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Food beyond realms

FEAST FOR THE FESTIVITIES P5 & C
RECIPES

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BREAST CANCER AWARENESS P10
IN CONVERSATION WITH PROF DR ANISUR RAHMAN

FOOD: SELINA PARVIN

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#PRESS RELEASE

Sohel Taj launches Inspire Fitness

The former State Minister for Home Affairs, Sohel Taj, launches his first ever gymnasium in the capital that goes by the name, Inspire Fitness by Sohel Taj. The inauguration took place on 9 October 2020, which was attended by the honourable State Minister, Ministry of Youth and Sports, Zahid Ahsan Russell.

The ceremony was further heightened by notable guests like lifestyle modifier Dr Jahangir Kabir, actor Arifin Shuvoo, former Miss World Bangladesh Jannatul Ferdous Oishee, and many more.

"The goal, through my small contribution in this arena, is to be a cog in the wheel of the next revolution — the health revolution!" said Sohel Taj.

And with that being said, Taj, with his group of professional trainers, is set to get the show on the road and bring in a lifestyle change.

Inspire Fitness offers you the highest quality, state of the art equipment with meticulous attention splurged on R & D. From variety of cardio, aerobics machines



to free weights (Olympic), everything is assembled according to American design and standard specification.

Members will be provided with separate locker rooms, further facilitated by shower and steam rooms. They will be given diet, nutrition and supplement planning along with individual personal and group training.

Dread to think about the pandemic situation? No worries, UV-c technology have got your back. Each interior AC blower equipped with UV-c system will make

sure that COVID-19 does not have your number. In addition, anti-COVID cleaning recommendations and guidelines will be strictly followed.

With all training protocols and nutrition guidelines supervised by the man of the hour, Sohel Taj himself, you will be going places. Each session would be so interactive allowing a three-way flow of information among Sohel Taj, the trainer, and yourself so that you can get the best out of everything.

"I would like to share my years of

experience and extensive knowledge in fitness, nutrition and a healthy lifestyle with others," Sohel Taj assured.

"A significant number of people passes away every year suffering non-communicable diseases which, however, could be prevented I believe. All we have to do is maintain a healthy food habit and do physical exercises. It is high time people should consider going to a gym as not a luxury" he added.

With separate ladies only hours from 10 AM to 1 PM, Saturday to Thursday, they would be guided with professional female trainers. Moreover, Sohel Taj has assured of setting an aerobic and yoga centre in motion soon.

Therefore, look no further and lay your hands on the optimal services and guidelines that Inspire Fitness has to offer in an exclusively reasonable fee. Work out like never before and be a part of this health revolution.

By Tahmid Azad Sohan



A new shower gel in the market

Ensuring personal hygiene is very important under the current circumstances, and many consumers have started using shower gels as it ensures hygiene. Keeping this in mind, Square Toiletries Limited has launched "Rain Shower - Bath and Shower Gel".

After a long hectic day, a refreshing bath is all you need to de-stress and relax. Thanks to its gel formulation, Rain Shower is easy to wash out and keeps the skin moisturised.

"Rain Shower — Bath and Shower Gel" is available in 250 ml pack at only Tk 260. It is currently available in various super shops, cosmetic stores and popular e-commerce sites including Priyoshop, Shajgoj, Daraj, etc.

Grand Finale of Samsung Oven Recipe Contest 2020

For the very first time, Fair Electronics organised Samsung Oven Recipe Contest sponsored by Samsung Smart Plaza. More than 100 contestants shared their recipes by tagging FEL-Samsung Facebook page in the last two months. Top 10 contestants were selected based on maximum likes, comments and the quality of recipes, photos, and videos.

On September 12, 2020 the grand finale was held at Fair Group's corporate office Banani, Dhaka. On that event Syed Rahat Hussan was announced the champion. Taslima Ahamed was declared the 1st runner up, 2nd runner up was Sadia Irin, and 3rd runner up was Anisa Akter Nupur.

The champion along with three runner ups respectively got Samsung Smart TV, Havells



Mixer grinder, gift hamper by Olitalia, Tong Garden and Secret Recipe.

Currently, Samsung microwave ovens are assembled at Fair Electronics Factory in Bangladesh. They are available in three categories — Solo, Grill and Convection at Samsung Smart Plaza and Samsung authorised online store: <https://estore.fdl.com.bd>

us on /Sandalina

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#PRESPECTIVE

An Autumnal Paean

Autumn has long been my favourite time of year. Astrologically I fall into its seasonal calendar, so there is in me a latent belief in this "pseudo-science" that astrology is dismissively termed as; nonetheless the changes in environment that autumn affects and ushers, all hugely different to the preceding seasons, combine to conspire and seduce with their copious charms.

Exquisitely lauded, in both Bangla and world Literature equally, John Keats's "season of mists and mellow fruitfulness" finds resounding echoes in Bangla literature and in the hearts of Bengal's general populace. In fact, both Bengalis, I am persuaded, have a decided penchant for this gracious season and must have commonalities that outstrip and outweigh religion or dogma and are inherently tied together by cultural and lingual similarities.

As a child growing up in Kolkata, the months of September/October or in Bangla, Ashwin, heralded the advent of Durga Puja. My earliest imbibing of the heady atmosphere that surrounded the most important puja of Bengal began with experiencing Mahalaya, seven days prior to the actual start to the puja itself. The neighbourhood radios would be on full blast, synchronised with the dawn chorus and Vedic slokas immemorial as time, with chanting of verses announcing the advent of "Ma Durga," her subsequent descent to the realm of mortals, her journey from Mount Kailash, the hallowed abode of her lord the god Shiva. The sonorous incantations sent goosebumps and prickles down my five-year-old spine and arms, and as my world slowly awakened, and I was taken for my morning ablutions, my head would be filled with an entire kaleidoscope of images of the goddess bearing down on her temporary home amongst us. The ten days of the actual puja itself were a whirlwind of experiences never savoured before as I was taken by

my family to visit neighbourhood "puja pandals" and dais after succeeding dais of the deity. The goddess Durga, beautifully crafted, gorgeously adorned, astride on her lion with the demon "MahaAshura" lying vanquished beneath! The highpoint of my every evening, was when "Aarti" was offered with ritual dancing. Earthenware bowls aflame with oil lamps or candles, wicks aglow, were held aloft in outstretched arms as figures danced and swayed to the music



of conches and beating drums. Whirling ever faster in abandon, heavy intoxicating fumes of Frankincense perfumed the air conveying to my precocious young self both a sense of divinity and eroticism, joy and ecstasy, a comingling of the terrestrial with the sublime.

