the pandemic, these students are now earning respectable rates for every word they write from home for clients. If you want to earn sitting at home during the pandemic, join the SteamPug Content community today.

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By Marzan Jamia

'LIVING IN MY KITCHEN' A STAR LIFESTYLE RECIPE COMPETITION 2020

The year 2020 is taking its heavy toll on us and yet we do not tire. We fight back in myriad ways, to emerge as winners against the ominous pandemic.

In order to keep the spirit alive, Star Lifestyle has planned to organise a cooking competition for all our home chefs (young and old), to generate a scrumptious platter for Qurbani Eid and showcase their talents to the rest of the world.

The competition requires interested individuals to send, ONE complete menu of breakfast, lunch, or dinner by 17 JULY 2020. Participants are required to send ONE recipe from that menu that will highlight the contestant's culinary prowess.

The recipe needs to be attached with high-resolution pictures of the food from the menu, so that it helps us select the best of the chefs and ensure authenticity of the items.

Winners to secure the first, second, and third positions will be given the opportunity to become recipe columnists for Star Lifestyle, the prestigious supplement of The Daily Star.

The champion will get the opportunity to collaborate with The Daily Star, to produce an exclusive recipe video, which will be shared and viewed by our readers and patrons.

So gear up and send us the menu, recipe, and images ASAP to lifestyleds@yahoo.com, and mark 'Living in my Kitchen' in your mail as subject.

Check out #starlifestyleds in Instagram and Facebook for details.

***CONDITIONS APPLY:

- To take part in the competition applicants must be 21 years and above by July 1, 2020.
- Recipe MUST be attached with pictures of the food – final decision will be based on the plating alongside the content.
- Any recipes received after the deadline will not be considered eligible for the competition.
- Decisions regarding the competition lie solely at the discretion of Star Lifestyle, The Daily Star.

us on [f](#) /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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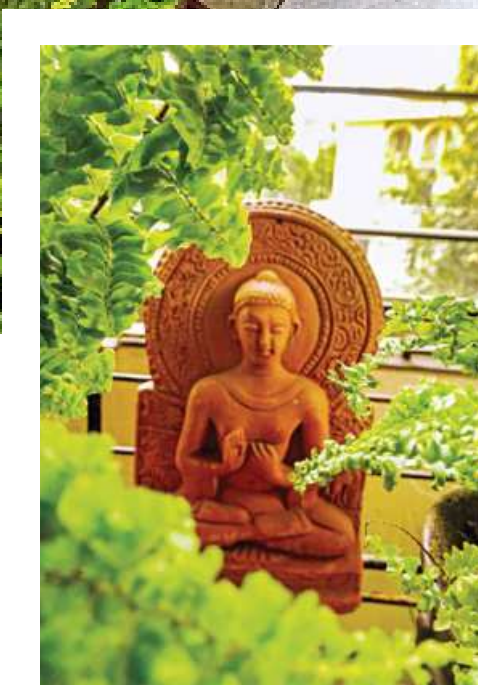

রূপচর্চায় আভিজাত্য...





LS SUGGESTS

Balcony Bliss



A good strong brew of oolong tea, your favourite pet — a Barbet, prancing about, a gripping novel and a breath of fresh air; what else does one need to call herself content? Oh yes! Maybe a mini garden with flower beds and a little bit of shrubbery here and there.



waterfalls. After your favourite corner is done, it's time to plant in your favourite flowers. Perhaps a Sea Holly with metallic blue blooms, or a Torch Ginger, a beautiful tropical addition to your mini garden. And if you like the chirping of birds, there's always the opportunity to get few from any pet shop, and build a beautiful home for them in your mini balcony-garden.

My favourites have always been Love Birds, Parakeets and the Senegal Parrots, adding more vibrancy to the green. Balconies have always been my favourite spot in the house. I always made sure that they gave me a break from the mundane daily routine and gave me some personal space to gather my thoughts uninterrupted.

I have been lucky to own a large balcony all my life where I could set-up a few low lying sofas with super comfy cushions. The roofs of my balconies have been decorated with hanging baskets, ferns and fairy lights. Everywhere around, there's a playful touch that reminds me of a beautiful past — decorative street lamps from a German antique store, to cast-iron medieval showpieces, purchased directly from an artisan in Dhamrai.

What I am trying to say is that it does not matter how small or big your balconies are, if you have one, consider yourself lucky. Because you have the chance to magically transform this mini space into one of the most personalised areas in your tiny abode; a place that you can call your own — an escape, a hideout or simply, a beautiful snuggery amidst all the chaos!



But alas! Where do we get this kind of greenery in a world full of chaos, concrete and black soot? The answer lies only 3-feet away from where we enjoy our daily meals. It stands in the balconies that each of us own, in that tiny apartment of ours, a place most of us love to call home.

Do not be disheartened if the only view that you get from your balconies are of unsightly buildings under-construction, or something so mundane that it becomes an immediate eyesore. There's so much you can do to make the transformation inside, within the walls — that you do not need any external assistance at all, except for a little bit of sunshine to peek through every morning.

You can start with grass carpeting the floor to bring about a 'live-garden' feel.

Then there's the opportunity to build a separate corner with specially painted flower vases or innovative terrariums that mimic a striking Swiss homestead. Terrariums let you play with your imagination to the max — you can build anything, from mini forests to magnificent

By Fashion Police
Photo: NB Mansoor

Managing finances in trying times

Lifestyle Talkies is Star Lifestyle's latest multi-media endeavour, where we invite our expert columnists, specialists, and writers to share their opinions, ideas, suggestions with our readers.

The guest for our first episode is well-known Banking Tips columnist, Ms Nasreen Sattar, Independent Director and Chairman Audit Committee, Mutual Trust Bank Limited, Bangladesh.

Nasreen Sattar has been with Star Lifestyle since its inception 20 years ago in 2001 and has since then been giving financial advice for our readers. Today, more than ever, when we face an unprecedented financial crunch caused by the on-going pandemic, we need her as our sounding board to help us sort out finances, which are otherwise in doldrums.

Don't forget to catch her in Lifestyle Talks in The Daily Star's YouTube Channel. — RBR

1. How to create an actionable plan for our debts now when we are facing a financial crunch?

Having a monthly budget is essential in keeping track of our financial health. We need to have a clear account of expenses and income. Now that all of us are facing a financial crunch, mainly because of the pandemic, it is essential to scrutinise our bills to see where we might be spending money we do not need to spend. Also, ensure that bills are paid on time to avoid any kind of penalty.

