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# LIFE

Style

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THE GRUNGE LOOK

PHOTO: SAZZAD IBNE SAYED  
MODEL: MANOSHI  
MAKEUP: NOYON AHMAD  
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#FOOD

## Saltz: The ultimate seafood bonanza

Many years ago, when Saltz first opened its doors, the seafood dining scene in Dhaka was more or less non-existent. It sure took some courage for Iftekhar Ahmed Khan, the owner, to venture into such a restaurant at that time. And it sure paid off: today, Saltz is an iconic eatery and often the first choice of seafood connoisseurs in our city.

Having moved into new premises recently, it continues to follow the same gusto for seafood. And the pandemic won't bog that down, with policies such as wearing masks and social distancing maintained in order to protect the staff and customers alike, operations continue.

As opposed to those large complexes housing numerous eateries and other institutions, Saltz feels cosy, being in a single-unit building. It allows to 'give a particular character to a restaurant,' Iftekhar says.

As you step inside, the marine and fish themed decor -- from fish motifs on the walls, to decorative instruments and objects of the ship like the anchor, to even miniature 'boats' fashioned as lamps.

With the appetite for seafood kicked in, the menu will then offer you a wide plethora of delicacies to satisfy the palate.

Saltz shall spoil you with choices. There



are myriad soups and starters to pick from. The kebabs and koftas will continue to delight your taste buds. From Grilled Lobster to King Crab, and from 'Pesto-Pangash!' to 'Totally Tilapia!', and be it salmon or more exotic delicacies, Saltz has



it covered. With fish-steaks, sizzlers, fillets, and pastas and so on, the eatery will not let you down.

Or you may opt for their catch-of-the-day, which a treat of whole fish cooked to your liking, with a range of styles and

options to choose from.

On the other hand, they also serve surf and turf dishes -- great if your loyalty is torn between meat and seafood, that is.

My loyalty, however, leaned towards seafood, and in came Scallops & Shrimp Lagniappe, after trying out their deliciously tangy and hot Tom Yam Kung.

The dish of scallops and shrimps was by itself large enough. With salad and fried rice on the side, the centre stage is occupied by a potato 'basket' containing, of course, scallops and shrimps, along with mushrooms (lots of it, thankfully) and other goodies. A flavoursome, spicy, and filling treat!

Accompanied by their mocktails or fresh juices, and finishing it all off with desserts, Saltz will live up to its name. The legacy continues!

### Essential info

Saltz is now at House # 23/A, Road # 99, Gulshan-2. For home delivery, it has tie-ups with a number of food delivery services, whilst also providing delivery service themselves in and around Gulshan. For bookings or more info, dial 01972336688.

By M H Haider

Photo Courtesy: Saltz

us on /Sandalina

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# স্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...

# INSIDE LOOK at Tokyo Express



## In conversation with Arif Shafique, Co-owner, Tokyo Express

### What inspired you to become a restaurateur?

I have always been interested in the restaurant business and dreamt of opening my own restaurant someday. This is a passion that grew from my travels with my father. When I was young, we would travel a lot and during those trips, we would always immerse ourselves into the cuisines of the respective destinations. This basically ignited my passion for food.

Simply put, my father has been my main inspiration throughout this journey. As I grew up, I noticed that Dhaka city held lots of opportunities and had room for the growth of new restaurants and cuisines. I wanted to give something different to the people of Dhaka city and it was my father who gave me the courage I needed to initiate this journey.

Previously, we did not have many varieties in terms of restaurants and I wanted to change that. But, unfortunately, I did not have much experience or knowledge in this field. With



little to no expertise, I dove into the restaurant business and my very first restaurant was Fool's Diner which is a casual dining restaurant catering mainly to the younger

generation. I opened this restaurant with my friend and business partner, Sabbir Amin, about eight years ago. The idea that went behind this restaurant was to have a place that offered affordable Thai and Japanese fusion food that would not make a mark on a student's pocket.



Two years into opening Fool's Diner, I was approached by some investors with whom we established Tokyo Express, which is a Japanese fusion restaurant that caters to a family-friendly crowd.

### What challenges did you face?

There were mainly two challenges that I faced initially: convincing my family and overcoming societal hurdles. My family was completely against the idea of opening a restaurant in the beginning since it went against the norm of having a 9-to-5 job. The next big challenge was our inexperience in this field and we had to learn everything from scratch. So, we had to figure out all the big and small details by ourselves, starting with the basics such as the pricing of the food, customers' demands and more nuanced issues such as the distance between two tables. Even when it came to dealing with our customers, we realised that our perception might differ completely from theirs and the food and menu had to be set according to that. Every-



thing that I have learnt so far came through a lot of trials and errors.

Not all of my restaurant ventures were successful either. I had two restaurants, Amigos (a Mexican restaurant) and Little Korea that had to be shut down because there was not a bigger market for these cuisines at the time. However, these setbacks were a good learning experience.

### How do you manage everything and what drives you?

What really drives me is my passion. I look forward to working at my job every day. At this point, managing it all has become almost like second nature for me. Before the pandemic, I used to regularly visit both the restaurants and I tried to build a good relationship with all my customers by always making myself available to them for any queries or criticisms.



