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Star
LIFE
Style

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#PRESS RELEASE

Enjoy special offers at Mermaid Resorts

Maintaining stringent health protocols amid the COVID-19 pandemic, Mermaid Beach Resorts and Mermaid Eco Resort has reopened, offering special discount offers.

After several months of closure, Mermaid resorts have opened for guests. In light of the impact and changes caused by the novel coronavirus, they now ensure round-the-clock health and safety measures for all guests, residents, and employees without

compromising the high standards and quality set by them.

Mermaid Beach Resort has three amazing offers for their loyal clientele. Their Special Hot Deal "Sun-Thurs" has now been extended until the end of September 2020. The Super Hot Deal offers complementary buffet breakfast and lower tariffs than the special deal for any stay of three weeknights, Sunday to Tuesday. Make reservations before 31 August 2020.



Conditions apply.

Mermaid Eco Resort offers their own exclusive Special Hot Deal, valid until the end of September, with tariffs starting as low as Tk 1700 per night for a couple's stay, with complementary buffet breakfast.

Both Resorts have a special Weekend Offer valid until October 2020, with a special 50 percent discount on regular room tariff for couples with buffet breakfast

for My Aarong Reward cardholders and The City Bank Amex cardholders.

For more information, call Mermaid Beach Resort +8801841416467-69 or send email to stay@mermaidbeachresort.net

Call Mermaid Eco Resort, +8801841416464-65 or email to stay@mermaidcoresort.com

Photo Courtesy: Mermaid Beach Resort

us on  /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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রূপচর্চায় আভিজাত্য...

 **KOHINOOR**
CHEMICAL



Virtual Reality made easy

Since the onslaught of the coronavirus, many of us have been cooped up in our homes far away from the usual hustle and bustle of the concrete jungle. The pandemic has eroded the essence of what we once considered the daily moments of life. Thanks to the evolving and malleable nature of technology, we have been able to find more interesting mediums of engaging with the world from the comfort of one's room through virtual reality.

Virtual reality (VR) is a three-dimensional computer programmed environment that can be explored and delved and looks very realistic to the naked eye. Interaction with the world takes place using the VR devices such as earphones, headsets, and gloves projecting the user wearing them onto a world very much like the one they once took for granted.

The great magic of virtual reality is that it can be used anywhere as long as there is good Internet connectivity. You can have stimulating outdoor sessions exploring diverse landscapes or environments, which makes one's mind, ease into a sense of



comfort. The amalgamation of technology and machines help to turn the virtual into the reality, generating stimulating, playful, and exciting aspects.

One of the VR headsets in the market is the one made by the South Korean giant, Samsung. With a good compatible headphone, one can use the headset to do whatever one wishes, be it travelling in a rocky landscape or playing a game. In the times of social distancing, such social activities and entertainment is something our mind yearns for.

High-end virtual reality headsets have been available for years now. One of the most common and easily accessible headsets is Google Cardboard. Google Cardboard consists of biconvex plastic lenses that go hand in hand with the Cardboard app. For Android users, this is a major boon in having the chance to explore and delve oneself into more beguiling experiences evoking the memories of the old adrenaline rush we would feel when going hiking or adventuring in the woods or hilltops. Now, with VR headsets, you can take visit cities,

places, and natural landmarks of your own liking.

However, the best-known device for experiencing virtual reality is Oculus, as they produce some of the finest headsets in the market. Their most popular model, the Oculus Rift needs to be connected to a powerful computer, and the other is more accessible in our day and age which is Oculus's standalone headset of the same name. Simple to use, this does not require any phone or PC to use. If needed, it can be customised with graduated lenses for those who wear glasses.

In the middle of a break from work, one can feel free to use the VR headset to get a glimpse of a forgotten holiday destination or to relieve him/herself of stress by simply transporting to a place of peace and comfort. With VR headsets, we bring reality home shaping it the way we want it to resemble.



By Israr Hasan
Photo Courtesy: The Palace Luxury Resort

LEARN. KNOW. GROW

GHULAM SUMDANY DON
 Professional Corporate Trainer, Speaker and Life-coach, 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, 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 chores you have throughout the day, think if there is any way to give time to family. By doing so, you will have a clear visualisation what your entire day might look like.

Learn something

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 fans of this idea, but I would always prefer an extra hour put into 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, do take a quick power nap and reenergise.