If we have personal loan account and are unable to pay our instalments on time, due to losing our job, or failing business or having to pay more important financial requirements, we should get in touch with



our bank manager and ask for our loan to be rescheduled. However, always keep in mind that sooner or later, we have to pay back. Under no circumstances should we allow ourselves to become loan-defaulters. This will affect our reputation as well as getting future loans.

Cut down on all non-essential expenses. We do not have to buy the best brand of coffee or tea or any other similar luxury items. There are very high-quality Bangladeshi made food items, which are cheaper and just as good. We have to get rid of the idea that anything imported is better!

We must remember to do proper maintenance on everything from our home to our health to avoid expensive problems down the road. Hygiene has to be followed very strictly like washing all food items bought from stores or even home delivered before bringing them into the kitchen.

There should be a designated place to do this. Non-perishable purchases can be kept aside for at least 48 hours or more before using them.

I am particularly careful about medicines; I take off the outer box and allow the strips to lie on a piece of clean paper for 4 or 5 days. This is enough time for germs on the surface to die. Remember to wear gloves while dealing with food and even medicines, change gloves as and when required and discard them after one use. I am sure by now all of you know about washing hands with soap and water for at least 20 seconds.

The reason why I am highlighting on being careful is if we are not, we can catch this contagious disease and spread it to others in the family. Unfortunately, if the case becomes serious, there is no end to the cost we might incur and also lose our lives or infect senior members of our family.

2. How do we check and sort our credit card bills and reports?

We should use our cards sparingly and only when there is an emergency. Card use has naturally reduced because of the COVID-19 situation and reduced economic activities. Banks and card companies are promoting heavily to encourage greater card use, but we must not fall for unnecessary deals or promotions!

We should not stick to minimum payments. We all know how high the rate of credit card interest is. It will sky rocket before we are even aware of it. It is important to try and pay the full amount before the due date. If this is not feasible, then at least 60 percent of the card debt should be paid off each month.

We should prioritise our debts: Pay off the debts with the highest interest rate or consolidate the debt so that we can pay them all off at one go.

Pay by Direct Debit: Setting up a Direct Debit for our Credit Card payments will ensure we never forget to pay. Let us set up a Direct Debit now, preferably to pay the full amount every month automatically. If this is not possible, we can pay as much as we can.

We must remember always to check our Credit Card statements, very often we forget till such time a huge interest bill is levied due to our own negligence of not paying on the due date. We must maintain a diary to record credit card bills with due dates for different cards and arrange funds and ensure payment before the last date to avoid penalty. Nowadays, a digital diary is ideal for the purpose where our device would give us reminder.

CONTINUED ON PAGE 10

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Don't blame others. Clear things with your partner. Be willing to listen. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Children can take up your time. Make plans for a romantic date. Get involved in financial investments. Your lucky day this week will be Monday.



GEMINI (MAY 22-JUN. 21)

Your partner can be demanding. Don't spend carelessly. New romantic ventures are on the horizon. Your lucky day this week will be Friday.



CANCER (JUN. 22-JUL. 22)

Restrictions can cause grief. Do everything by the book. Get involved with children's activities. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

Assist loved ones. Don't reveal personal information. Do your best work on your own. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

Your involvement in groups will be appreciated. Clear any misunderstandings. Your partner can bring about heartache. Your lucky day this week will be Saturday.



LIBRA (SEP. 24-OCT. 23)

Focus at home. Get together with loved ones. Go with the flow. Your lucky day this week will be Monday.



SCORPIO (OCT. 24-NOV. 21)

Get rich quick schemes won't work. Avoid arguments with family. Your partner may not be happy with you. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't doubt yourself constantly. Put effort into household chores. Don't persuade others to accept your ideas and opinions. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Long term investments will pay off. Family members can cause some grief. Help out someone you know. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Social gatherings can lead to new romantic ventures. Don't get overburdened. Be discreet about any information you uncover. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Find ways to solve current problems. Travel can bring new romantic encounters. Don't divulge secret information. Your lucky day this week will be Tuesday.



COVER STORY

Saving the restaurant industry

June 28, 2020 witnessed a virtual press conference between Bangladesh Restaurant Owners Association (BROA) members and media personnel, depicting the dire situation of the 'ailing' industry, while making an earnest request to the Prime Minister to step in and help pull it through the despair.

BROA members specifically put forward a five-point charter of demands, which included cash assistance to the sector, provision of soft loans and an opportunity to pay utility bills in instalments, amongst others.

Overall, the essentials at the meeting implied that the ailing sector was near its final breath, and required immediate intervention. To assess the reality, Star Lifestyle spoke to the 'directly affected' and aimed at putting forward their stories of struggle.



in total, of which, the majority remains closed for an indefinite time-period due to the lockdown. "I opened my food-joint, only to help my employees survive and make it through the pandemic — to make sure that they did not breathe their last, simply out of hunger," said the restaurateur.

According to Prodhan, most of the hotels and restaurants in the small town of Gobindaganj remained shut, to sever costs. "The rate of customer visits has fallen from a mighty 1000 a day to a meagre 150, a massive reduction, especially in comparison to the sky-rocketing overheads and daily expenses. Plus, our food cost is relatively low, so we make up for the expenses with volume, but this is no longer the case," said the entrepreneur.

Inquired about government stimulus packages and how it could be beneficial, he clarifies, "Soft loans are necessary to gather working capital. But to help the employees, a direct initiative from the government is required, like the dispersion of the proclaimed Tk 2500, especially ahead of the Qurbani Eid." (An already declared incentive by GOB to help out members of destitute families, according to major newspapers of Bangladesh)

Prodhan also shared with us an interesting fact about waiters (restaurant attendants) in general — they enjoyed a more 'make-shift' daily earner employment status than a permanent one, because of the prevalent culture, unlike the garments sector employees, who were mostly permanent in their employment status, further complicating the process of receiving benefits from the local representatives of GOB.



PLIGHT OF THE RESTAURATEURS

Golam Rabbani, a middle-aged businessman, enjoyed serving the many different faces that used to visit his restaurant on a daily basis. He established Hotel Shah Kamalia almost 30 years ago, when the Biswa Road Highway in Bogura was still in the making. Even a few months ago, Hotel Shah Kamalia used to be one of the most popular highway restaurants, where truck and bus drivers regularly took a break, enjoying a quick meal, along with their passengers and conductors. But today, the pandemic seems to have uprooted the familiar, and caused the scenario to be hauntingly different. The once popular food-joint no longer echoes with sounds of wailing children, yelling of orders made by rowdy men, clinking of glasses and highest spirited chit-chats of vacationers. The restaurant

mostly lies empty during the day, because of limitations to mass transport movement.