### What steps have you taken for your restaurants to adapt to the new normal?

After the pandemic emerged, we were closed for three months. Then we slowly started opening up again with all the necessary precautions. At the entrance of our restaurants, we provide sanitisation to our customers and there are also hand sanitisers placed at every table. Every morning, all the tables and chairs are disinfected before service begins and then we disinfect tables again after every meal.

Moreover, we ensure gloves and masks for all our employees and to comply with social distancing measures, we have cut down our seating capacity to 50 percent. Since our takeaway orders have increased in the current situation, we make sure that our food parcels also undergo the disinfection measures. We have implemented further safety measures for our employees by ensuring housing for them near our restaurants.

Overall, although the current situation has been challenging, we are trying our best to make ends meet and I believe we have adapted well due to our understanding landlords and customers. Apart from this, there is not much that we can do during these uncertain times.



### What are your suggestions for aspiring restaurateurs?

Opening a new restaurant is a lot more difficult now. You really need to be single-mindedly involved in this business to be successful. Having a proper outline and proposition of the idea for your restaurant is very important.

Throughout my years, I have also learnt the significance of good and reliable employees and staff members. Managing the staff and gaining their trust is of utmost importance because then you will have employees who will support you and stay with you through all the difficulties. I have employees that have stayed with me for the entirety of my eight years in this business.



### What surprises may Dhaka expect from you in the future? Are there any upcoming projects?

I had a lot of different things in mind but unfortunately the pandemic has put everything to a halt for the time being. Hopefully, if by next year everything returns to normal, we have plans to expand both the restaurants. I also have plans for a new Chinese restaurant in mind but it all depends on when normalcy returns.

The interview was taken by Tasnim Kabir of The Daily Star.

# The lifestyle of online classes

Whether we like it or not, the global COVID-19 pandemic has forced education to shift towards online platforms. For as long as we know, pedagogy had been only conducted in-person, teacher-to-student(s), and sometimes, from students to teachers. The human interaction was a critical constant, even if students were not always present in classrooms. How does this shift impact the lives involved by the course of educational institutions?

“I enrolled in a private university in Dhaka prior to the pandemic lockdown,” says Nubayra Jeheen, a Masters student, “The remote classes are just something that, having never experienced (both myself as well as the university itself), are bittersweet.”

This is a common sentiment expressed by a lot of students and staff at institutions suddenly flooded with new challenges in creating IT access for all kinds of students. “In Dhaka and other metropolitan cities, Internet is still at least available. But the students are from everywhere and all corners of society, thus having to deal with the issues of proper Internet, or even a device to properly log in from is difficult,” said Shairah, another Masters student from a university in Dhaka, currently relocated since the pandemic lockdown.

So, what are the pros and cons? “For pros, health safety cannot beat anything else. Given how crowded university campuses are, this serves that safety purpose well,” said Nubayra, “For cons, technical glitches are a constant misery.”

There are other additional challenges. Teachers, forced to find new ways of managing students and teaching materials are often resorting to additional homework.

“With all due respect to the professors, the amount of pressure and assignments/video tutorials/research papers/content that they are piling on us is taking a toll,” said Nubayra, who is also a full-time job-holder.

“Working full time and trying to maintain a balance between the two is affecting my mental

health. Given how the interaction is virtual now, I understand how the professors are trying to be considerate, but sadly can’t” she added

In years past, online classes were an extension. Now, doing classes over Zoom has become more conventional. Many students who had enrolled in universities abroad, are also forced to receive their education in the same method as their peers enrolled locally.

Navin Rahman, a post-graduate student at Columbia University, New York, is currently completing her classes online, saying, “I actually don’t mind it at all. Would have hated to be undergrad, given the social experience of undergrad is so much more important, at least in my opinion. I also think, given COVID-19, I would rather do online classes than have to travel all the way to the US in the middle of so much chaos and the lack of certainty, safety.”

Even though Navin is optimistic, she too cannot help lament missing out on the experience of the Columbia campus, and student-life things such as sitting and reading in the library.

“I’m also not being able to experience the city where my grad school is located, thus losing some context.

“I believe in making the most out of every situation. There are

pros and cons for everything. If this continues, I will most likely leverage on the pros in order to minimise the effects of the cons, for when things do open up,” she said.

But many undergraduate students are indeed “stuck” home, unable to share meaningful experiences with peers and academics and deprived from the travel aspect of studying abroad. However, many students are also stuck abroad unable to be near loved ones during the pandemic.

“It was a bit of a shock alone to suddenly switch to online classrooms while already in Canada,” said Shaki-uz Zaman, a Bachelors student in Canada.

“After exams, summer started and I hoped to go to my parents, travel around and make use of a good vacation, but none of that was possible. I stayed back for the sake of my safety. Living by myself in an empty house, trying to make food for myself with no apparent cooking skills (the university food service was closed) and working a full-time job to make up for the increased tuition that the university has established recently.”

Whether we like it or not, we have already ushered in a new era of global connectivity, and it’s time we get acclimatised to the new normal and its new rules.