#LS EDITOR'S NOTE

Normalising the new normal

Today I have a throbbing headache from sheer boredom, although I am swamped with work. The contradiction here is maybe the real reason behind the dullness. I am tired of working from home and I am seriously having trouble in normalising the 'new normal'.

For how long will I be doing office work plopped in some random corner of the house, the rooftop garden or the balcony? For how long will I have meetings in zoom, sitting in my living room?

I miss the office meetings, the bad shingaras, and the salted biscuits. Being able to work from anywhere from the home has lost its novelty for me. I want my office desk, that cumbersome revolving chair, my 'best boss' tea mug, my computer, my files, my meeting people at work, even the bad canteen lunches have never been this missed.

Working from home does have its drawbacks, there is no space for private lives,



at the end of the day I don't come back to my cosy bed because now the bed is my office desk. There is no after-office experience, I am working for the office almost every hour of the day, tweaking this, proofing that, arranging food shoots, doing meetings, answering phone calls in the middle of my showers. There is no line between private lives and professional ones. It is taking toll on my psychological health.

Nothing seems interesting, I have cooked, baked, potted plants, cleaned out the refrigerator thrice in five months, cleaned the closet, changed the setting of my rooms and now I am all ready to go back to work, to cafes, to movies, to restaurants, to hold a newspaper in my hand.

I mean we are in the last trimester of the year, and let's be serious, we did adapt with the stressful pandemic; along with the job cut/money loss/health/anxieties that

came with it. Our businesses, our stores, restaurants, salons are all facing the lowest possible turnover throughout the year; then there is the uncertainty of the times— like whether or not I will get that dreaded call from HR of being fired or tackling salary cuts.

The past few months have shown me all the things I can live without and very recently showed me the things I cannot do without. I need normalcy in my routine by adapting with the dos and don'ts of the virus.

I have so much to do before the year ends; tying loose ends mainly. But I went around asking friends about how they feel about normalising the new normal? Do they like working from home? Does it affect their private space? How do they see the future?

I am just jotting down their answers for you all to get an idea of what people are thinking generally.

Paula Aziz, Co-founder Gurukul

I don't like working from home for a long period of time. It is better for me to do office as I can concentrate more. As my office is my own business space that I share with my husband, it couldn't possibly affect my personal space. I see the future to be normal again in about six months. Perhaps herd immunity is the only way to go about it. What if vaccines don't work, what if you can get it for a second time, what then? But you can't possibly stay home forever.

Munem Wasif, Photographer

I like working from home. But as a visual artist, my work is very site specific. I need to go to a specific location, gather raw material, either to take a photograph or an interview or collect some objects. Without having that real collection, it's very difficult to sit at home and imagine the world outside. I need to experience the world in a tactile manner.

Although we also have to accept the new

reality and see what we can do from home. I have started to read books that I have wanted for a long time. And also connect with a lot of colleagues abroad, in different time zones. I guess the pandemic pushes you to look inside, introspect, ask difficult questions about nature and ecology, the world we live in.

I think yes, just being home all time, it affects your physical and psychological space. My son has to attend online school classes. We also have to find our own spaces to concentrate. Otherwise everything overlaps and creates a mess. But a lot of us don't have that privilege.

I don't know if it depends on us as individuals? But we have found new ways to interact, adapt and communicate. The future looks uncertain, I guess we all have to be patient and respect the course of nature. The pandemic is actually going to cause depression in a lot of people. And financial stress.

Shamsun Nahar Tarek, CEO, Primocom
I personally believe that this global pandemic has shown us our adaptability in the face of adversity. Working from home started out as a precautionary measure we had to take to ensure our safety while making sure the work did not stop. Getting to spend a lot more time with my family, who themselves are working from home, was certainly an amazing feeling. However, working from home transformed the regular work hours into 16-hour shifts. The perception seems to be that because an agency employee is working from home, they are at work for 24-hours. The weekends have turned into days where clients call in to check for work updates. Though it is a bit difficult, but we have to accept and cope with this situation.

SEE PAGE 5

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Don't overreact to someone's advances. Family members can cause issues. Don't blow situations out of proportion. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Keep an open mind. Don't let loved ones make unreasonable demands. Keep up with work this week. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

Trust the advices you are given. Spend time with friends you enjoy. Fulfil all your responsibilities promptly. Your lucky day this week will be Friday.