Rabbani, already in a major fix, had to lay off the majority of his workers to cut costs. Forlorn, he shared his tribulations, saying, "I see no escape from the pandemic. If it continues any longer, I would have no other way but to shut the restaurant completely. I can't carry on with the mounting expenses. Soon, I will be drowning in debt and liabilities!"

Asif Mahmud Prodhan, another restaurateur for 20 years, vows that he does not know what he would have been, if not the owner of Bonoful Hotel and Restaurant!

Prodhan, also known as Tomal to some, owns a 'basic-meal' food-joint (bhaat er dokan) in Gobindaganj, Gaibandha. His locality comprises of 23 such hotels and restaurants



SAVING the restaurant INDUSTRY

he was able to obtain any funds from the government, he replied, "Government representatives in our area provides basic food and necessities to the ultra-poor, of which I am unable to be a part of, because I do not fall into the category, as I run a business of my own, employing at least 3-4 people to work under me. I am at a crossroad here! The only solution left for me is to go back to my village and cease business at the moment. At least, back in my hometown, I won't have to pay for rent or worry about food."

CAN 'DINE-IN' BE AN OPTION TO REVIVE THE INDUSTRY DURING THE PANDEMIC? Ashfaq Rahman Asif, owner of several upscale restaurants in Dhaka city, including Tarka, Tehari Avenue, and 138 East etc., and a member of the Bangladesh Restaurants Owners Association spoke about the problems of not opening the 'dine-in' services for restaurants.

"The culture of online purchase has not

fully taken hold in Bangladesh yet! Yes, we do agree that online food-delivery service providers are getting double the order, but it's negligible considering the past sales of the restaurants. A simple example could be, if online sales were 5 percent of total sales in previous times, now it has become 10. But the rest of the 90 percent has been swiped off the board! And that's significant. We can't just rely on the 10 percent and expect to go on forever!

"To recover the basic costs, we need to begin 'dine-in' facilities again. For this to happen effortlessly, we are already underway with plans on making a video for all our members in the restaurant owners association regarding maintaining safe distances and other precautionary measures, and share it on our independent social media profiles for the masses to see. The video will be all about maintaining a safe kitchen and attaining safe servicing methods etc. This video will hopefully encourage customers to trust us again and

start visiting in small numbers," stated the business tycoon.

Syed Mohammad Andalib, Publicity Secretary, Central Committee BROA, was helpful in stating that part of the onus lay on the customers' as well. "It's unfair to demand complete precautionary measures from the restaurants only. One-sided demands never work during any crisis, including a pandemic. The customers have a responsibility as well to keep themselves protected.

"And only when we work together can we fight against this virulent disease and come out as winners. Customers need to be responsible enough to wear masks consistently to prevent community spread of the virus. They must maintain a bare minimum distance of 3ft in all public spaces. When responsibilities are shared, rules and regulations become easier to follow and maintained," said the publicity secretary.

CUSTOMER'S PERSPECTIVE

Tanzeela Amin, Head of Activity at DPS STS School, used to frequent Baburchi Restaurant when things were normal in Dhaka, claiming it to be one of her favourites. Today, three months into the lockdown, she is tired of being locked up inside her apartment, ordering food online and meeting friends on virtual platforms.

"Frankly speaking, there's nothing much to do in Dhaka except for going

to the many restaurants that it offers. I don't know what I'd do in a COVID-19 free world if there weren't any restaurants left open! So, I'd definitely be the select few to try out 'dine-in' services to help sustain the

industry if need be. But I do have my set of conditions as well; these restaurants must be able to convince me about their safety measures, and ensure that their venues are contamination free. I will help them as long as they are ready to ensure my wellbeing," stated Amin.

WHEN NEITHER 'ONLINE SALES' NOR 'DINE-IN' IS AN OPTION

Restaurants by Golam Rabbani and Asif Mahmud Proshan represent the majority of the eateries in Bangladesh. Neither the owners of such restaurants, nor their clients are as yet 'at ease' with the concept of online sales. In fact, with a low bandwidth capacity, lack of smart phone sales, or even the affordability to maintain one; online sales still remain a 'futuristic' prospect in our developing nation.

To put it simply, there are no alternatives to dine-in facilities for such restaurants, spread all across the nation.

But is it really so?

Lokman Hossain, owner of three restaurants near Fakirapool Box Culvert, already opened with 'dine-in' facilities since mid-Ramadan, and is yet to witness an end to his business struggles. He began his trial run with 'dine-in' on one of his restaurants, namely Hotel New Moon and Restaurant, while keeping the other two closed for the

entire duration of the lockdown. Hossain did this to investigate whether he could at least break-even while financing the necessary expenses with 'dine-in' services.

However, the thin outlay of customers diminished his hopes and dreams of ever being able to run a successful business again. "I have not considered making profits, just enough to cover my basic costs and pay my employees their salaries. The prospect of bouncing back with dine-in did not materialise because people in general are unwilling to get out of their house, especially with their diminishing disposable incomes and the ominous chance of getting infected with the virulent disease," admitted Hossain.

In such a case, the only help Hossain expects is the assistance provided by the GOB. "If the government considers our sector as a part of the Ministry of Industries (*Shilpya Montronaloy*) instead of the Ministry of Commerce (*Banijjiyo Montronaloy*), which it is currently a part of, then the price for utilities like gas, water, electricity etc., will automatically be halved or less. And this reduction in costs will act as a boost to help us survive through the pandemic," disclosed the entrepreneur.

Inquired what else could help him wade through the murky waters, he called for an immediate collateral free soft loan so that he could inject some cash back into his business as working capital. "There should be a precise directive from the government that allows genuine businessmen in this sector to procure a collateral free soft loan. The restaurant sector should also be considered an SME and provided with immediate financial support. Otherwise, most of us would cease to exist, in a few months' time, since we are all cash-strapped up to our necks," stated the experienced restaurateur.

Asked whether dine-in was a viable

option, Hossain dismissed it, saying, "I have done that already, and it didn't work out for me. Because at least 40 percent of the people in my area have left Dhaka for their own villages, not being able to keep up with the escalating expenses of the city.

"People are unwilling to come to restaurants; the only way this sector can be made to survive is if the government takes a direct initiative and gives us provisions from the already announced stimulus packages, otherwise I see no end to our troubles."