Years later in Dhaka, as a young woman indulging in a spot of amateur astronomy, I would be on the hunt to espy an autumnal waxing Gibbous moon; that which is supposed to be suspended in the sky noticeable in the daytime, as autumn skies

without rain clouds are clearer and bluer than any other time of the year.

Thus, my convoluted memories lead to the actual crux of the matter. Autumn fills me with nostalgia. Nostalgia one has discovered is an ambiguous feeling, a mixed emotion, at best experienced occasionally. It is resonant of reminiscence. Too much and it is full of regret and rumination that don't serve much purpose. A happy medium would perhaps be to evoke all the memories roused, without falling prey to interminable longings for a season, all too short too briefly savoured, disappearing like quicksilver before winter's advent.

When I further stir the stewpot of autumnal memories, I recall the Dhaka of old, before it succumbed to becoming the clichéd concrete jungle of today! Arising early, it would fall to my lot to switch off our nightlights on the patio and lawn. Opening the front door, the cool freshness of the air would assault my senses and the blush pink of an early dawn would hold me in its thrall. There would be mist, wraithlike, hovering on the lake fronting our home, and the grass underfoot would be carpeted in dew.

The ambient morning, silent, surreptitious and pregnant with mystery. I, suspended between sleep and wakefulness and a desire to linger outdoors, to scamper and collect Shiuly/Shephali, Kamini and Togor from the branches of the trees or from the grass itself, quintessentially the floral offerings of Bengal. To be scooped up in both hands and placed indoors in bowls to delicately scent the air with their innocence and purity.

Another memory slips in insidiously — that of "going on a drive." A phrase forever evaporated from our terminology. Unthinkable today to drive through our insane megapolis with its cheek to jowl traffic and noxious fumes just for the sake of a joy ride. Yet once it was not so. We

loved piling into the car and speeding off leaving the city behind fairly quickly. Outside city limits, villages sloped off in opposite directions from the road, fields of paddy chequered green darkening in the gloam. Homesteads close to the road in clusters with common yards roughly cemented over. The perennial roosters hens and chickens pecking at grain, and invariably the wafting aroma of jaggery, molasses or "Gur" in the vernacular, being stirred in huge vats. Initially the smell of fermenting toddy quickly meshing into the mouth-watering treacly scent that we so loved combining with the smoke of wood-fired stoves on which they cooked. With the setting sun, autumn's multitudinous stars would light up the sky along with lanterns glimmering in distant hamlets. The incessant chirping of crickets would start and should we drive past a bamboo grove or thicket, we would be rewarded by the sight of ephemeral fireflies and glow-worms flitting through.

Sight, smell, sound, taste, touch, all contribute to complete our living experiences, each dependent on the other to bring us full circle to our entity, that which throbs pulsating and completes our lives. Autumn is to be experienced not as a tangible but more as an intuition, and a harbinger of things to come. A nebula in fact, ushering in longings and delights hidden untrammelled in some corner of our psyche.

In the words of Piet Mondrian, the Dutch painter, "Intuition enlightens and so links up with pure thought. They together become an intelligence which is not simply of the brain, which does not calculate, but feels and thinks."

Autumn makes me both think and feel like no other season.

By Lita Samad

Photo: LS Archive/ Sazzad Ibne Sayed
Lita Samad has occasionally contributed to *The Daily Star* and is a published poet with an anthology of "Thirty Poems."

Ilish fiesta

It was already cloudy when we started early in the morning for a launch ride over the mighty Padma. The unpredictable weather was an impending threat, and our only concern was whether a Kalboishakhi will brew out of nowhere and throw a damper on our day out.

It was some 18 odd years ago, but I still remember my excitement. Unlike most of my fellow passengers on the launch that day, I loved rough waters and gripping boat rides on them; it gave me a total exhilarating freedom that come what may, either I live or I drown, I would savour the moment.

I have gone for such rides in the Bay of Bengal too, but those are stories for another day.

For now, I will cut short the bumpy, rough waves and heavy current of Padma in the month of Baishakh and take you straight through the confluence of canals and small rivers, to the safety of the Ichamati River where, after our exciting



ride, we had our lunch on small dinghy boats.

Needless to say, lunch was fresh hilsa or ilish in Bengali, fried in mustard oil, and piping steamed rice. That was surreal for city folk like me, and till date, my best ilish experience.

We Bengalis love our ilish to the point



of worshipping. My trusted fishmonger of some 24 years is always selling me the best catch at the best price; at least that is what he believes and I, at times, beg to differ. He did prove me wrong and gave me two pairs of big, fat ilish recently. I was over the moon and instantly decided to share my good fortune with my girlfriends and asked just two of them (for reasons of social distancing) over to lunch, and for the first time, tried my hand at making my first ilish polao.

I know it's odd that I have never tried to cook ilish polao till date, thinking it was very difficult, a dish with elaborate procedure, and that only mothers could cook it best. Anyway, I called mum and took her recipe and followed it to the tee for once, and voila!

The ilish polao was good, and certified

by my friend who is very hard to please, and a harsh critic when it comes to our traditional Bengali dishes.

Ilish is an oily fish stuffed with omega-3 goodies and there are some 50 odd ways to cook the fish, according to Wikipedia. However, there are a few ilish preparations that are very popular in our country; ilish paturi for one — where the fish steak is rubbed only in mustard oil and a hint of turmeric and chilli powder, and mixed in onions and slit green chilli and baked or steamed in young banana leaves. Besides the curry sauces prepared with mustard seed paste, curd, or eggplant are all out of this world.

By the way, ilish roe is also popular as a side dish. At Mawa Ghat, you would also find a unique bhorta of the fish head and gills — nothing of the fish is left out.