CANCER
(JUN. 22-JUL. 22)

Don't let anyone take advantage of your talents. Be careful with any equipment. Get involved in creative groups. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Conflict may arise between your partner. Communication will be a good source for knowledge. Don't waste time daydreaming. Your lucky day this week will be Friday.



VIRGO
(AUG. 23-SEP. 23)

Your boss can cause trouble. Do your work diligently. Family get-togethers will be interesting. Your lucky day this week will be Sunday.



LIBRA
(SEP. 24-OCT. 23)

Take time to rearrange your home. Sit down with someone for advice. Direct your energy wisely this week. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Take up a healthy hobby. Children may not be too accepting. Try not to be so demonstrative. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Your partner will appreciate your efforts. Work fairly in a team. This week will be good for business. Your lucky day this week will be Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

Do something entertaining. Spend time with children this week. Your leadership qualities will come in handy. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21-FEB. 19)

Control your emotions with your partner. Don't spend too much. New romantic relationships can develop through group activity. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Take part in creative projects. Find opportunities to learn valuable skills. Have a heart-to-heart with a trusted friend. Your lucky day this week will be Monday.

AFTER PAGE 4

Samina Amin, Banker

In the last six months, we have realised one thing more than ever — there is only one thing constant in life, and that is change. Rest of it is all variable. So, we have to be resilient if we want to survive. Private space is a luxury when the whole humanity is facing the test in the history of time. We need to re-program our minds and re-program our lives. I have always adjusted with what life offers and kept my faith strong. So, no complaints, I just appreciate what I have.

Supriti Sarkar, Communication Officer, NGO

No, I don't like working from home. But I've somewhat adjusted to it now. Yes, it affects my private space. There's no longer a clear distinction between the different roles I have to take on. On any given normal day, there's no time allotment for when I stop being a daughter, sister, employee or wife. My private space is no longer a time for me to wind down, re-charge, or even be able to enjoy the late-night rain shower fully, because work has crept into every inch of my literal and figurative space in life.

Working from home now means having to establish the new balance. To simultaneously be responsible and meet the demands of both office and home life. This new normal might be great for many who love the idea of working at home in their pyjamas. My reality is that even if I want to, I can't switch off that work button anymore.

Yes, I have saved a tonne on eating out and transport costs but it has come at the cost of burnouts and mental fatigue. This new (ab)normal has already been fully realised by many. But if put in my hands, I would only look at this as a temporary solution to a pandemic. Offices are meant for employees; homes are meant for loved ones.

Kyoko Bhuiyan, Executive, Expressions Social, Expressions Ltd

I like working from home but it's a whole lot of adjustment. It's not ideal to be honest when you're working as an executive in an agency doing social work.

I am a social person so I miss interacting with people, but at the end of the day I get to spend lots of times with my dogs and my cat so it's not too bad. As for the future, I think the best way to move forward is to take the best precautions you can and hope that everyone around you is doing it too.

It's a question about trust and respect and people should always take that into consideration. Honestly, wearing masks in Dhaka in general is highly recommended and now more than ever we should practice this 'new normal' which is essentially just normal now. Thanks to the Internet we can do almost everything sitting at home. We should make sure that people have access to that, especially schools and in the rural population. I'm sure us, as humans can persevere and will be able to come out of this pandemic if we all just do the bare minimum as wearing a mask. Also, we have to remember to be kind.

During this time when there's so much to feel bad about, at the end of a day I still want to feel good, and get rid of that headache and boredom.

— **RBR**
Model: Niki

#FASHION

Reviving the ailing fashion industry of Bangladesh

Maheen Khan, the president of Fashion Design Council Bangladesh (FDCB) is no stranger to the fashion industry, and to readers of Star Lifestyle. With the pandemic and economic downturn in mind, we at Star Lifestyle sat down with the esteemed Maheen Khan to discuss how a united country can help the ailing fashion industry of Bangladesh and get over the challenges of the pandemic in the shortest time possible.

Here are some of the highlights from that meeting. For the full interview, catch today's episode of Lifestyle Talkies. More information can be found at the end of the article.



How is the fashion industry of Bangladesh faring during the trying times of the pandemic?