Syed Mohammad Andalib provided a thought-provoking input to summarise this story. The emerging restaurant culture of Bangladesh has become a milestone for the world to marvel. The people of our country, whatever their income level, looked forward to visiting the eateries, food joints and similar hubs as a form of recreation. The culture was thriving, business was booming and there were millions employed and giving service in the particular sector. COVID-19 put a halt to everything, and if initiatives are not taken in due time, it may irreversibly destroy the culture of eating out.

And so, we end this story with a food for thought: Are we ready to lose our thriving food culture or are we ready to fight and make things right once more?

By Mehrin Mubdi Chowdhury
Photo Courtesy: Syed Mohammad Andalib, Publicity Secretary, Central Committee – Bangladesh Restaurant Owners Association / Collected
Special Thanks to Syed Mohammad Andalib

WHEN THE REACH OF THE RESTAURANT SECTOR IS MUCH WIDER THAN EXPECTED

Sohel Mia, an independent trader, selling poultry meat to hotels and restaurant within the capital, has been living on borrowed money for the past three months. Once a successful entrepreneur, he used to sell around 600-1000 broiler chickens to a handful of upscale restaurants in the Dhanmondi-Jigatola area, including popular names such as Baburchi, Mezban, and Biye Bari Restaurant. The business was such that Mia used to be overloaded with supply requests, and once his own stock went out of reserve, he used to procure more from external vendors and keep the supply-side stable. Today, he compares the pinnacle of his business days to the slump

of recent times and quivers at the thought. "Even at the beginning of this year, every single restaurant I used to supply to, used to procure at least 150 chickens a day, now this has reduced to 25 chickens every four to five days — that too ordered, only by one single restaurant.

"The business has slumped so much that it is hard to maintain the employee costs or even the rent of my poultry farm and processing unit in Dhaka Uddan, Mohammadpur. If this continues any longer, I will have to go back to my village and shut down my business completely. My savings have diminished, and at the moment, I am living on borrowed money, and I can't survive this way for long," stated Sohel Mia. When asked by this correspondent whether



Working from Home in Style

While some of us consider 'working from home' a blessing, since we no longer have to go through the arduous process of changing into an appropriate set of clothes for work — especially to sum up numbers on the excel sheet; there are many others amongst us, who blatantly beg to differ. Fashion Police conforms to the thought process of the latter segment of the society.



saris, especially for ladies in this part of the continent. For a webinar with colleagues or a brief meeting over Zoom, you can always opt for the cotton sari. Always remember that simplicity takes precedence in this case and hence, choose only that sari which has minimal motifs and boasts a soothing colour like various shades of white, pastels and corals.

For the gentlemen:

There's no better alternative to a fatua in light colours, and pants in slightly deeper shades.

Again, it's best to avoid jeans and tees for the work from home concept, because you have to maintain that perfect balance between too casual or extremely formal. And jeans fall into the former category.

Rain, shine, work from home or not — you must always be in your best possible appearance! Not only because it is pleasing to others, but because it keeps your mood uplifted and your mind fresh.

The challenge lies in the fact that you cannot wear any sort of elaborate clothing, because it would not suit the environment, and yet, you must be in clothes that are comfortable and trendy at the same time.

The basic idea is to create a meaningful balance that makes the wearer feel relaxed, calm, trendy and content, all at the same time.

So, what is actually trending at the moment for a 'stay at home' or 'working from home' stylish individual?

Here are some of our picks.

For the ladies:

Cotton kurtis in light colours like beige, ivory white, or light brown are definitely worth

keeping in collection.

The above mentioned kurtis look fabulous when paired with a set of white palazzos or light-coloured pants. It is advisable to avoid jeans for the moment because of the hot and humid weather.

Another favourite by the fashionistas of the world are kaftans and fusion midis. You can style them as you want and the best part, they complement all sorts of body shapes.

For all the sari lovers, you are definitely in luck, because nothing can ever trump



If you are a South East Asian male, then nothing can ever top your trendiness over a white panjabi and pyjama.

Hopefully, this clears the styling confusion that most of us have been facing for the last couple of months.

Whatever the case, the final lines are that it is never okay to be working in your PJs or shorts, even if you have blocked out the laptop camera and the world is unable to see you.

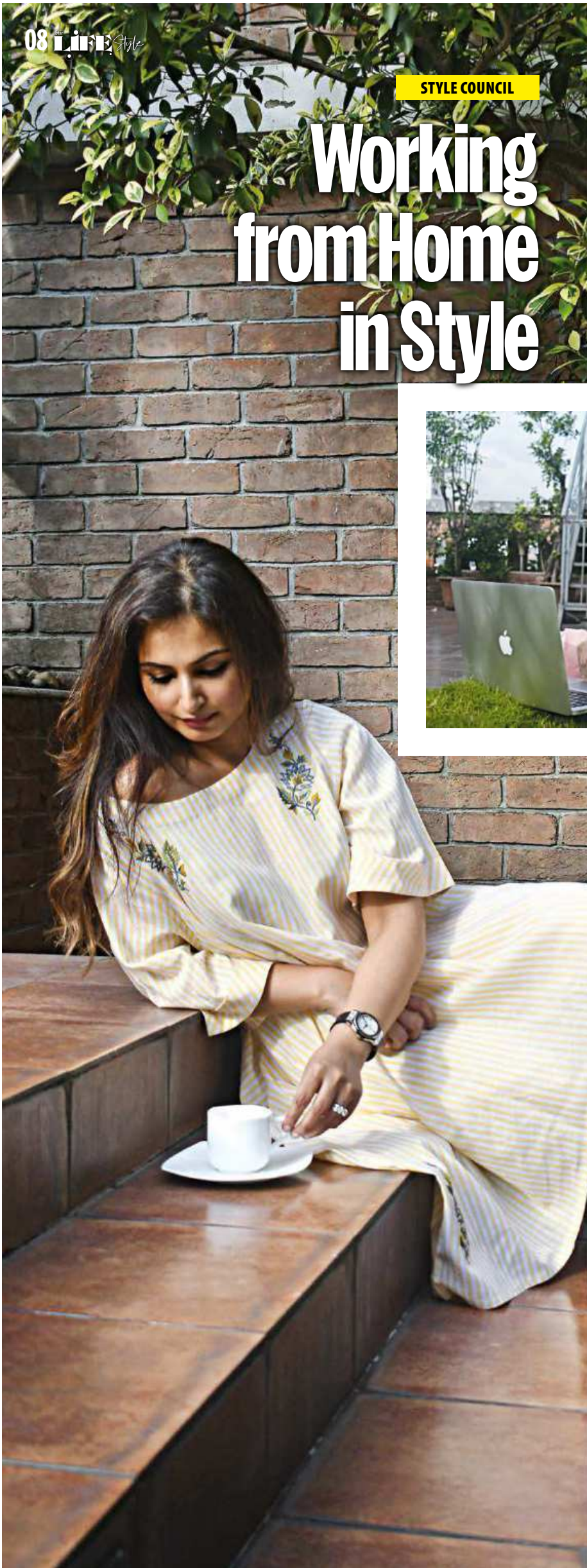
Because it was never about them, it has been always about your mental wellbeing and how fresh you felt after donning a new set of trendy, home-friendly, comfortable clothes.