**By Dibarah Mahboob**

FOR RELATED STORY SEE PG 12

## ◆ HOROSCOPE ◆



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

Don't be too quick to judge. Unpleasant situations are likely. Make sure you and your partner are clear. Your lucky day this week will be Friday.



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

Do things you have time for. Avoid spending on luxury. Socialise with people at work. Your lucky day this week will be Wednesday.



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

Don't be overly melodramatic. Secret enemies may cause issues. Be sure to get accurate information. Your lucky day this week will be Sunday.



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

Discrimination will be in order. Control your temper with your partner. Trips will be enjoyable. Your lucky day this week will be Sunday.



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

Sign up for enlightening courses. Don't count on getting any help. Be careful to avoid wrongdoings. Your lucky day this week will be Tuesday.



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

Stabilise your financial situation. Call a good friend. You will be in an overly generous mood this week. Your lucky day this week will be Sunday.



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

Don't divulge secrets. Your personal life will be disrupted. Make money with sound investments. Your lucky day this week will be Saturday.



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

Older relatives can cause problems. Take a break with loved ones. Don't lose your temper at work. Your lucky day this week will be Sunday.



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

You will profit from real estate deals. Avoid being overly opinionated. Difficulties with children will surface. Your lucky day this week will be Wednesday.



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

Don't expect celebrations. Loved ones may be difficult to reason with. Minor accidents could cause major setbacks. Your lucky day this week will be Thursday.



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

Don't let your partner dictate your actions. Do a little shopping. Avoid making any residential moves. Your lucky day this week will be Monday.



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

Join groups that provide ideas on business. Make money through solid investment plans. Changes at home will be favourable. Your lucky day this week will be Sunday.

#HEALTH & FITNESS

# A Virtual Unboxing Party: The Healthy Living Edition

Three charming ladies, entrepreneurs with unique produce and yet connected by one single goal — to establish brands in Bangladesh that are healthy, high quality and eco-friendly.

This is the story of Ambreen Miraly — Soema Fragrances, Sherfehnaz Khan — Bali Juice, and Fareeha Chowdhury — Sugar Rush Cupcakery.

In today's episode of Lifestyle Talkies, we celebrate the concept of staying healthy and fit; the ingenuity of our entrepreneur panel, and the exquisiteness of their products, through an exciting 'virtual unboxing party,' attention-grabbing giveaways, treasured appearance by surprise guests and a general toast to healthy living.

Don't miss-out! You may 'just be' one of the lucky viewers to WIN the 'attractive' and 'healthy' gift hamper sponsored by our panel.

Here, in this article we provide a brief introduction to the guests of today's panel. To learn more, tune-in, this evening! Details to the show are given at the end of the article.



**Ambreen Miraly**

Soema Fragrances was founded in 2018 by the expat entrepreneur. Having moved to Bangladesh for personal reasons, Miraly fell in love with the country, its people and their cordiality. So, she decided to make Dhaka her permanent home.

During her stay, she worked in various capacities, including an extensive association with a local NGO.

"My work at the NGO taught me a lot and inspired me to initiate a company that benefits the community. The journey of my life in Dhaka inspired Soema. In 2018, the pollution levels in Dhaka were at an all-time high. I didn't want to light toxic candles in my home. I realised that Dhaka had no options for soy candles. And thus, began the journey to create beautiful, high quality, natural products for homes."

With this basic idea in mind, she joined hands with a close friend and manufactured high quality soy-candles that are quite a delight for people interested in aesthetics and interior decoration.

"Our line extends much beyond soy candles. We are currently, concentrating on expanding the product line to introduce body lotions, mosquito repellents, hand washes etc., all with active natural ingredients that are harmless and safe," Miraly added.



**Sherfehnaz Khan**

Hailing from an industrialist family in Bangladesh, it was given that Khan would achieve greatness in the field of entrepreneurship. And she proved the anticipations right, with her brand-new line of healthy drinks – Bali Juice, which she already markets at over 300+ stores on the west coast of the United States.

"Bali juice started as a conversation I had with my friend, Edward Farley, the founder and COO of Bali Beverage Company. I remember I was at our office late one evening, wrapping up the day, when Ed called. He was excited about mangosteens and kept on about the incredible health benefits of this superfruit and was totally perplexed why this isn't very well known. So, when he proposed that we start making mangosteen juice, my natural response was 'I'm in!'" said Khan.

When most juices available locally are packed with sugar, preservatives and concentrates; Bali Juice keeps the ingredient list to the bare minimum. With zero preservatives or added sugar, Bali juice is vegan, and gluten free. It's just pure, mangosteen; a surge of 'superfruit' goodness.

In Bangladesh, Bali juice was launched a few months ago and unfortunately met the setback of COVID-19 and continuous lockdown. However, even though the company is taking baby steps at the moment, it is sure to make a fire crackling explosion once COVID-19 situation bids us adieu, and health and fitness enthusiasts come to realise the wholesomeness of the 'super-duper healthy' drink, hopes Khan.