Thankfully, the industry is doing better than expected. While remaining inside our homes



and staying safe, we are wearing new clothes and trying our best to keep up with fashion. We are trying our best to look our finest, even if it is for an online engagement. This very effort gives us hope that there is a silver lining.

Is antiviral leisure a fad or is it here to stay for long?

Antiviral leisure wear, like masks and gloves are a big thing now for Bangladesh, considering both the local and export markets. Studio Mayasir has been busy manufacturing masks in the recent times. All our masks bear important messages, related to the environment, health and heritage. I don't know about the long term, but it is definitely here to stay in the near future.

What is the current situation of the artisan community of our country?

They are definitely suffering the most, because of the slump in sales during the pandemic. But it is our duty — to take care of the artisans during such trying times. If our business is not faring well, we can apply for stimulus packages, especially loans (collateral free and low interest) offered by the government, to keep our

working capitals running. This will help us to pay the artisans in the least and keep their livelihoods safe and protected for the time-being.

What else can the nation do — especially the privileged with adequate disposable income?

We can definitely share our blessings with those who need them. Rather than spending money on unnecessary items, we can help the poor and the needy survive through the pandemic. The FDCB and many other organisations are helping in this aspect, the blessed can join-in by making generous donations that reach the right people, especially the distressed artisan community of our society. With an intense unity like this, we can definitely beat the pandemic and the economic turmoil that it viciously spreads.

By Mehrin Mubdi Chowdhury Essentials:

Tune in to *Star Lifestyle presents Lifestyle Talkies, today at 7:30 pm, on TheDailyStar Facebook page for the full interview. For any queries or interview topic suggestions, mail us at lifestyleds@yahoo.com*

Photo: LS Archive/ Sazzad Ibne Sayed



#FASHION

Styles reflect our moods, and our selection of shoes differs with our moods and of course the outfit and the occasion— and so, here we discuss the different types of shoes, from neons to stilettos that go with our varying moods or even just the season!

SHOES for every moods



NEONS
Yes! You heard it right. Neon colours debuted on the international fashion runways in late 2019, now they have taken to the streets. Bangladeshi fashionistas are visibly fascinated with making a choice over their favourite neon shade. We can slightly help in this aspect, neon greens and bright fuchsia colours pair well with the moods of the monsoon.

ROMAN FLATS
These are beautiful to the core. You want to show the beauty of your long legs, embellished Caligae are what you need. The Roman sandals pair well with midis, tunics, long dresses, skirts, and even minis. These look luxurious, classy and hip – given that you have no problem in showing a bit of skin.

KHUSSAS
A personal favourite that goes best with Anarkalis and purely eastern wear. (Please don't confuse eastern wear with fusions). Khussas are so elegant and beautiful and may even include embroidery to sequin decorations as

cover. Nonetheless, if you are feeling a little more "girly," then this is definitely your 'go-to wear' for the evening.

STILETTOS
Ah! The beauty behind a pair of stilettos. Only a true diva would know the importance. Every girl must own a pair of stilettos and as a fashion enthusiast, I would personally suggest that there should be a pair of basic colour stilettos in every wardrobe: red, black, white, brown, and blue. However, please avoid if you have back pain and serious health issues that forbid you to wear the extra inches.

WEDGES
There is a common question doing the rounds: Are platform wedges outdated? A simple answer would be, they would never go out of style. Fashion influencers all over the world have overwhelmingly been in favour of wedges. These are the go-to shoes for a visit to the supermarket, dropping off the children to school, and even a common of part of regular office wear. So, if you are feeling stylish, but you just want to do your regular chores,

then platform wedges can be your first choice as shoes.

BOOTS
Feeling liberated, strong and progressive? Then definitely army boots can be a choice for you. These you can easily pair with your army pants or regular jeans. And if you want to keep on 'playing' with the styles, then leather boots, or fabric low-cut boots can also be matched with your regular tunics, skirts and flowing dresses – the very trendy mismatched style.

SNEAKERS
Those who have been keeping up with the latest fashion trends know that haute couture houses have been hooking up with global sneaker brands. This trend definitely shouts out that street wear is to become the fashion world's 'latest muse'. From mismatched styles to athleisure wear, sneakers can be matched with every possible outfit to every possible mood.

By Fashion Police
Model: Arpita

#FASHION

Fabulous Monsoon Styles

Don't get us wrong, we are not trying to rush summer at all! But the trends for Monsoon a.k.a Fall 2020, even during the new normal, are so good that they deserve some attention right now!