By Fashion Police

Photo: Reza Amin

Model: Liz L George

Wardrobe: WFH by Humaira Khan



RECIPE

It's ice cream O' clock!

Nothing compares to having ice cream when it comes to picking a blissful dessert in order to beat the heat. Store bought ice creams are delicious, but why not take them up a notch by turning these store-bought delicacies into delectable desserts?

And so, here are four recipes to turn your boring, boxed ice creams into decadent sweet treats. These are great to satiate your frosty cravings during summer, or anytime you are craving some cold and creamy goodness.

PROFITEROLES AND ICE CREAM WITH STRAWBERRY COMPOTE

This ice cream-based dessert comprises a triad of different components that sit harmoniously on the plate, complementing and enhancing the flavours of each other. It is amazing how the addition of a few simple elements can alter boxed ice cream to such a delightful form.

Ingredients

1 box vanilla ice cream
1 box strawberry ice cream

For the profiteroles —

½ cup flour
¼ cup water
¼ cup milk
2 eggs

5 tbsp unsalted butter
2 tsp granulated sugar

For the strawberry compôte—

1 cup strawberries
2 tbsp brown sugar
1 tsp lime juice

Method

To make the profiteroles, combine milk, water, butter, and sugar in a saucepan. Place it over medium heat and allow the butter to melt. Once molten, stir to incorporate everything in the pan and wait till the mixture comes to a boil. Once boiling, immediately remove from heat and stir in all the flour at once, combining fully.

After this, put it back on medium heat and stir the dough constantly for about a minute. This will cook away the raw flour taste and release excess moisture. A thin film of dough will form at the bottom of the pan, which signals the time to take it off the heat.

Immediately beat the mixture rapidly to cool the dough slightly. Once it breaks apart in several little blobs of dough, crack in the eggs one at a time, incorporating fully after each addition. The mixture should turn into a thick ribbon consistency.

Preheat your oven to 220° C and pour the mixture into a piping bag fitted with a round nozzle. Line a baking tray with parchment paper and pipe round dollops of the mixture on it, leaving sufficient space for them to rise. Avoid creating peaks, and flatten any peaks with moistened fingertips. Let them bake for ten minutes, and after that, reduce the temperature to 180° C and let them bake for another 20 minutes. Cool completely before serving.

To make the berry compôte, add chopped strawberries, lime juice, and brown sugar in a saucepan over medium-high heat and let the mixture come to a boil. Once boiling, mash the berries and reduce the heat to low. Let this simmer for five minutes to reduce into a compote. To serve, plate it up with two profiteroles, two scoops of ice cream, and a dash of berry compôte.

FRUITY ICE CREAM SNOWBALL

This is as delicious to devour as it is soothing to stare at. Made with simple ingredients that are readily available during this season, it also comes together in no time. Here are three versions of ice cream snowball being tropical mango, tangy strawberry, and rich chocolate.

Ingredients

1 box vanilla ice cream
1 cup desiccated coconut
Sprinkles (optional)

For the chocolate ganache —

100g dark chocolate
¼ cup heavy cream

For the strawberry sauce —

1 cup strawberry purée
2 tbsp sugar
1 tbsp corn starch

For the mango sauce—

1 cup mango purée
2 tbsp sugar
1 tbsp corn starch



Method

To prepare the ice cream snowballs, generously spread a shallow, round bowl with desiccated coconut. Take one scoop of vanilla ice cream and place it on the bowl. Sprinkle the top with more desiccated coconut and carefully twirl around the edges to coat the entire ball completely. Carefully remove the snowball using a spatula and place it on a tray lined with baking sheet. Repeat this process for individual scoops of ice cream and allow them to freeze for an hour.

To make the chocolate ganache, melt dark chocolate and heavy cream on a double boiler, ensuring the boiling water does not touch the bowl of chocolate ganache. Stir occasionally until it is fully melted and allow the mixture to cool.

For the strawberry sauce, mix in sugar and corn starch with the strawberry purée. Let it cook over medium heat for 5-7 minutes, stirring occasionally. The mixture should thicken up and reduce to half of its original quantity. Once done, remove from heat and allow it to cool.

Repeat the same process to make mango sauce. Add sugar and corn starch to the mango puree and cook it on medium heat for about 5 minutes. The mixture will soon thicken and start to bubble and splatter, getting rid of excess moisture. Remove from the stove and let it cool.

Before serving, liberally pour the sauce or ganache in your ice cream bowl, and delicately place the frozen snowballs at the centre. You can top with sprinkles to add a bright pop of colour.

BAKED ALASKA

Level up your ice cream game by concocting this sinfully indulgent dessert that is perfect to feed a crowd. The crown-like structure of baked Alaska will definitely be the showstopper on your dessert table. Needless to say, your guests will not stop praising your effort and creativity!

Ingredients

500ml tub chocolate ice cream
500ml tub strawberry ice cream
For the vanilla cake —

2 eggs
½ cup sugar
¾ cup vegetable oil
1½ cup flour
¾ cup milk
½ cup chocolate chips
1 tsp baking powder
1 tsp vanilla essence
For the meringue —
2 eggs
½ cup icing sugar
1 tsp vanilla essence
¼ tsp cream of tartar



Method

Line the interior of a round bowl with clear wrap and drop scoops of chocolate and strawberry ice cream arbitrarily. Fill the bowl up to three-quarters, ensuring the top has a diameter of roughly six inches. Cover the top with clear wrap and let it freeze for 2 hours.

To make the sponge cake, preheat your oven at 160° C. In a large bowl, crack in 2 eggs and beat them on high speed for 8-10 minutes until they double in volume and turn pale and fluffy. Add in the sugar slowly and continue beating until fully combined. Then, pour in oil and vanilla extract and beat it till it becomes a homogenous mixture.