In many Bengali Hindu families, a pair of ilish fishes are bought on auspicious days, for example, for special prayers or puja days like for the Hindu Goddess Durga, without which the Puja is sometimes thought to be incomplete. Thanks to stringent measures taken by the government, the supply of hilsa in the market has been overflowing, allowing the once expensive fish to be well within people's reach.

So, during this puja, let us celebrate our Bengali heritage with our national love, the ilish, and at the same time, saying no to catching the young ilish or the jatkas and giving them time to mature.

— RBR

Photo: LS Archive/ Sazzad Ibne Sayed

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Ask your friends for assistance. Arrange your thoughts. Take precautions while traveling. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Discuss your future plans. Avoid situations that can hamper your reputation. Channel your energy into physical work. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Think twice before entering a costly venture. Control your temper. Avoid making promises. Your lucky day this week will be Friday.



CANCER (JUN. 22-JUL. 22)

Only take on what you can handle. Avoid spending on luxuries. Restrictions can prove to be difficult. Your lucky day this week will be Sunday.



LEO (JUL. 23-AUG. 22)

Enlist co-workers to finish pending projects. Help those less fortunate. Your feelings will be all over the place. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Your partner can get on your nerves. Don't let situations get out of hand. Don't overextend yourself. Your lucky day this week will be Wednesday.



LIBRA (SEP. 24-OCT. 23)

Get involved in groups. Your boss can be pushy. Business trips will be productive. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Make money on creative ventures. Use your charm to get your own way. Consider all options before deciding. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Make changes at home. Find work to take care of excess energy. Communication will be your best bet. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

You will make new friends this week. Abrupt changes at work are likely. Avoid getting into other people's problems. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Find time for friends. Self-improvement could bring amazing results. Stand by your partner. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MAR. 20)

Observe more and meddle less. Put all your cards on the table. Career changes will be favourable. Your lucky day this week will be Saturday.

FOOD
PANCHALI DUTTA



Amazing dishes to celebrate durga puja

CHOLAR POLAO

Ingredients

For yakhni —

- 1 tbsp gram dal (cholar dal)
- 1 piece ginger (semi crushed)
- 1 tsp black pepper
- ½ tsp clove
- 1 tsp whole cumin
- 1 piece black cardamom
- 2 bay leaves
- 1 piece cinnamon
- 1 tsp fennel seeds



2 whole red chillies (wrapped in a soft cloth)

For polao —

- 1½ cup basmati rice (washed and strained; set aside for 1 hr)
- 1 cup gram dal (cholar dal; soaked in water for 2 hrs)
- 2 pieces whole green cardamom
- 1 black cardamom
- 1 cinnamon stick
- 1 tej pata
- 1 tsp cumin powder
- 1 tsp coriander powder
- 2 tsp turmeric powder
- 1 tsp chilli powder
- 1 tsp whole jeera



- 5-6 green chillies
- 1 tsp garam masala powder
- Sugar, as per taste
- Salt, as per taste
- 1 tbsp ghee
- Mustard oil, as required

Method

For yakhni —

Heat all ingredients with 6 cups of water. When water reduces to 2½ cups, switch off the gas.

For polao —

In a frying pan, add mustard oil and a little ghee. Now add bay leaves, cardamoms, cinnamon and whole cumin. When it starts to splutter, add rice and dal. Add salt, cumin powder, coriander powder, turmeric powder, chilli powder and stir. When aroma is released, add yakhni water (after straining).

Add yakhni water and plain water, a total of 5 cups, as the quantity of rice and gram dal is 2½ cup. You need to use just double the water.

Now boil for a while. Add chillies and sugar. Seal the lid with flour dough. Reduce the heat to minimum. And let simmer for 15 minutes on 'dum.' Sprinkle garam masala powder and ghee. Close the lid and keep aside for 5 min. It's now ready to serve.



STUFFED TELAPIA MASALA

Ingredients

- 10 pieces tilapia fish (slit carefully from shoulder to lower part for stuffing)
- 1 small bowl mustard paste
- 2 tbsp red chilli paste
- 1 medium bowl chopped onions
- 2 tbsp ginger paste
- 1 tsp turmeric powder
- 1 tsp red chilli powder
- 10 pcs eggplant (cut into long size)
- 2 tsp raw turmeric paste
- 2 tsp flour
- 3-4 tbsp tomato paste
- Salt, to taste
- Mustard oil, as required

Method

Marinate the fish with turmeric powder and salt. In a bowl, mix chopped onions, chilli paste, mustard paste, salt, ginger paste, turmeric paste. Use your hand for good mixing.

Now rub this mixture into the fish. Mix flour with water for batter. Coat this with fish and deep fry the pieces. Keep aside. Fry the eggplant and shift to a bowl. Now put oil in frying pan, add chopped onions

(2 tablespoons), ginger paste (1 teaspoon) turmeric powder (1 teaspoon), red chilli powder, and tomato paste.

Fry them in oil. Add water. When the water starts to boil, add eggplant and fish. Let boil for a few minutes and switch off the gas. There will be very little gravy in the curry. Serve with steamed rice.

RABRI CHOSHI

Ingredients

- 3 litres milk
- Choshi (you can get it in the market, but if you want to make it at home, boil water in a frying pan; pour rice powder into the boiling water. Stir continuously. Switch off the gas. Knead well and make a semi soft dough. From the dough, make choshi into basmati rice shape)
- Nolen gur, as per taste
- 3-4 tsp sugar
- 1 bay leaf

Method

Boil milk and thicken it. After that you will find malai is forming on top. Collect the malai with a spatula and place it on the side of the frying pan to condense. Repeat this process so that you can collect more rabri.

Now using your hand, collect the malai and keep it in a bowl. To the rest of the milk, add bay leaf, put in the choshi, and boil and add sugar. When choshi becomes soft, switch off the gas.

Add the nolen gur to the choshi, switch on the gas, and stir for a while. Now stop cooking and add the rabri. Cool it and serve.

You can cut up large pieces of rabri into smaller ones to give it a better taste.