From exclusive Roman strap sandals to leather boots, there's a style for everyone to fall in love with. So, if you are willing to get a head-start before your other friends, then don't forget to go through our list, and buy a cool pair for yourself.

By Fashion Police
Model: Arpita





#FOOD

Leafy vegetable recipes

Vegetables are plants or parts of plants that are used as food. The term vegetable has through usage come to apply in a narrower sense to those plants or parts of plants that are served raw or cooked as a part of the main course of a meal.

Vegetables supply many nutrients besides providing variety to the diet. They make dishes attractive with their colour, texture and flavour. In addition, vegetables are called "protective foods," as they are rich in minerals and vitamins. Nutritionally they are classified into 3 groups— green leafy, roots and tubers, and others.

Leaves are the manufacturing organs of a plant where the life-giving process of photosynthesis takes place. In the cells, photosynthesis transforms elements into carbohydrates, which are carried to other parts of the plants. The leaves are consequently low in carbohydrates and energy but they are good sources of B-carotene, calcium, riboflavin, folic acid, ascorbic acid, iron, and vitamin.

NUTRITIVE VALUE OF GREEN-LEAFY VEGETABLES

Generally, green leafy vegetables are good sources of vitamins and minerals. They are excellent in carotenes, which are converted to vitamin A.

Greens are good sources of B vitamins, particularly riboflavin and folic acid.

They contain vitamin C and can be used as substitute for fruits, if needed.

Green-leafy vegetables are also rich in iron and fibre, which helps in preventing degenerative diseases.

CRISPY SPINACH CHIPS

Ingredients

- 20-25 spinach leaves
- 1 cup flour
- 2 tbsp cornstarch
- 1 cup chicken stock
- 1 tsp garlic powder
- 1 tsp pepper powder
- Salt to taste

Oil for deep frying

Method

In a medium bowl, mix all the ingredients except leaves and oil. Mix well until evenly distributed. In a pan, heat oil over medium heat. Dip the spinach into the mixture. Fry for about 1-2 minutes until golden brown. Flip and continue frying until all sides are crispy. Remove spinach chips from pan and drain on paper towels.

RED SPINACH (LAL SHAK) WITH COCONUT



Ingredients

- ½ kg red spinach
- 4 garlic cloves, chopped
- ¼ cup onion, chopped
- ¼ cup grated coconut
- 4 green chillies, chopped
- ¼ tsp turmeric powder
- 2 tbsp oil
- Salt to taste

Method

Pluck the leaves with the tender stems. Then rinse these very well in water, and drain. Chop finely and keep aside. Heat oil in a pan, add the chopped onions, garlic and chillies. Stir well and sauté until onion

is translucent. Add turmeric powder and stir. Add red spinach and salt, and stir well. Cover the pan with a lid and cook on low flame. When the leaves are softened and cooked, add grated coconut. Mix well and cover. Simmer on low flame for 2-3 minutes. Switch off the flame. There should be no water in the dish. Check the taste and add more salt if required. Serve with plain rice.

DATA SHAK-ER BHORTA

Ingredients

- 1 bundle data shak (green amaranth)
- 1 tbsp grated onion
- ½ tsp grated garlic
- 4 pieces dry red chillies (roasted)
- 2 tbsp mustard oil
- Salt to taste

Method

Cut and wash the data shak. Boil the shak with a pinch of salt until the water is fully reduced and cooled down. Now mash the shak with other ingredients and make a mash. Serve it with plain rice.

ARUM LEAVES WITH HILSA FISH

Ingredients

- 2 bundle arum leaves
- 6 pieces hilsa fish
- ½ cup grated onion
- 1 tsp grated garlic
- 2 tsp red chilli powder
- 1 tsp turmeric powder
- 4 pieces green chillies
- ½ cup oil
- Salt to taste

Method

Cut and wash the arum leaves. Boil with a pinch of salt and keep it aside. Heat oil in a pan, add the onion and garlic; and fry until brown. Now add other spices and the hilsa fish to it, cook for few minutes with a little water. When the water is reduced, add boiled arum and keep stirring continually. When the water is fully reduced and the mixture separates from the pan, remove from heat to serve.