Next, turn down the speed to low and sift in the flour and baking powder. Mix for a couple of minutes to incorporate. Pour in milk and mix it just until combined. Lastly, throw in the chocolate chips and fold them in using a spatula. In a greased 6-inch round baking dish, pour in the cake batter and let it bake for 20-30 minutes.

To make the meringue coating, separate the egg whites and beat them with cream of tartar on high speed for about 5 minutes

until soft peaks form. Then, gradually add in caster sugar and continue beating until stiff peaks form, which should take another 5 minutes.

To assemble, cut the top of the vanilla cake to flatten it and carefully invert the ice cream dome atop. Spoon dollops of the meringue to cover the entire dome and use the tip of your spoon to create swirls and peaks. Using a kitchen torch in the lowest setting, toast the meringue topping to give it a golden-brown appearance.

NEAPOLITAN ICE CREAM PARFAIT

This pretty dessert in a glass is more of an assemblage of several components of various textures and taste that go perfectly well altogether. This includes crumbly, creamy, sweet, fruity, and chocolaty ingredients. Layered pleasantly in Neapolitan style, this ice cream treat is synonymous to being an eye candy.

Ingredients

10-12 vanilla crackers
1 cup chocolate ice cream
1 cup strawberry ice cream
1 cup vanilla ice cream
2 tbsp desiccated coconut
For the strawberry layer—
1 tbsp sugar
¾ cup strawberries
For the chocolate layer —
100g dark chocolate
¼ cup heavy cream

Method

Grind some vanilla crackers in a food processor, or bash them in a zip lock bag using a wooden spoon or rolling pin. Attain completely fine crumbs that represent a sand-like texture. Mix in 1 tablespoon of desiccated coconut into this and incorporate well to attain homogeneity. Start assembling in tall, cylindrical, and clear glass moulds. Equally divide the mixture among five moulds and compress the crumbs to harden them.

Next, make the chocolate ganache; use chocolate chips or break apart the chocolate bar into little pieces. In an ovenproof bowl, pour in heavy cream and chocolate chunks. Heat it in the oven for 30 seconds before taking it out and stirring. Repeat this process 3-4 times until the chocolate is fully melted. Pour this mixture over the first layer while it is still warm.

Next, slightly melt the chocolate ice cream to receive a liquid consistency and pour this atop the second layer. Let this freeze for at least a couple of hours. After that, do the same with vanilla ice cream by melting it to get a pourable consistency and leave it to freeze for 2 hours. Once frozen, sprinkle 1 tablespoon of desiccated coconut evenly over each of the moulds.

After that, melt the strawberry ice cream and pour it atop. Leave it to rest in the freezer for another couple of hours before adding the final layer. For the strawberry layer, blitz the strawberries and sugar in a mixer to get a smooth purée. Finally, pour this delicately over the strawberry ice cream layer without distorting the layers below.

Let this cool and creamy dessert chill in the freezer for at least an hour before serving.

By Fariha Amber
Food and Photo: Fariha Amber

Managing finances in trying times

3. Do we need to set up an emergency fund for now?

Definitely! An emergency fund is a top priority for all times, not just now. In my previous columns, I have always mentioned the importance of it. We never know what the future holds for us.

Did we ever think that the whole world would be gripped with this pandemic? This was stuff for movies only! I am hoping everyone already has a separate account for emergency fund. Now with the COVID-19 situation, it is an absolute necessity. A simple testing for coronavirus infection can cost as much as Tk 5000 per person. If one person develops a symptom, the whole house needs to be tested. Then there is the cost of the cure. If caught in the early stages, treatment can be done at home with care and minimal cost. Sometimes, we tend to treat it as a common cold. Let's not ever take the chance, the sooner the treatment starts the better the chance of cure and survival. God help us if the patient needs hospital treatment, because not only can the cost be astronomical, but also survival can become a question. Health Insurance is not the norm in our country. Only a few fortunate people have insurance coverage, the rest of us need to pay from our own pockets. The emergency fund can be a big help at this time.

4. If you are going through a salary cut or if your business is not doing well, what is the best way to manage funds for grocery and paying bills and salaries for service help?

There are two sides to budgeting: what we spend and what we earn. If our income has already taken a hit because of COVID-19, we simply cannot continue to budget our money the same way as before.

The first step in budgeting amid the pandemic is figuring out what our new baseline for income is if a job loss or layoff has affected our household. This would give us an idea of how deeply we would need to cut our budget.

For example, if one has experienced a 50 percent pay cut, then that pay cut corresponds to cutting 50 percent or more of your regular spending. This means that person is spending the amount he is earning (or less) each month and not creating debt. If one were living above his/her means pre-COVID-19, then the individual may need to make even deeper cuts to get their budget to work.

I have always advocated that we should all live within our means. Now is the time when we realise what can happen if some unforeseen situation confronts us.

5. What are the benefits that we have earned from the locked down situation?

We have definitely saved on the following:

- Eating out
 - Entertaining friends and family members
 - Shopping for non-essentials and durables like clothes and jewellery
 - Travelling for holidays (in my case a major expenditure)
 - Going to salons
 - Transportation/fuel cost of cars, etc.
 - Reducing number of domestic help
- We have also learnt to spend time caring for family members living in the same house, having time to read good books, cooking and helping in the household chores. A big lesson has been to never take anything for granted. The age-old saying is still very valid — Man proposes, God disposes.

6. Remember how we used to spend our pocket money during high school and college days, do we need to check in with our spending in that manner?

Parents should continue to give pocket money to their children whether the children have the option to spend it or not, considering the current situation. This is a perfect time to instil the values of saving at a young age. The money can be put away in a piggy bank or a safe box to be used for something essential once life goes back to normal. This is also a good time to explain

the pitfalls of unnecessary spending. Online shopping has become an addiction for many and so much money is spent buying useless stuff.

Virtual tutoring by young people to earn extra money —

Children of all ages are in need of tutoring, now more than ever, as our world goes on lockdown and schools remain closed indefinitely. In households where both parents work online, finding time to home-school can be a struggle and very difficult. This is an area where young people can come in to do virtual tutoring to earn some extra money. Obviously, to conduct virtual tutoring, you do need to have computers/laptops and the relevant application. Zoom has become a very popular mode of virtual interaction. It is easy to download and very user friendly.

They can also earn extra money by enlisting as tele-interviewers for market research projects, for example, service quality evaluation of credit card companies etc. Of course, individuals have to do their prior homework by listing number of market research companies (by Google search) and apply with CV for enlistment as part-time tele-interviewers.