**Fareeha Chowdhury**

The very word 'dessert' is almost a demonic term for the 'fit and hearty.' It wasn't easy for Chowdhury to explain to her customers how her cupcakes were a part of the healthy lifestyle routine

for the average Bangladeshi. "When people talk about a healthy lifestyle in Bangladesh, all they are thinking is: losing calories. That's not how 'healthy' is defined!

"To me, healthy is high quality. Products that you can consume without getting sick or feeling queasy, hence the sweets, at my store, have no preservatives in them, are made out of fresh, organic ingredients and customisable to low calories



constituents," said Chowdhury.

Further discussion with the entrepreneur revealed that she opened her bakery back in 2013, having found a niche in this sector, after returning from abroad and completion of higher studies. "There were no proper high-end dessert stores in town back then, and I knew that the sweet-toothed Bangladeshis definitely demanded such an outlet and I was later proved right."

With a business mind-set to keep her motivated, the entrepreneur later ventured into other similar trades such as the initiation of a baking school in the city and a brand new line of traditional food items, all of which have made quite a name, already, in our most beloved city that is Dhaka.

So here, were just few basics of our guests from the eighth episode of Lifestyle Talkies. Much more awaits you at the show.

**Essentials —**

Tune in to Star Lifestyle presents Lifestyle Talkies at 7: 30 PM, on The Daily Star Facebook LIVE for the full interview. For any queries or interview topic suggestions, mail us at [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)

**By Mehrin Mubdi Chowdhury**  
Photo Courtesy: Ambreen Miraly

#FASHION



# Grunge and GLORY



In fashion, the only constant is change. With another new season fast approaching, designers are hard pressed to churn out the next big thing, that, ironically becomes the thing of the past in mere months. In the era of fast fashion, trends must be taken with a grain of salt. A tweak here, a change there should be the mantra for modern fashionistas with an eco-conscious soul. In that regard the revival of '90s grunge style is a real godsend.

Some of us who witnessed the glorious '90s may have seen firsthand the way artists inspired fashion most tremendously. Black was the color du jour; every artist, musician, rockstar was rocking black leather jackets that can safely be regarded as the closet staple! It became the epitome of cool for the masses. George Michael was the poster boy of the era with the swifty tassels of his leather biker jacket, finger gloves and gold jewelry that gleamed like the sun!

Oversized flannel shirts and blazers coexisted with 'barely there' crop tops as a cheeky nod to the decade's minimalist sensibilities. The Supers, aka the supermodels such as Cindy Crawford, Christy Turlington and others rocked black turtlenecks, faded boyfriend jeans and slicked back hair, embodying the height of chic. Gianni Versace, on the other

hand, reveled in the opulence of his Italian heritage, sending models on the runway in black leather bursting with the iconic gold Medusa motifs and oversized gold buttons that commanded attention everywhere! It was grunge at its most glamorous, most celebrated.

This juxtaposed, coexisting trend was so phenomenal that designers today are drawing inspiration from this era heavily and we all are here for it!

In 2020 how does one incorporate the styles of years past in a very modern wardrobe? The solution lies within the question itself — by adding elements of this trend!

A leather jacket made from eco-friendly material that will stay in your wardrobe for years is the beginning. You can dress it up with a white crop top, leather leggings, some gold

hoops and voila! It can also be thrown on top of a baby doll dress and sneakers for a low-key look.

A black slip dress with a flannel shirt tied around the waist worn with some silver bangles and ankle boots is casual grunge at its best. An oversized black blazer with flashy gold buttons worn with gold hoops and black stockings is luxe grunge done right a la Angelina Jolie. These are in one's wardrobe already that just needs clever styling. Keep makeup minimal with matte skin, muted, nude lips and hair tousled or slick and straight.

**By Sabrina N Bhuiyan**  
**Photo: Sazzad Ibne Sayed**  
**Model: Manoshi**  
**Makeup: Noyon Ahmad**  
**Styling: Sonia Yeasmin Isha**



#FOOD

# Baking with children

A good way to spend time with children indoors is to get them into the kitchen. Many parents reading this have arched an eyebrow by now, but baking with children does them more benefit than harm. Nevertheless, how would we ever know if we do not allow them to bake along with us?

There is no denying that letting your child cook at a young age poses some risks. However, by taking appropriate safety measures, this task can prove to be a fun and eventful one. Baking is a rather safer form of cooking, where the use of fire and knife are limited.

Baking with your child creates memorable family time. It instils good family values and an opportunity for parents to bond with their children. Children will eventually be more open to their parents rather than being reticent. Years from now, they will be able to cherish these valuable memories created in their very own kitchen.

Creating something from scratch by using raw ingredients, mixing them properly, giving them form and shape, and finally turning them into edible food



requires the contribution of time and effort. This will shape your child to be more patient and resilient.

Letting your child create something from scratch that later takes an edible form will aid to boost their confidence. Being able



to say they made it will surely add a feeling of esteem in your little one. By simply letting them assist you will add a sense of importance and belonging in them. Furthermore, this will implant good eating habits for those picky little eaters.

Baking also enhances several essential skills in a child. Mixing ingredients improves their coordination and motor skills, reading and understanding a recipe enhances comprehension skills, being able to follow instructions develops useful learning practices, and cooking together creates opportunity for teamwork. It lets them explore their creativity and imagination.