CABBAGE WITH MUTTON

Ingredients

- 1 cabbage (large size)
- 1 kg mutton
- ½ cup sliced onions
- 2 tsp garlic paste
- 1 tbsp ginger paste
- 1 tsp cumin paste
- 1 tsp garam masala powder
- 3 tsp red chilli powder
- 1 tsp turmeric powder
- 3 pieces bay leaves
- 1 cup oil
- Salt to taste

Method

Grate and wash the cabbage and drain in a colander. Cut and wash the mutton pieces. Mix all ingredients except the cabbage, and leave the mixture to marinate for half an hour. Now cook the mutton for 20 minutes with some water. When the water is reduced, add grated cabbage, and cook them on low heat for 10 minutes. After 10 minutes, turn the curry and cook for another 10 minutes. When the meat is tender and the oil floats to top, remove the pan and serve.

PUMPKIN LEAF ROLL

Ingredients

- 10 pumpkin leaves
- 1 cup chopped shrimps
- ½ cup grated onions
- ½ tsp grated garlic
- 2 tsp chopped green chillies
- 2 tsp chopped coriander leaves
- ½ cup oil
- Salt to taste

Method

Wash the leaves and keep aside. Mix all ingredients except the oil. Make a shrimp mixture. Take a leaf at a time, put the shrimp mixture on the side of the leaf and roll it. Tie up with a piece of thread. Heat oil in a pan, fry the roll evenly until cooked. When the roll is done, untie the threads and serve.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



#PERSPECTIVE

Bullying: the evident menace and how to deal with it

Bullying is a form of emotional or physical abuse that has three defining characteristics which separates it from conflict, namely, intention, repetition and power imbalance.

The perpetrators are called bullies, and they carry out their actions with the sole purpose of hurting someone physically/mentally. Power imbalance refers to the difference of the social class/position in the hierarchy that distinguishes them. In other words, the bully sees the victim as vulnerable and thus considers them as suitable victims of cruel practices. Last but not least, bullying is repeated over a period of time. For many perpetrators, this becomes a habit that they must carry out like a ritual.

Different forms of bullying

Bullying can take many forms. However, it can be categorised in four major types — physical, verbal, relational/indirect and cyber bullying.

Physical bullying includes direct physical contact and harm. Poking, pushing, hitting, kicking, slapping, snatching away someone's belongings, beating up, etc. all are examples of physical bullying.

Verbal bullying includes yelling, taunting, name-calling, insulting, threatening to harm. Some experts consider verbal bullying to be more baleful than physical abuse since they often lead to mental issues.

Relational or indirect bullying is a form of bullying when the bully boy carries out the abuse without coming to direct contact with the victim. Examples of indirect forms of bullying include ignoring and the withdrawal of friendship,

isolating, excluding, malicious gossip and spreading rumours, and abusive or oppressive graffiti, getting others to hurt someone, etc.

Cyber bullying used to be categorised as indirect bullying by many specialists, but with the recent popularity of social media and Internet usage going through the roof, cyber bullying should be considered separately and dealt with accordingly because the number of cyber bullying cases are rising without showing any sign of declining.

Underlying cause

Bullying has been embedded in the society, and it is difficult to eradicate it instantly. However, in order to deal with it, it is imperative that we seek out the key points that are tipping the scale. We approached a specialist and discussed the issues.

Dr Helal Uddin Ahmed, Associate Professor, Dept. of Child Adolescent & Family Psychiatry, National Institute of Mental Health is a renowned figure in the country and points out the salient variables of bullying.

"Bullying is a behavioural feature and it is heavily influenced by family, parents specially. These behaviours are often learned from immediate environment. For example, if a child sees that his parents are abusive towards each other, there is a high probability that he might turn out as a bully," he pointed out.

"It's not always family crisis. Sometimes it's just embedded in their personality because they see it from an early age. Verbal abuse as well as physical abuse, either way the aggressive behaviour is

the main feature that tips the behaviour towards such actions," he added.

Often the bullied victims are of a different race, ethnicity or have a disability which makes them different from the norm. However, it must be kept in mind that different does not mean vulnerable and it certainly does not make it okay for someone to pick another person because they are labelled as 'weird' or 'different.' Many researchers believe that bullies are often from a troubled background and their crude behaviour is their cry for help.

How to deal with it?