Photo: LS Archive/ Sazzad Ibne Sayed

READER'S CHIT

The fading sounds of ferriwallahs

People used to wake up to the sound of hawkers or ferriwallahs coming to sell eggs, chicken, and vegetables. I used to enjoy watching the morning crowd on the road through the balcony.

The day started with the sound of the rickshaw's bells, cars honking and above all, the calls from the hawkers. The number of cars were very few, and most of those were old models and some had dents which needed services at the garage.

This was the picture of '70s to early '80s Dhaka. The roads in the neighbourhood remained busy most of the day, except around 3 PM, for an hour or so, as the busyness in life used to slow down a little bit. Some rickety rickshaw pullers were taking naps on their rickshaws as business was slow. The tired hawkers were also taking a much-needed break under the shade of a tree to escape from the scorching heat in the late afternoon.

As a young girl, I was quite intrigued by the different echoing chants from the ferriwallahs. Each has a distinctive way of attracting customers to buy his merchandise. Ferriwallahs are door-to-door salesmen or mobile salesmen. They advertised their merchandise by loud cries on the street, or chants, and often made harmonious tones to attract attention. They were busy carrying their products around the various alleys of Dhaka. Mostly very



slim figured, wore lungi, and had a gamcha, which they tied into the form of circle to rest the basket of merchandise on their heads. They were found walking bare-footed in the scorching heat or rain.

I can still visualise the scene of hawkers coming to our place or walking on the road chanting. The guy with the balloons was the popular one among children, and the smile he used to bring to us was priceless.

I often found some of the murgiwallahs, or chicken sellers very inconsiderate to their

chicken as they used to hang them upside down, but some behaved humanely by putting the chickens in a big jhuri or basket and chanted "Murgji Lagbe, Murgjiiii"

The pots and pans sellers were found chiming on the road after lunch-time, when the elders were relaxing and the house helps were busy cleaning and sweeping the kitchen after lunch. They were creative on putting pots and pans on the balance scale made of baskets tied to a bamboo strip and they used to hang it over their shoulders to sell from door to door. The seasonal hawkers were found selling mangoes, lychees and oranges at exorbitant prices and bargaining was the best part. The products were measured in front of your eyes with batkharas, iron weights.

During times of festivals, I remember one knife-sharpener-wallah, who used to come very early in the morning, and chanted "chhuri-boti dhar koraben?" House helps got excited to hear the voice of these particular ferriwallahs as that meant they could have the blunt knives and botis (a long, curved blade that cuts on a platform held down by the foot) sharpened, easing their workload.

The cheese-seller, with his salted and unsalted goat cheese (paneer) stock in an aluminium bowl covered with red cloth, often came to our place as he was certain that we craved Dhakai cheese. I

could still relish the taste of that cheese. There were some fancy hawkers too who used to sell colourful glass bangles, laces, safety pins, ribbons, hair-clips, and other items, and usually swung by more during Eid and Puja celebrations. There was one exceptional type of ferriwallah, popularly known as kagoj-wallah, who used to buy things like old books, newspapers, and magazines.

I remember one book-seller who used to come with books, comics and magazines wrapped in white clothes, knotted tightly on the top. This was the only hawker who silently knocked on the door. He was very soft-spoken and often took orders for books, and we would all eagerly wait for his next visit. These types of book-sellers probably do not exist anymore.

Dhaka in 2020 is different from the Dhaka of the '70s and '80s. Growing up during that time, we were happy and content with the slowness of life. There was no real estate boom, no skyscrapers; most houses were 2-3 storied buildings. The landscape of Dhaka started to change for the sake of development. The booming shopping malls began attracting customers, and this led the hawkers or ferriwallahs to slowly fade away into the pages of history.

By Aeman T Rasul
Sketch by Aeman T Rasul



CHECK IT OUT

5-star feast at home from Le Méridien Dhaka

Takeaway menus are reaching new heights everyday, and Le Méridien Dhaka is set out to create the best 5-star experience within the comfort and safety of one's home. The hotel's new takeaway menu has just about everything a food aficionado can ask for.

Maintaining full hygiene standards, the hotel's kitchen is ready to deliver 3-5 course meals, along with À La Carte menu of pizza, desserts, cakes, coffee, and 'Grab and Go' options of burgers and sandwiches. The 3-5 course meals hail from local, Italian and Arabian cuisine with a price range of Tk 3,900++ to Tk 6,500++ per person.

Italians items like Parmigiana Di Melanzane (eggplant, buffalo

mozzarella, and tomato sauce), Verdure Grigliate Alle Erbe (assorted grilled vegetable), Minestrone Toscano soup, Lasagna Modenese, Pollo Alla Diavolo etc. are bound to thrill the taste buds.

For the Arabian cuisine enthusiasts, a 4-course meal consisting of Arabic Cold Mezzeh (Hummus), Harira Soup, Dajaj Shish Taouk are all part of the menu.

Le Méridien Dhaka is also providing a set menu for 10 people consisting of various Bengali salads, chutney, hilsa fry, kacchi biriyani, beef kalabhuna, tandoori chicken, variety of desserts, drinks, and many other dishes for Tk 30,000++.

Regarding this takeaway menu, Constantinos S Gavriel, General Manager, Le Méridien Dhaka

said, "Despite the challenges that we are currently facing with the pandemic, the entire team at Le Méridien Dhaka is trying to adapt to new creative solutions to meet the demand of our cherished customers. Backing the experts' advice and efforts to encourage the public to maintain social distancing and to stay home, we are pleased to bring a takeaway menu for our guests. We want our valued customers to recreate the experience of Le Méridien Dhaka service at their home."

Check out the menu at <https://online.fliphtml5.com/yyepk/zbyi/#p=1>

For more information, call 01990900900 or 01966660073 or visit www.facebook.com/LMDhaka

Contactless Takeaway from KFC & Pizza Hut

At the time of such crisis, the pandemic has forced us to stay put and not even think of walking in at our favourite restaurants. Getting the food at home, however, is now becoming a habit. One silver lining is that with proper precautions, a light outing for takeaways is not off the list. Keeping this in mind, Transcom Food Limited, sole franchisee of KFC and Pizza Hut in Bangladesh, has set up a contactless Takeaway option for customers who wish to drop by and pick up their orders for both their brands, adding to the contactless delivery option they started

from the early days of the pandemic. While health safety is a concern, KFC has taken adequate procedures for visiting customers. As soon a customer steps into a store, their temperature will be checked and hand sanitiser will be provided. Then, they will be directed to stand in a designated que for ordering while maintaining proper social distancing. For a fully contactless procedure, visiting customers are encouraged for cashless payments through the likes of bKash or credit/debit cards. Cash payment is also possible. Bill folders are offered to

the customers to put their money in, and the cashier will return any change in the same bill folder. When the order is ready, the food is placed in the customer pick-up area. The customer will need to come forward and take their package from there. After a customer leaves, all points of surface contacts are sanitised.