Photo Courtesy: Panchali Dutta

#FOOD

Recipes to celebrate the festive season

LAAL MIRCHA CHICKEN

Ingredients

- 1 kg chicken
- 2 tbsp onion paste
- 1 tsp ginger paste
- 2 tsp garlic paste
- ½ tsp turmeric powder
- 1 tsp chilli powder
- 2 tsp Kashmiri chilli powder
- 3 dried red chillies
- 1 cup chopped tomatoes
- ½ tsp garam masala powder
- 10-12 cashew nuts
- 4 tbsp white oil
- Salt to taste

Method

Marinate chicken with all the spices. Heat oil in a pan. Fry cashew nut, dried red chillies and keep aside. Now put chicken, stir and cover. Cook over low heat. Add salt, stir occasionally. When the oil separates, add hot water and cook for some time. Remove from heat. Garnish



with fried cashew nuts and dried red chillies. Serve hot.

CHICKEN HONEY KABAB

Ingredients

- 500g boneless chicken
- 3 tbsp soy sauce
- 1/3 cup honey
- 2 cloves garlic
- 1 tbsp black pepper powder
- 4 small onions
- 2 red bell peppers

- 1 tsp butter
- 3 tbsp white oil

Method

Slice onions and bell pepper. Mix oil, soy sauce, black pepper and garlic in a mixer. Marinate chicken with half of this paste, sliced onions and bell pepper for 3-4 hours. Place chicken pieces, bell pepper and onion in a skewer and grill.

LABANGO LATIKA

Ingredients

- 250g flour
- ½ tsp baking soda
- 4 tsp white oil
- Oil for frying
- For filling —
- 100g mawa
- 6 tbsp grated coconut
- 6 tbsp sugar
- ½ tsp cardamom powder
- For syrup —
- 1½ cup sugar (extra 1 cup)
- 2 tbsp lime juice

- 14-15 clove

Method

Mix mawa, coconut and sugar together. Heat pan, pour the mixture and cook over low heat. Stir nicely and when it becomes sticky, remove from heat, add cardamom powder.

Make syrup in two separate bowls. Boil 1 cup sugar and 1 cup water in a pan. Add lime juice. Make a thin syrup. In another pan, boil 1½ sugar and ¾ cup water with lime juice to make a thick syrup.

Mix flour, baking soda and oil nicely. Add water and make a dough. Take small portions at a time and roll it, place filling at the centre and cover it from four sides. Close with a clove. Fry. Dip in thin syrup first and then in the thick syrup. Remove from syrup after some time.

By Sharmila Basu Thakur

Photo Courtesy: Sharmila Basu Thakur



DESHI MIX
BY SALINA PARVIN



A menu for PUJA festivities

Durga, whose victory over Mahishasur symbolises victory of good over evil, will come and cleanse the earth of all sins; wipe out the tears of the less-fortunate and bring joy and happiness in the lives of all. What it also brings is a variety of mouth-watering dishes — sweet and sour, veg and non-veg, prepared throughout the ten days leading to Bijayadashami.

BHOGER KHICHURI
'Bhoger khichuri' is a traditional Bengali recipe that is prepared for the goddess Durga. After worshipping Durga, this dish is distributed as 'proshad.' This vegetarian bhog has no onions or garlic, but a lot of special spices and vegetables.

- Ingredients**
2 cup aromatic rice
2 cup moong dal
4 tbsp ghee
1-inch cinnamon
2 green cardamom
4 cloves
2 bay leaves
½ tsp cumin seeds
1-inch grated ginger
½ tsp turmeric powder
12 tsp red chilli powder
1 pinch asafoetida
2 small tomatoes, chopped
2 green chillies, chopped
2 cups of chopped mix vegetables like cauliflower, peas, potatoes and carrots
½ tsp sugar
Salt to taste
Water, as required

Method

Rinse and soak rice in water for 30 minutes. In a pan, slow roast the moong dal till the lentils turn light golden and aromatic. Keep on stirring to get uniform roasting and browning. When the lentils cool, rinse them in water. Sprinkle some water and keep aside.

Heat ghee in a pan. Fry the whole spices till they become aromatic. Add grated ginger and sauté for 5-6 seconds. Add turmeric, red chilli powder and asafoetida and sauté for 2-3 seconds. Then add the tomatoes and green chillies and cook until soft.

Add the mixed vegetables. Stir and sauté for a minute. Add the roasted moong dal, strained rice, and stir well. Pour water, salt and sugar. Stir and cook for 10 minutes with the lid on. Add green chillies. Stir again and cook on very low heat for another 10 minutes. When it is done, remove from heat. Sprinkle some ghee on top. Serve hot with begun bhaja or aloo bhaja.

LABRA

Labra is a mixed vegetable dish prepared throughout the year, mainly for consumption during breakfast, with rooti, paratha or luchi. Sometimes it is eaten with plain rice. All sorts of vegetables are used in labra, but the essential ones are pumpkin and aubergines. No onions or garlic are used as this is a puja dish.

- Ingredients**
1 slice of pumpkin
2 aubergines
1 green papaya
3-4 pointed gourds
2 ridge gourds
1 radish
1 small cauliflower
1 carrot
½ tsp turmeric powder
½ tsp cumin paste
½ tsp coriander paste
2 bay leaves
3 whole red chillies
1 tsp paanch phoron (five spice)
2 tbsp ghee
Salt and sugar to taste

Method

Cut all the vegetables into cubes. Heat 2 tablespoons of ghee in a pan. Put bay leaves and red chilli in it. As it starts releasing flavour, add all vegetables and spices except the paanch phoron. Mix thoroughly and cook on low heat with the lid on.

When the gravy is reduced and the vegetables are done, remove pan from the oven and keep aside for next stage. Now heat the remaining ghee in another pan and add paanch phoron and whole red chilli to it. When the spices start to sizzle, put all the pre-cooked 'labra' in it. Mix well and cook for another 2 minutes.

Labra is ready to serve.

CHOLAR DAL BHUNA

- Ingredients**
1 cup split Bengal gram, soaked
½ tsp turmeric powder
¼ cup fresh coconut, cut into ½ inch thick slices
3-4 cloves
1-inch cinnamon stick
2 black cardamoms
½ tsp cumin seeds
3 dried red chillies, broken
2-3 green chillies, roughly chopped
1 tsp ginger paste
1 tbsp ghee
Salt and sugar to taste

Method

Heat 4 cups of water in a deep non-stick pan. Add Bengal gram, turmeric powder and salt, cover and cook till the dal is cooked. Keep aside.