As a victim of bullying, one might feel vulnerable, not just at school but all the time. The aggressive behaviour leaves a shade on the victim and in most cases, they spend their time in constant fear of abuse. In such cases, the first thing the victim should do is seek help of another friend or teacher or guardian. There is nothing wrong with asking for help when one needs it. In fact, it shows strength since asking for help requires you to recognise your own limits. If you feel uncomfortable talking about it, you should write about it in a note or letter and send it to someone you trust.

The key is to stay calm. The more you get worked up, the more it fuels the bullies. Stay calm, quiet and if possible, brush it off with humour. Never engage in a physical retaliation or arguments. They usually make things worse. And when you are a victim of cyber bullying, call it a time out and get off the Internet. You may also opt to get legal help.

What should parents do?

Of course, if you are bullied, there are

certain things you can do about it yourself. But the people who can do more about it and who should do more about it are the parents.

What can you do if you find that your child is the bully?

"We call it responsive parenting. The parents should pay attention to their kids and know when they are deviating from normal behaviour. Parents have to teach empathy and good manners from home. Children who show signs of conduct disorder have a higher rate of bullying. This can manifest as a bigger issue. If a parent finds out that his child is showing such symptoms, they should consult a specialist," said Dr Helal Uddin Ahmed.

Another tendency that is often found amongst parents is blaming their own child for being bullied. This is called victim blaming. It must be noted that victim blaming, accompanied with bullying can leave a permanent scar in the victim and can lead to clinical depression. These young adults often suffer from social anxiety which leads to poor social skill. Parents and authority figures should keep an eye out for such issues and try to assist them as much as possible.

It must be remembered that to a bully victim, most things are hostile and sometimes it might take some time for the parents to get through to them. Patience is key. Instead of pressuring them, they should be allowed the space they need to recover and accept the help that they need.

By Ashif Ahmed Rudro
Photo: Collected

LIFE AS IT IS

WARA KARIM

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Life post-pandemic

The day the World Health Organization officially declared COVID-19 a pandemic, the world as we knew it changed in the bat of an eye. We do not know when this pandemic will be over, so we have more or less accepted the situation. However, this new normal will significantly impact the way human lives are going to be post-pandemic.

TELECOMMUTING

This pandemic has taught us that in the age of technology, working from home is not an unachievable reality. Yes, the work-from-home model comes with its unique and inherent challenges, but it is also saving us our commute time and cost. There is also no need to dress for work and we can also create our own custom environment at home.

As more and more people and companies accept and adopt this model of work, the offices of the future might occupy smaller spaces, because a significant percentage of the future workforce could be working remotely. The competition for prime office spaces in urban commercial centres is expected to drop.

PEOPLE FLEEING CITIES

In the U.S., people are leaving big cities and moving to suburban areas because when you telecommute, there is no more the need to live closer to your place of work. People are choosing cheaper places to live as they continue to telecommute. Also, people who have lost jobs in this economic downturn no longer see the reason to live in a metropolis. Rental prices in big cities across the world have already started to decline.

GETTING USED TO GOOD HYGIENE

The COVID-19 pandemic has taught us that washing hands is extremely, extremely important and useful when it comes to containing the spread of infectious diseases. We also learned that we must cover our coughs and sneezes all the time. Most of us have also turned to germaphobes, leading to careful cleaning and disinfecting of houses, personal belongings, and workplaces on a daily basis. It is likely that wearing masks, washing hands for 20 seconds, etc. will continue into the future. We will also continue to practice some degree of social distancing, and be careful when we meet and visit our elderly and vulnerable family members.

SPENDING LESS

This pandemic has educated us on the need to identify the things that are most valuable to us — our friends and families,



our health and happiness. Globally, consumers are spending less because their priorities have changed, incomes dropped, and working conditions altered. There is so much uncertainty around the future, too. In the US, clothing retailers have seen a massive plunge of 79 percent in sales. This is a global trend. According to McKinsey & Company, an American management consulting firm, consumers across the globe are not very optimistic about the future, resulting in a shift in consumer spending largely to essentials, such as grocery and household items.

TRAVELLING LESS

Even though economies are opening up,

people everywhere are worried about the COVID-19 crisis and their future employment. In the US, the world's largest economy, the current unemployment rate remains historically high. Travelling is therefore not on most people's priority list.