Apart from all these, baking from an early age may help them find a hidden talent. As your child develops a positive attitude and interest towards cooking and culinary arts, this may eventually turn into passion and a way of life in the future. After all, if we do not allow them the experience, how will they unleash the hidden chef within them?

Get your child involved in baking with you. Don't let the fear of creating a mess or any unprecedented mishap prevent you from crafting fond memories and developing valuable habits in their childhood.

**By Fariha Amber**  
**Model: Sufi Arshan Aziz**

#HEALTH &amp; FITNESS

# Ways to boost the immune system

The best way to boost our immune system is through our daily food intake. Some vitamins and minerals contain a plethora of immune boosting properties.

Vitamin C is one such great source and citrus fruits are a powerhouse of this vitamin. Good sources are orange, lemon, lime, strawberry, and red bell pepper.

Increasing our intake of vitamin E is another effective way to boost the immune system. Some common food sources are nuts, spinach, broccoli, tomato, kiwi, and mango.



Next in line of immune boosting components is vitamin A. Other than improving the functionality of our immune system, it is also known to aid in maintaining healthy vision and body growth. Vitamin A can be found plentiful in almost all food groups including poultry, dairy, fruits, and vegetables. Cheese, butter, sweet potato, carrot, lettuce, egg, and papaya are excellent options.



Vitamin D is another vital type of vitamin that amplifies the functionality of the body's immune system. The best source of vitamin D is exposure to direct sunlight for a specified time. However, if that is not possible, food such as oily fish, salmon, canned tuna, egg yolk, and mushroom prove as a source for vitamin D.

Last in our arsenal of immune boosting vitamins is vitamin B6. Not

only does this optimise one's immunity, but also allows the body to store and use energy received from food. Dairy products such as milk and cheese, fishes such as salmon and tuna, vegetables such as green peas and spinach, fruits including banana and avocado, and legumes like chickpea contain a bounty of vitamin B6.

While these five types of vitamins can enhance the immune system, there are a few minerals that make noteworthy contributions too.

Zinc is the number one mineral to perform this task and it can be found readily in almost all food groups. Red meat, legumes, seeds, nuts, whole grains, dairy food, and eggs all contain ample amounts of zinc.

Iron also plays an integral role in carrying oxygen throughout our body alongside boosting the immune system. Iron-rich food sources include meat, poultry, fish, legumes, nuts, seeds, and cruciferous vegetables.

Last in the list of immune boosters is a mineral called selenium, found in milk, yoghurt, eggs, chicken, oats, garlic, and lentils contain selenium in plenitude.

Eating a combination of food from the major food groups, while creating a colourful platter, will automatically boost the immune system and assist in maintaining a balanced diet.

**By Fariha Amber**  
**Photo: LS Archive/ Sazzad Ibne Sayed**



#FOOD



## One batter, many cakes

When it comes to baking a plain cake or pound cake, we all have our own favourite go-to recipe. This one is mine, which I came across years ago. This is a fool-proof, time-saving recipe, and so basic that it can be used to make countless numbers of treats and desserts.

You can use your choice of favourite toppings, fillings, chocolates, fruits,

So, bake a batch, serve it with tea or coffee and you will find yourself making this on a regular basis. Happy Baking Everyone!

### THE BATTER RECIPE

#### Ingredients

1½ cups flour  
½ cups corn flour  
3 eggs



creams, and frostings to make a wide range of desserts. And no one will ever know that you are using the same recipe over and over again.

Usually, I first place the eggs and sugar in a food processor and whisk till the sugar dissolves. Then I add the rest of the ingredients, blitz for a few seconds to mix everything, add a splash of water and the batter is ready to bake.

The cakes I'm sharing here are simple, easy and only require an extra ingredient or two and they taste completely different from one another. The pound cake is so delicious just on its own that it tastes good even while it's warm, and will be gone before it has time to cool down.

Brush a thin layer of simple sugar syrup on top to make it soft and moist. I personally prefer the crusty top. A bite of the warm crust and a sip of bitter sweet coffee help me to unwind, relax and simply make me happy.

1¼ cups sugar  
2 tsp baking powder  
A pinch of salt  
1 tsp vanilla essence  
½ cup oil  
½ cup water

#### Method

Place the eggs and sugar in a clean dry bowl and whisk till the eggs become creamy and the sugar has dissolved completely. Add the oil and vanilla essence and whisk till the oil has mixed with the eggs. Sift all the dry ingredients directly in to the bowl of eggs and oil mixture. You will want to first start mixing with a spatula, scraping down the sides as you fold in the flour. Then run the whisk for a few seconds to evenly mix the dry ingredients to the wet. At this point, the batter will be thick and sticky. Add the water and whisk just enough to make a smooth even batter. And now that we have our batter, let's start baking!

Pound cake and Victorian Sponge Cake—

Bake for 45 minutes to 1 hour at 180°C

Cupcakes —

Bake for 18-25 minutes at 180°C

**Tip:** The key to baking any soft fluffy cake is not to overwork the batter. Once you add the flour, whisking the batter more than necessary will make the cake dense and rubbery.