Heat ghee in another pan, add coconut slices and fry till golden. Drain on absorbent paper. Add cinnamon, black cardamom, green chillies to the ghee remaining in the pan. Sauté and add ginger paste. Mix it properly and fry for one minute. Add cooked dal, cover and cook for 10-12 minutes or till the dal thickens. Add half of the fried coconut slices and mix well. Transfer into a serving bowl, garnish with remaining coconut slices and serve hot.



PURI

- Ingredients**
2 cups wheat flour
1 tbsp ghee
½ cup water
Salt to taste

Method

In a bowl, add flour, salt and ghee. Mix together and add water. Prepare dough by kneading properly. Make small balls out of the dough and sprinkle with wheat flour. Roll out the puris from these balls. Heat sufficient



quantity of oil in a pan. Deep fry the puris till they become light brown. Puris are ready to serve.

POSTOR BORA (POPPY SEEDS PAKORA)

- Ingredients**
½ cup poppy seeds
2 tbsp poppy seeds, for coating
2 tsp chopped onions
3-4 green chillies, finely chopped
3 tbsp grated coconut
2-3 tbsp rice flour
½ tsp ginger garlic paste
Salt to taste
Mustard oil for frying
½ cup warm water to soak poppy seeds

Method

Soak poppy seeds in water for half an hour. Drain the excess water with the help of a strainer and transfer it into the jar of a grinder. Grind the poppy seeds to a smooth paste. Add very little water, if required. Transfer the paste into a bowl. Add chopped onions, green chillies, coconut, salt ginger-garlic paste and rice flour one by one. Mix all the ingredients.

Take a small portion of the mixture in your hand and make a flat patty. Put the patty on the poppy seeds to make a coat. Repeat the same process. Heat oil in a pan. Fry the patty on medium flame till golden brown. Serve hot.

ALU-CHHANAR DALNA

- Ingredients**
1 litre milk
2 tsp vinegar
250g potatoes
1 tsp ginger paste

- ½ tsp turmeric powder
1 tsp red chilli powder
½ tsp cumin powder
½ tsp coriander powder
2 bay leaves
2 cardamoms
2 pcs cinnamon
4-5 green chillies
Salt and sugar to taste
3 tbsp ghee

Method

Bring milk to a boil and add vinegar to curdle it. When the curd starts to separate from the water, use a clean piece of cloth to filter out the water. Tie the cloth with the curd inside it and hang so that the water drains out easily. After sometime, the curd will form a solid block inside the cloth, making chhana. Cut the chhana into cubes, fry them until golden brown. Keep aside for next stage. Peel and cut the potatoes into cubes. Fry the potatoes until brown and keep aside.

Heat ghee in a pan and add bay leaves to it. Add all the spices and little water. Fry the spices until ghee comes out. Add the fried potatoes, salt and sugar. Mix well and add 1 cup water. Cook for 5 minutes in medium heat. Add the fried chhana and green chillies. Cook on low heat for 5 minutes more. Remove from heat and serve.

TIL BEGUNI (EGGPLANT SESAME SEEDS)

- Ingredients**
2 long slender eggplant, thinly sliced
½ cup gram flour
2 tbsp rice flour
1 tsp red chilli powder
½ tsp turmeric powder
2 tbsp sesame seeds
Salt to taste
Oil for deep fry

Method

In a bowl, mix gram flour, rice flour, red chilli powder, turmeric powder and salt. Add a little water to make a thick batter. Heat oil in a pan. Dip eggplant slices into the batter to coat, sprinkle with sesame seeds on each side. Deep fry in very hot oil until crisp and golden brown. Drain on a kitchen towel. Serve hot.

TIL MAWA LADDUO

- Ingredients**
1 cup sesame seed
1 cup mawa
1 cup powdered sugar
¼ cup chopped mixed nuts
2 tbsp ghee

Method

In a pan, dry roast the sesame seeds until slightly brown. Remove them on a plate and let them cool. Grind in a blender to make a coarse powder. Heat ghee in a pan, add mawa, and cook for 4-5 minutes. Remove from heat and allow it to cool.

FROM CENTRE

A menu for puja festivities

Add sugar, powdered sesame seeds, chopped nuts in it and mix well. Grease your palms with ghee and take a small portion of the mixture and shape them into round laddoos. Store in airtight container for up to 10 days.

BUNDIYAR PAYESH

Ingredients

250g bundiya

1 litre milk

¼ cup powder milk

2 tbsp sugar

1 tbsp chopped almond

Method

Boil milk on low flame. Keep stirring for 20 minutes. Add powder milk and mix properly. Add sugar and mix well until sugar dissolves completely. Add the bundiya and boil for 2-3 minutes. Remove from heat. Garnish with the nuts. Serve hot or chilled.

NARIKEL ER NARU (COCONUT LADDOO)

Ingredients

4 cups fresh grated coconut

2 cups grated jaggery

1 tsp ghee for greasing palms

Method

In a heavy pan, add fresh grated coconut. Cook on low flame. Stirring often, roast the coconut for few minutes. The roasting is just to get rid of some moisture from the coconut.

Add jaggery and mix it very well with the coconut. Stirring non-stop, cook the jaggery mixture about 5-6 minutes. The jaggery will melt and mixture will slightly thicken.

To test, take a small portion and let it cool down a bit. Then try to form a tiny laddoo with it. If the mixture can be easily shaped into a tiny ball, the laddoo mixture is ready.

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LIFE AS IT IS

WARA KARIM

Writer, painter, gardener, content creator
Website: <http://www.scratchingout.com>



I asked Bengali-speaking female friends and acquaintances from Bangladesh and India what they understand by the word 'freedom.'

When asked what it means to her, Ranita Ghosh Chakrabarti, an Indian American pursuing higher education, said, "To me, freedom is my ability to make my life's decisions by myself. Although I will welcome suggestions and advice from family and friends, I should be able to make my own decisions without hesitation or regret. I should be the driver of my own car."