Aside from both brands' Contactless Delivery, which ensures a fully safe and hygienic method of delivering food to the customers in these trying times, this Contactless Takeaway further ensures that

fried chicken and Pizza lovers can enjoy the same best tasting quality. CEO Transcom Foods Limited Amit Dev Thapa says "As global brands, it is our responsibility and duty to uphold the brand value and keep the trust our customers have placed in us intact. We are following the global mandates and standards with utmost care at our stores. We will do the very same once we open our dine in facilities too"

For more information, visit www.facebook.com/KFCBangladesh and www.facebook.com/pizzahutbangladesh

SPECIAL FEATURE

Faithful to the Oath

While so many of us are at home to 'flatten the curve,' or in other words, to reduce the spread of COVID-19, our healthcare professionals are fighting long, gruelling hours on the front lines. Have you ever wondered what a typical day for a doctor at a hospital is like during this pandemic? Have you wondered what kind of life they are living right now, or what profound challenges and struggles they are facing in the battlefield?

We have interviewed two physicians who have been fighting on the front lines since the beginning of the COVID-19 pandemic in Bangladesh.

Dr Shapur Ikhtaire

Physician & Internal Medicine Specialist,
Bangabandhu Sheikh Mujib Medical
University (BSMMU)

On June 24, Dr Shapur Ikhtaire visited his in-laws to meet his wife and only son, who was soon to turn three. He had not seen them in more than six weeks. Physicians like Dr Ikhtaire, who are fighting on the front lines, self-isolate themselves to avoid the possibility of infecting their families with the coronavirus. So, while Dr Ikhtaire lives in his own apartment, his wife and son now live with his in-laws. Our doctors are not only dealing with unprecedented workplace stress, but also anxiety and loneliness of exceptional intensity, which are all taking a toll on their psyche.

"Most of the doctors and healthcare providers are now having to stay away from their families, which naturally causes anxiety and loneliness in them," said Dr Ikhtaire.

At the onset of the COVID-19 pandemic, Dr Ikhtaire's life changed overnight in more than one way.

"At BSMMU, our academic sessions, extensive ward rounds, and clinical discussions have now mostly turned into tackling emergencies, short rounds focusing on only patient care, and virtual telemedicine," he said.

In this pandemic-ridden world, we see images of doctors in protective gear every day and everywhere, but how much do we know about the struggles behind working in PPE, especially in Bangladesh's tropical climate?

"Working in PPE can be very distressing and extremely uncomfortable in a setting without a central air-cooling system, especially in our hot and humid climate," said Dr Ikhtaire. "Sometimes, we get exhausted, anxious, and even frustrated."

Combating a highly contagious disease has brought upon our healthcare providers other unique challenges, too. One of them is the inability of the doctors and patients to see each other. Dr Ikhtaire thinks that this is causing a psychological gap and dissatisfaction between doctors and their patients, especially those who are suffering from COVID-19.

"Unlike others, COVID-19 patients are socially isolated, and are not usually looked after by their own family members, which brings on them enormous anxiety, fear, and despair that is often left unnoticed by the



society," he said.

But it is their unwavering dedication, along with the love and support of their family members that keep our front-line heroes going. Although not often discussed, the families of front-line caregivers are shouldering an unprecedented burden of emotional stress and fear.

"My wife and in-laws are taking care of my son. My parents are keeping me in their prayers, and are always reminding me of my duty toward my profession," said Dr Ikhtaire. "My family continues to boost my mental strength and courage."

Asked if there is one good thing that he has seen in these struggling and unpredictable times, he said, "One good thing I have noticed in these difficult times is the self-actualisation of being human. Many people have realised that a selfless life is the only life that is worth living." He added, "If we have to live in this world, we have to live collectively."

Dr Fardous Rahman Mili
Medical Officer, Skin & VD,
Central Police Hospital, Dhaka

At the end of a long day at work, Dr Mili longs to be in her own home, and lay her tired self in her own bed. She aches for her

two children, and wants to hug them tight. But doctors like Fardous Rahman Mili do not return home after a harrowing day at the hospital. Instead, they quarantine away from their immediate families at designated city hotels.

"Every single day, we set out to perform our medical duty not knowing whether we will come back safe and healthy," said Dr Mili. "There was a time when life without family seemed impossible. But now, for the sake of our COVID-19 patients, we sacrifice our family life every minute. We do not even know when we can see our loved ones again."

Asked how treating COVID-19 patients is uniquely different, Dr Mili said, "It is very different, because we are fighting against a novel and a highly contagious coronavirus."

"We continuously work under tremendous amounts of stress. At work, we also have to wear PPE (personal protective equipment), which is cumbersome. If you have never worn one, you do not know what it is like to breathe and work in PPE," she said.

In their 12-hour shift, Dr Mili and her colleagues eat only once and pay only one trip to the washroom, chiefly because donning and doffing PPE is a time-consuming procedure.

At the time of writing this piece, COVID-19 has claimed 60 doctors in Bangladesh. Although this is alarming, Dr Mili says that she is faithful to the Hippocratic Oath she swore. Her husband, also a doctor, and her parents are all proud of her and her loyalty to her noble profession.

Dr Mili's parents look after her two young children, who, needless to mention, miss being with their mother. "It is distressing for small children to be away from their parents for such a long time, especially during these uncertain times," said Dr Mili.

"The family members of the healthcare service providers are the real fighters. They are the engines of the front-liners, who have dedicated their lives to saving their patients," she added.

But there are a few things that deeply trouble Dr Mili. One of them is some people's lack of empathy and respect for the front-line heroes.

"Some landlords even ask healthcare professionals treating COVID-19 patients to vacate their rented homes for the fear that they could spread the disease," she said, her voice trembling.

Physicians like Fardous Rahman Mili and Shapur Ikhtaire march into hospitals every day while we are advised to stay home and stay safe. It is during times of struggle and unpredictability that we realise who our real heroes are. In this ruinous pandemic, it is the healthcare professionals who have stood tall and brave. To say thank you to these front-line heroes of the coronavirus fight is an understatement.

By Wara Karim
Photo: LS Archive/ Sazzad Ibne Sayed