While making the Jello Cake Squares, make the instant jello according to the instructions on the packet. You will find that the instant jello sets pretty quickly while soaking the cakes. When you see that it's starting to solidify on the cake, just microwave the jello for 30-40 seconds and continue with the rest of the cake cubes.

Soak the cake cubes in jello or chocolate for a few seconds to let the cake absorb a decent layer. You might want to break the first piece and taste it to see how long you have to soak the cake. But be very careful, as hot jello and chocolate will break the cake and make



it soggy if left to soak for too long.

A simple sugar syrup is made by dissolving equal parts of sugar to equal parts of water. Brush syrup on top of the pound cake or between layers of cake to keep it moist.

The baking time at a certain given temperature varies from oven to oven, especially if it's an electric oven.

**By Nafisa Ahmed Sonali**  
**Photo and Food: Nafisa Ahmed Sonali**

## From the hilly cuisine

There is no shortage of variety when it comes to food in our country. Even Western dishes have managed to squeeze into the norm. A quick evidence of that can be found in the selections available on the everyday food delivery apps on our smartphones. But if you are someone who is not satisfied with what's on offer, and want to try something truly unique, why not give this dish from Chakma cuisine a try?

### STIR FRIED BEEF BAMBOO SHOOTS WITH LEMON BASIL LEAVES

#### Ingredients

500g boneless beef (cube cut)  
1 cinnamon stick (2" long)



5 green cardamom  
1 tsp whole black paper  
2 bay leaves  
Salt to taste  
3-4 cups water  
½ cup canola oil  
6-8 pcs fresh bamboo shoots (trimmed, sliced and boiled in plain water for 3 minutes and drained, or canned sliced bamboo shoots)  
1 cup chopped onion  
1 tbsp chopped ginger  
1 tbsp chopped garlic  
1 tsp turmeric powder  
1 tsp red chilli powder  
1 tbsp roasted cumin powder  
10-15 lemon basil leaves  
5 green chillies

#### Method

In a large pot, put beef, cinnamon stick, bay leaves, cardamoms, black paper, salt and water. Cook the meat on medium-low flame with lid on until the meat is tender. Heat oil in a frying pan on medium heat. Add onions, and sauté until they start to turn golden. Add ginger, garlic, and cook for 1 minute while constantly stirring. Add the cooked beef along with turmeric, red chilli powder, cumin powder and sauté for a few minutes with constant stirring until oil comes out. Then add sliced bamboo shoots, lemon basil leaves, green chillies and stir fry it for 2-3 minutes. Check and adjust the salt, and serve.

**Recipe and Photo:**  
**Chiangmi Talukder Lena**



# Diversity Campaign by FlexBiz

In its continuous effort to promote diversity and inclusive marketing, FlexBiz, an online platform that promotes start-ups, established businesses, and myriad endeavours and projects, recently held a 'diversity campaign'—a photoshoot—that included people of various genders, body types, and complexions.

The campaign was about embracing and celebrating gender inclusivity and social equality, where models came together from different professional backgrounds (such as doctors, bankers, etc.) to support the theme of empathy, collaboration and unity—hence a representation of implementing inclusive marketing as a strategy for a developing nation like Bangladesh.

Members of FlexBiz see the platform as an informative and effective networking hub for artists, entrepreneurs, and people from all occupations. It has become a close-knit community where members share their work and ideas, while forming connections with allies for potential career-building

opportunities. The platform has also provided free telemedicine and free legal aid services to the members throughout this ongoing pandemic.

FlexBiz also provides social help like facilitating for blood donation and access to mental health counselling. Philanthropists have found resources to help them organise research for charitable purposes.

Zainah Habib, the founder of FlexBiz, thanked and congratulated her co-partners in the platform, Chowdhury Sharaf Shams and Fahim Rahman, along with the group's moderators, on the success of the campaign.

She said, "At FlexBiz, we rejoice as a community, irrespective of one's gender, class, ethnicity, and age. And while we promote each endeavour, FlexBiz also strives to tackle social issues. Therefore, we hope to bring more of such unconventional projects in the future, because we aim to transcend beyond the stereotypical notions and taboos of society."

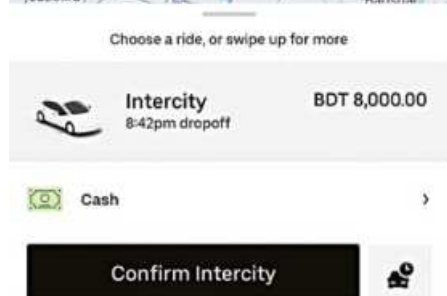


The wardrobe sponsors of the photoshoot were Luxe Lifestyle by Parsa Fatema Nabi Ismail, Broqué by Mahenaz

Chowdhury, The Brown Gentleman by Hussein Ahmed and Pink Stitches by Ramisa Hossain. The makeover sponsors were Sparkle by Lamia, Makeup Fusion by Anfisa, Makeover by Segufta, GlamBook by Kontho, Touch by Fatema, and Beautification & Education by Rukaiya Mosharof Suchona.