Angira Nandi, who works for a Business



Processing Outsourcing company in Kolkata, India, believes that financial independence is what makes a woman free. "But when her very right to safety is at stake, how can a woman really be financially independent?" she said.

"When the length of my clothes will not determine my character, when I will not be denied the life of my choice, and when I will be able to walk out in the dark feeling safe, I will be 'free,'" Nandi said.

Nadia Ahmed is a fourth-year university student of economics in Chattogram. When asked what freedom means to her, she said, "Freedom, to me, means safety."

"I feel unsafe to go outside, even with my mother. The men are sparing no one. Your age does not matter, your clothes do not matter, you could be an infant or an 80-year-old woman and still get raped," she said.

To feel safe inside and outside of one's home is a basic human right. But millions of women across the world are denied this basic right to safety every day.

Dr Haseen Cherry, a British Bangladeshi microbiologist, said, "To me, freedom means the ability to have control over my mind and body, and to live life on my own terms."

Several factors influenced Dr Cherry's decision to settle abroad upon completion of her doctoral degree. One of the important factors was freedom to be out and about without the fear of being sexually harassed or assaulted.

"I feel safer and more respected here," she said.

Farhana Nizam, a Bangladeshi Australian ICT business analyst living and working in Sydney, said, "I have to look over my

In a quest for freedom



shoulder even here in Sydney, but as a woman, I believe that my life here is 1,000 times safer and better than it would have been in Dhaka."

If Bangladesh cannot guarantee its women their safety and security, "brain drain" can never be changed to "wisdom gain." Bright, young women will leave Bangladesh for work and higher education, never to return.

OUR BOYS AND MEN

We cannot stress enough the importance of teaching boys to respect girls and women from a very early age. If you are a father, watch your words when you talk to your wife. The way you treat your wife and other female members of your family gives cues to your sons about how they should treat women.

Today, children as young as 10 or even younger are exposed to sexually explicit materials, hardcore materials that degrade women and teach boys that women can be violently and disrespectfully treated. If you are a parent of a teenage son, consider it your responsibility to teach your child about intimacy, consent, and why pornography should be off-limits.

LAW AND ORDER

Law and order must exist in a society for it to function properly and peacefully. People who break the law must be brought to justice. A culture of impunity emboldens the existing lawbreakers and creates new ones.

In the societies of South Asia, however, we often do not understand the severity of sexual offenses. Many women simply accept sexual harassment as part and parcel of being a woman.

Here in the US, the Department of Justice makes public the information about convicted sexual offenders, so that the general people may know about the presence of such offenders in their communities.

The name, photo, address, nature of sexual offense, etc. of every sex offender in the US is "public information." On the Department of Justice's National Sex Offender Public Website www.nsopw.gov, by simply typing-in one's zip code, one can

obtain a list of all the sex offenders in their area. This is how seriously sex crimes are treated.

TASTE OF FREEDOM

I first tasted freedom in the summer of 2005. The memories are vivid to this day and they will always be. I was at a liberal arts college in Pennsylvania on a youth leadership programme sponsored by the US Department of State. It was the first time I travelled anywhere without my family and that too, half a world away.

I did start leaving home alone for work and shopping after a certain age. But now when I visit Dhaka, I am not allowed to go out alone. The law and order situation had now gotten worse. Now when I visit my home city, I feel trapped and imprisoned.

I do not mind admitting that Bangladesh never gave me the sense of security that America has given me. I never forgot my first taste of freedom — just to be able to walk alone from the computer lab to my dormitory at 1 AM in the morning. It was just a walk, yet it was astonishingly liberating. I looked up to the skies, took deep breaths, and smiled.

The whole experience eventually led me to returning to the US to pursue higher education. Eventually, I chose to live in the USA and call it home.

America is a huge country and is certainly not a "safe haven" for all its women, for violent crimes take place here every day, especially in metro areas with large population, low income, and low high school graduation rates.

After having lived here for 12 years, I can say that this country is safe enough for a woman like me to travel alone and also, to live alone at home. When I go out, strangers do not stare at me shamelessly and check me out non-stop; they do not make unwanted advances or speak disrespectfully. I also know that if I ever feel threatened, I can always dial 9-1-1; help will arrive wherever I am.

By Wara Karim

Photo: Star

Names of two of the interviewees have been changed to protect their identity.

#SOCIAL ISSUES

Understanding the dynamics of rape

When we say "I know rape is wrong. Rapists do not. They need to be punished," we are in actuality failing to recognise the fact that we as a society breed rapists, and we as a society are responsible to not only punish rapists, but to prevent rape in the first place.

A study by the UNDP showed that most rapists, when asked why they committed the crime in the first place, said that they thought it was their right. When asked the question why do you think rape is wrong, many of us reply with, "It takes away a girl's honour, or it is disrespectful, and the victim will never get married," etc.

All of these reasons are wrong because they are simply satisfying the whims of a society that believes a girl needs to be a "virgin," to be pure, to be untouched and unseen, to have respect, honour, rights and happiness.

All these reasons allow the society to shun the rape survivor and her



family because these reasons allow the misconception that a rape survivor is not respectable, for they have already been disrespected, a rape survivor is not honourable for their honour have already been taken away, and rape survivor cannot be married for they are no longer a virgin.

These portray rape to have a more lethal effect on the survivor's society, community and family than the survivors themselves, which is why rape is so widely used as a war and political tool. This brings me to my next point: Rape is not about sexual desire, and it does not root from power and violence only.

Rape is not a matter of sex, power, and violence. Rape is a symptom of a larger social problem that stems from imbalances in class, power, gender, religious and political identities, and the reason why rape is so prominent and thriving in our society is because our solutions and responses to the problem are derived from the same power structure that rape is a manifestation of.

We are trying to weaken rape by strengthening its roots.

When we say "It is illegal and that is why it is wrong," and "Rapists must be punished more severely," we create a disparity of power. When we bring religion in, we create religious disparity, when we say girls should "cover up more," "not go out after dark," and "boys will be boys," we create gender disparities and so on. Therefore,



it matters why we think rape is wrong, because that shapes how we analyse the causes of rape and then try to tackle the crime.