People will be travelling less in the near future because of health and safety concerns. Countries are also considering setting up "immunity passports" to only allow people, who have recovered from the coronavirus and tested positive for antibodies, into their countries. If this measure is really put into place, travelling abroad will become more challenging in the coming days.

LEARNING ONLINE

Although online classrooms already existed, we did not see them at school levels and on a mass scale at college levels. Face-to-face instruction was the most widely accepted method. In a post-pandemic world, our colleges and universities could be offering more and more online courses. One could now carry their college on their laptop! Learning experience could look very different in the days ahead.

INCREASED VIRTUAL PARTICIPATION

We could see more virtual group events, from religious congregations, business conferences to graduation and birthday parties. We will also likely see a boom in telemedicine and Zoom-enabled workout, yoga sessions and much more!

The COVID-19 pandemic has changed the world as we knew it and perhaps, the world will never again be the way it used to be. Many of the aspects of our daily lives have most likely changed forever.

Model: Niki

#PHOTOGRAPY

Hobby Photography at home: Click away during the pandemic!

Of course, it is hard for the photography enthusiasts and hobbyists out there since tours, wedding programmes, and myriad other shooting opportunities are relatively limited during the Coronavirus pandemic. But have you ever thought of your very home as a haven for photography?

If you haven't, now is the time to do so! Because if you are an aspiring or amateur photographer staying indoors — except of course for work, groceries, et al — there are several ways you can devote to photography at home, from upping your skills to embarking on fun indoor projects.

BE INSPIRED

First of all, if you are lacking the inspiration to push yourself — perhaps to jumpstart a project, to brainstorm for awe-inspiring



ideas, or even simply to rekindle your long-lost love of photography — there is a wealth of photos and other things on the Internet you can browse through.

From listening to stories and experiences of your favourite photographers — interviews, speeches, lectures — to reading blogs and articles about myriad photography projects, there is a bottomless bucket of things you can find online.

So much so, even if you limit yourself simply to Flickr and YouTube, you will get 'in the zone', shedding off any last bit of lethargy you may have.

BRUSH UP

Once inspired, get right into learning. Remember how you have always remained so busy visiting places and shooting things that you procrastinated to properly learn editing? Now is the chance to do that. Or maybe you have overlooked your mobile phone's immense capabilities whilst obsessing over the DSLR. Well, maybe you can now turn to your phone.

From the comfort of your home or office, you can brush up skills surrounding photography. Tutorials and online courses are aplenty.

Alternatively, you can do the direly needed organising! Again, remember how you have always remained so busy shooting things that you never had the time to make an archive and backup storage? Well, perhaps now is the time to do that!

A lot of people these days are learning new skills and embracing their creative side. In that spirit, why not consider taking photography seriously and perhaps design a professional portfolio?

SHOOT AWAY!

That's the part you probably love the most, but there is no reason to miss it the most during the pandemic, as the 'great indoors' will pleasantly surprise you! From finding beauty in the everyday 'ordinary' objects and activities, to chasing your favourite genre of photography, there is a wide spectrum of shoots and pet projects you can do at home.

Your ode to nature: This season, take a fresh new look at your garden in the balcony, the potted plants in your office cubicle, or the inconspicuous moss or mushrooms that sometimes grows on the unseen corners of your garage.

Go macro: Macro photography continues to be a popular genre. And your garden (among other spots in the house) can be the perfect place to find tiny beings and objects that you would want to capture to feature their mind-boggling minute details that miss the regular eye.

Up close and personal: Moving on from the craze of macro photography, you

can practice portrait photography, which is also a deeply fascinating field. Make a family member your subject — perhaps capture your grandfather's wisdom, or your mother's grace and warmth. That's quality time spent, and you will also have captured these memories forever!

Rooftop retreats and balcony breaks:

Capture interesting scenes from the balcony of the street down below. Or get to the rooftop — for an awe-inspiring shot of the sunrise or cityscape, or even to explore things at the rooftop itself because you never know what you will find there!

Culinary treats. If you also love cooking — or someone in your family does — what better way could there be to bring two passions together than food photography? The staggering number of food photography posts on social media goes to show how popular it is.

Now more than ever, it's a great time to get social, online, with your photography. Perhaps start a photography challenge — show off your skills — and throw it at fellow photographers who will keep the ball rolling.

By M H Haider

Photo: LS Archive/ Sazzad Ibne Sayed