The jewellery sponsor was Anbaar's by Sumaya Sultana and the venue sponsor was Jomjomat Cafe by Chandana R Dewan (where a part of the campaign was held on 29 August). The versatile photographer Rean Rahman, also a TEDx motivational speaker, was behind the lens for the campaign.

Last but not the least, the models who participated in the photoshoot were Sarah Alam, Urmi Rahman Mishti, Debosrie Antara Roy Chowdhury, Prothom Mahzabeen, Ankita Islam, Rasna Masud, Jummi Saima, Arisa Enayet, As-aad Shehrin, Sumaiya Zaman Mim, Piya Nilanjona, Morshed Mishu, Hasan Marufi, Dr Samit Shariar, and Srabonti Srabon.



## Visit anywhere in Bangladesh with Uber Intercity

People are still in a need of safe mode of transportation as the risk of COVID-19 is looming large. Amid this situation one can travel anywhere in Bangladesh in accordance to one's need with Uber Intercity. All you have to do is download the Uber app, put your destination and request a ride. Confirm your ride and you are ready to go.

## How social media helps a young entrepreneur

Papri's Dream is an online catering service based in Dhaka. Nishat Tasmin, the founder, won the "Best Young Entrepreneur" award in 2019, organised by Homechef, a homemade food delivery company, for being the highest seller as a new entrepreneur.

"My mother and I have gone through so much financial struggle and we are grateful

that we have now progressed in our lives. Taking that leap of faith by starting up a Facebook Page featuring my mother's delicious home cooked meals had proven to be one of the best decisions we had ever made," said Nishat.

To order delectable deshi cuisine, find them on social media, <https://www.facebook.com/PaprisDream>

HOME CHEF SUPER WOMEN CARNIVAL

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## Infinix Note 7 now available in Bangladesh

For those who love taking pictures on smartphones, the new Infinix Note 7 is an ideal choice. The 48MP Quad Camera allows users to create ultra-high-resolution images under a diverse range of lighting conditions. Whether it is a beautiful sunset, a backlight street view, a selfie, or even highlights from a night out, the camera is able to take images with crystal-clear clarity and lifelike beauty.

The much-anticipated Infinix Note 7 series, comes in mesmerising Forest Green, Aether Black, and Bolivia Blue colour with reflective glass. It is priced at Tk 15,990.

For more information, please visit: [www.infinixmobility.com/bd](http://www.infinixmobility.com/bd). Follow them on social media — [www.facebook.com/InfinixBangladesh](https://www.facebook.com/InfinixBangladesh); [www.instagram.com/infinixbangladesh](https://www.instagram.com/infinixbangladesh)



## Aarong's biggest sale ever!

Until 3 October 2020, shoppers at Aarong can enjoy huge discounts across categories including

TAAGA and TAAGA MAN apparel and accessories at all their outlets, aarong.com and the Aarong app. For ensuring safe shopping, customers need to book a shopping timeslot at [aarong.com](http://aarong.com) before visiting the physical stores.

#TRIBUTE

# Remembering Mrs Niloufer Manzur

For those of us associated with Sunbeams School—students, staff and teachers— 18th August is a day to celebrate the birthday of a beloved gem that was our founder principal, beloved Mrs Niloufer Manzur. Over the years, we would forever think of her and our school's creation fondly on that day.



up and learn from. Puzzles that would help them learn numbers and objects to help them with counting, number blocks and Montessori materials such as a Pink Tower, Brown Stairs – all gave the children activities that made learning something they could look forward to eagerly and joyfully. They did artwork and music and dance lessons in this room too.

A true patriot, Niloufer Apa felt children should be made to know their motherland well. Apa made sure that we had many books and activities for that purpose. There were thus fairs where children would make beautiful objects and “sell” them! Pitha, tehari and other food items like rashogollah, muri chanachur and fuchka were available at a low price on days commemorating local festivals. She encouraged children to stage Bengali plays by Rabindranath and Nazrul.

We all got an unforgettable lesson in patriotism from Niloufer Apa when some years ago miscreants broke a Shahid Minar statue in Naryanganj. When she came to our Dhanmondi school soon after, she asked all students to gather in the spot where we had our assembly. She hoisted the flag then, and spoke to students about the importance of honouring the Bangladeshi flag. She explained to them how we got our flag at the cost of the deaths of millions of people and because of the sacrifice and bravery of thousands of freedom fighters.

I wish I could tell her, how we missed celebrating her birthday this August, and how we treasure our memories of her, and what she taught us all, and hope to follow her example as it will inspire all Sunbeamers forever.

**By Nazma Alam**  
**Photo: Star Archive**



Niloufer Apa, however, passed away on 26th May and so this year her birthday was another reminder of wealth that we as a community had lost to Corona virus so unexpectedly. All we did from May onwards was keep missing her inspirational presence; and her approaching birthday only accentuated our sadness and mingled with the other sad days of the month full of sorrow for all Bangladeshis.