When we use power, gender, politics, and morals to justify why rape is wrong, we snatch away any autonomy of the victim. We not only snatch away the victim's rights to justice, but the victim's right to determine for themselves that they have been wronged.

This is why marital rape is a norm in the Indian Subcontinent; because once a girl is married, religion and law are used as an excuse to justify rape and normalise it.

Rape is wrong because RAPE USES THE VICTIM'S BODY AGAINST THEMSELVES TO VIOLATE THEIR BODILY INTEGRITY AND AUTONOMY.

It is a conventional belief that rapists have mutated into who they are because of abusive childhood experiences. When a child's first sexual experience, or love of any form is expressed as power and violence, that child grows up to tie the two together. Therefore, to the child, sex become rape and rape become sex.

When a child grows up in a home with domestic violence, their first exposure to love, their parents, is often of one of the parents using violence and power over the other to relieve stress or any other form of tension. The child starts to normalise it.

Rape is also used as a weapon against an individual or community for revenge, punishment, or aggression. This is why rape is so prominent in wars and any other form of disparities. There are numerous cases where people were sexually assaulted to humiliate or dominate or inflict pain and injury, either directly on the victim and their family, or to disgrace one gender as a whole. An example would be the constant sexual assault faced by the transgender community.

There are also numerous

misconceptions about what causes rape. Many believe not wearing a veil, getting married late, swearing western clothing, etc. causes rape, because men do not have control over their sexual desires. The only reason this notion exists is because male sexual desire has been normalised compared to female sexual desire where in they are the same, as scientifically proven.

It goes without saying that if a woman can control herself her entire life, a man can also control his sexual urge. Laws and necessary precautions all exist in our country, but they fail to tackle rape because of the social ignorance and stigma that surrounds our people.

Rape cases are rarely reported, and when they are reported, people do not know how to react because the topic of sex remain to be a taboo in our society. People do not know who to blame because they do not know the causes for rape, people do not know what to do because they do not know why rape is wrong. Many families do not report rape cases because they think they will lose their honour, respect and their daughter will never be able to get married. And we are to blame for that mindset.

Therefore, rapists must not only be penalised, but our society as a whole need to be educated about consent and sex. We need to hold awareness campaigns to not only teach girls how to stay safe but to teach society why rape is wrong. We must make a societal effort to shun rapists and other sexual predators.

We must show that the women of this country have a voice without fear, for they have an entire nation backing them up. Tackling rape in not only the responsibility of the law and justice system, but a societal effort, a systematic change and an educational revolution.

By Disha Tananze Ekram
Photo: Star

FROM PAGE 8

A menu for puja festivities

Switch off the flame and let this mixture cool down completely. Spread a bit of ghee in your palms and make the laddoos. Store them in an airtight container or serve.

PRANHARA SHONDESH

Ingredients

3 litres full cream milk

1 tbsp lemon juice

¼ cup malai/doodher shor (fresh cream)

250g mawa

300g sugar

Method

Boil milk in a deep bottom vessel until reduced to half. Mix lemon juice with 1 cup of water and add it to the milk. Cover the vessel with a lid and switch off the flame. The milk will curdle by then and water will separate.

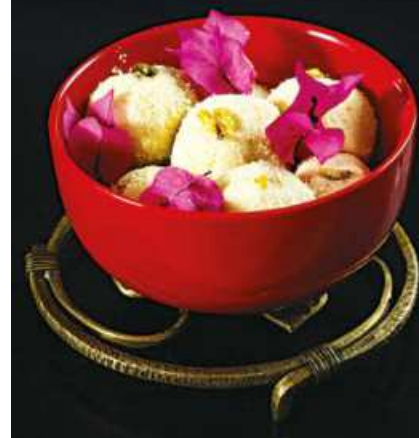
Strain the water and put the curdle milk over cheesecloth and tie all the ends of the cloth. Place the chhana with cheesecloth over a flat surface and put some weight over it to remove as much moisture as possible.

Now take cream over a pan and cook it over low heat to reduce this. Knead the chhana using your fingers. Take half portion of the chhana with sugar and cook it over low heat. Get the mixture completely cooled. Now knead the cooked chhana along with uncooked chhana and reduced cream to make a smooth dough. Make small balls out of the dough. Coat them with grated mawa and serve.

Photo: Shahrear Kabir Heemel

Food: Selina Parvin

Food Styling: RBR



Close to the breast: Discussing breast cancer with Prof Dr Anisur Rahman

It is ironic that feminine sexuality and bodies are objectified and used to sell products at every level of marketing, but it remains a social taboo to talk about the same bodies in terms of medical and social awareness. Which is why breast cancer is one of the leading causes of morbidity and mortality in females all over the world, and in Bangladesh too.

October is marked as Breast Cancer Awareness Month globally every year. Then what better time than now to talk to an expert in this field? We spoke to Prof Dr Anisur Rahman of United Hospital, to answer many questions which many of us would not ask otherwise. The respected doctor has more than three decades of experience in General and Laparoscopic surgery, and is a pioneer in breast cancer surgeries and treatment.

The first issue that Dr Anis clarifies is that contrary to general notions, breast diseases and especially breast cancer is not a gynaecological problem, and rather fall under the General Surgeon's expertise. Also, as most women feel more comfortable seeking female/gynae doctors for anything related to discomfort in the breast, many things go undetected for longer because the issue takes time to reach the right kind of specialist. For this, he adds, people should consider consulting a doctor depending on their specialty, not just gender, as all doctors are supposed to treat their patients in the same respectful manner.

Moreover, he says that as a society, we need to break the taboo of talking about breast diseases. Women do not feel comfortable in talking about these, and men like the husbands, brothers and such are not comfortable listening either. And this issue is not related to any particular class or with lower education either.

"You will be surprised to know that I have had cases of university teachers with husbands equally educated, who came to me too late for this issue alone." This

prevents timely detection and the success rate of treatments as well, he added, as early detection and intervention are key to successfully eliminating breast cancer.

To fix this problem, the surgeon suggests a two-prong approach, for a wholesome solution. First is to extensively train more female surgeons in breast cancer and surgery. The second is to teach people not to shy away from reaching a male surgeon for breast cancer, as a doctor is a doctor, regardless of their gender.