Professionally as well as personally, it was always the finest of times for us whenever Mrs. Manzur was with us. She was a perfectionist in every way and got the best out of us, but even when she did not approve of the work we were

doing, she would guide us patiently. She appreciated quality work and innovative ideas at all times. Since Sunbeams opened its doors, she appeared to have envisioned developing a school that would be one of the best of its kind in Dhaka and she would make us perform accordingly.

I had been working in the school for a few decades when one day Mrs. Manzur told me that she wanted me to set up a Language Center for our Nursery and Playgroup students. Such a center she believed would help little children to have free access to things related to language acquisition. And so I set up the Language Centre— with a reading corner full of story books that the children could pick

**IMPROVED**

প্রতিটি  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে  
**মাদার  
আর এক  
নাম**

**Fast wash**  
DETERGENT  
POWDER

with color guard

১টি  
৫০ গ্রাম

টিব্বো ফ্রী  
লাভারী দেশ

**POWER WASH**

**KOHINOOR CHEMICAL**

আরো উন্নত ফর্মুলায়



**WISDOMTOOTH**

BY SANIA AIMAN  
 Sub-Editor, Lifestyle  
 The Daily Star



# Stress of the Zoom times

One of the programmes that suddenly came to light in the new normal is Zoom. Although just one of such platforms like Teams, Hangout, Skype, and even Discord, it has become synonymous to all these service providers letting people hold meetings with audio and video calling -- much like xerox was to photocopy, or in Bangladesh, Honda is to a motorbike.

But just as Zoom or online synchronised video meetings became the saviours of productivity and collaboration at many businesses, academic institutions, corporate houses and so on and so forth, it also revealed a highly potent, and often unexpected, stress point. The phenomena gained so much traction that social scientists have given it a name-- Zoom Fatigue.

Although it is a new subject, but thanks to the boosted use and larger -- a worldwide -- availability of observable subjects, Zoom fatigue can be described as a sense of boredom and detachment and a sense of overall tiredness which may or may not lead to reluctance and anxiety.

Interacting with people throughout the day and working on various things is a part of all of our lives. We have been living a certain way, and our brains and bodies have adapted to the environmental cues and stressors, responding in suitable ways. However, as humanity adapts to the newer version of normal life, with fewer in-person interactions replaced by more and more online ones, we miss out on a lot of the peripheral cues as well as support systems

that were built up over the long years. This new change can be seriously difficult for many people, especially introverts, and of course, children of various ages.

Even as the fact remains that those schools which have been able to launch online classes are few, and the children and teachers fortunate in a sense, there are a lot of challenges in adapting, and Zoom Fatigue is definitely not the least of them. Typical causes of this fatigue can be the sheer number of meetings that people sit through daily, the physical fatigue of sitting for long periods looking in the same direction, and being distracted by unrelated things happening in the proximal physical environment.

So how does this fatigue manifest? Typically, in bursts of reluctance and physical tiredness, and inability or severe disinclination towards work and scheduled meetings are obvious symptoms. For children or students who are taking online classes, signs of boredom, losing focus, being late repeatedly, not finishing/submitting work, not speaking up, etc. can all be tell-tale signs.

So what can be done about it? First and foremost, the issue needs to be acknowledged. As important as these online meetings are, and as relaxed as they may appear compared to hectic schedules of running to offices, colleges and schools etc, they do cause a certain type of fatigue, which has to be dealt with.

To help everyone cope with Zoom Fatigue a little bit better, a more human

touch needs to be added to the interactions mindfully. Genuinely ask and care about each other's wellbeing, especially if the attendees are your students.

Adults often have support networks we know to access, but children may struggle more with expressing these feelings, even simply from the lack of understanding the cause of the stress.

Adding a bit of levity, joy, or simply talking about something unrelated to lessons for a little while can help break the monotony and help to achieve better focus



for the rest of the lessons.

For more adult settings, consider if the targets can be achieved without the meeting. "This could have been an email" is something we have all muttered in our heads at some point in many a meeting-- ensure that this is not the case while scheduling your next one on Zoom.

Keeping each session as short as possible is another aspect, and creating a clear agenda, or in case of teaching, a lesson target for the day, is equally important.

Also, as in real life, the loudest mouths often drown out the other voices in Zoom meetings. While it is somewhat easier to draw attention in a physical environment, as teachers or supervisors it becomes more important to ensure participation by even the quieter members of the team, even if it is just to elicit a "hello" back, as it makes people feel seen and acknowledged. It is also possible to encourage participants to move a bit or stand up, slide the camera to a side-view position, turn off the camera for a short while, to help deal with the constant stress of being visible or looking at oneself.

But most importantly, understanding and kindness are key. To quote, we are not all working from home, we are in a crisis, trying to stay safe confined at home, and trying to work. Thinking that everybody has the same privileges is naive at best, and more likely just cruel. Not all homes have conducive environments, not every woman or man has the same support or responsibilities at home -- some have toddlers, some have ailing elders -- most have multiple roles and little to no help. And others have conditions which we may not be aware of.

If you are one of those that are lucky to have all the help in the world, think about those who don't, support more, judge less, and let everyone of us take each day of this crisis one day at a time, one breath in, one breath out.

**By Sania Aiman**  
**Model: Josh Allende Ahmad, Doibo Arav Ahmad**