Another very important aspect is to create wider awareness on the methods and importance of checking for breast cancer. He suggests that women with family history of cancer be more vigilant, and everyone past the age of 30 should set a specific date to do self-examinations every month, for example the first or last Friday, to ensure regularity, and learn the process properly.

"We do not expect patients to detect cancer on their own, but regular check-ups will ensure that they can detect any abnormality/change at its earliest, for which they can then see a doctor," Dr Anis explained.



With early detection, complete recovery and cure is often achievable, he added. Another important factor to note is that the suspicious breast cancer lumps are rarely painful, for which many women ignore them. In this, women must remember that painful or not, any physical lumps or changes in the breast tissue or skin should immediately be checked by a surgeon, and even more so if it is not painful. It might become painful as it advances, however.

Further, he allayed some fears which are common in patients upon receiving a diagnosis of breast cancer. Any cancer diagnosis is feared like a death sentence, as the disease is truly scary. But Dr Anis explained that with better technology and skilful doctors, breast cancer is now very much a treatable disease.

The new technological developments allow surgeons to choose minimalist surgeries, combined with chemotherapy, radiotherapy or hormone therapy, depending on the size of the cancer, its type and even location in the breast. The surgeries can take the form of a lumpectomy, which only cuts out the cancer cells, and in most cases, can be treated without the dreaded mastectomy i.e. removal of the entire breast, which scares many women from even seeking treatment.

The decisions on how to proceed with the treatment wholly depends on the biopsy results of the cancerous cells. We try to design the treatment to ensure complete recovery of the patient in the best possible way, the surgeon added.

"For any surgery, I perform a 'frozen section biopsy' of the excised tissue, which basically tells us whether all of the cancerous cells have been properly removed from the area. This can be done during the surgery and the results arrive in about fifteen minutes, and depending on the results we decide on the extent of surgery. In fact, I don't do any lumpectomy without a frozen section to ensure the removal of the entire cancerous mass. I must know that I got it all out. I would not recommend any lumpectomy in any hospital that does not have the option for frozen section."

Also, breast cancer is a very age-related disease, as young women rarely get it, though the risk also depends on family history of cancer. But for older women, any lumps in the breast are a bigger concern, and should always be seen by a specialist.

Another little-known fact is that breast cancer can also affect men. The fact that men do not expect to get breast cancer often delays detection, and although it is extremely rare, it is usually very advanced when detected.

So, apart from being aware and work towards early detection, what can we do for patients who receive a breast cancer diagnosis? Being supportive through being present with the patient, is paramount, the doctor said. "It is not that you hold the person and cry with them. Rather, just to be there to listen and help them come to terms with the situation through the psychological stages of disbelief, distress, frustration and acceptance, can be a great help. Being present with the patient to support them emotionally helps to boost a patient's capacity to fight the disease and the trauma to the body caused by surgery as well," Dr Anis added.

As no single phenomenon has been identified as a cause of breast cancer, Dr Anis warned time and again for women to learn and perform self-checks regularly,

and to seek medical attention promptly whenever they detect any change in the breast area, which includes not just the breasts but also the surrounding regions in the armpit and chest. Remember, early detection can save lives!

Know your expert

Professor Doctor Anisur Rahman is a Senior Consultant Surgeon in United Hospital in Dhaka, and is a vastly experienced and learned Advanced Laparoscopic GI and Onco Surgeon.

He completed his MBBS degree from Dhaka Medical College and obtained his MSc in Clinical Gastroenterology on a full scholarship from Memorial University of Newfoundland, Canada. Later, he obtained FCPS in Surgery, a fellowship from Bangladesh College of Physicians & Surgeons and FRCS, a fellowship from Royal College of Surgeons of United Kingdom. He also is trained in Laparoscopic surgery at Addenbrooke's Hospital, Cambridge, UK and Gartnavel Hospital, Glasgow, UK.

Dr Rahman is renowned in the country for his expertise in managing all kinds of breast pathology including breast abscess, fibroadenoma, gynecomastia (male breast enlargement) and breast cancer; he has performed thousands of breast surgeries including breast conserving surgery (Lumpectomy) and surgical removal of all part of a breast (Mastectomy).

On a personal note, he says he always makes sure to remain reachable to his patients, and to that end, is never too far from his phone. A great motivator to excel in his work is the palpable relief he witnesses after relaying news about a successful surgery to the patient and their dear ones. He loves technology and playing around with computers & gadgets and putting them together. Listening to old Hindi classics is a favourite leisure activity, though Dr Anis says his wife, who sings very well, is his favourite singer.

By Sania Aiman
Photo Courtesy: Prof Dr Anisur Rahman

#HEALTH & FITNESS

October is Pink

Breast cancer is one of the leading causes of death among women globally every year. It is also the most common cancer type to affect females. The good news is that if it is diagnosed in its early stages, chance of death is reduced significantly and at times, there is even possibility of full recovery. This is why awareness of breast cancer is extremely important, so that the extremity of the disease can be stopped before it is too late.

To promote this purpose, October was declared as 'The Month of Breast Cancer Awareness' in 1985, a result of the partnership between the American Cancer Society and the pharmaceutical division of the Imperial Chemical Industries (UK). Variety of events and activities are organised throughout the month in countries across the world to educate women on breast cancer and what can be done before the severity goes too far.

Being able to detect breast cancer in early stages is the key. Thus, it is of utmost importance to know the early signs and symptoms, like —

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- Any nipple discharge other than breast milk
- Any lump in the breasts or the wider underarm area
- If anyone is facing any of these, a doctor should be consulted as soon as possible and tests should be done (mammography, ultrasound, MRI, etc.).
- Another very fortunate fact is that a regular check-up can be done and, any abnormality in the breasts can be detected at home by a process called Breast Self-Examination (BSE). The knowledge of this procedure is something that all women should and

must know as it may turn out to be the saviour of many women from a dreaded fate.

According to The National Breast Cancer Foundation's (USA) exact guidelines, this is how a BSE is to be performed —

With the pads/flats of your three middle fingers, check the entire breast and armpit area by pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

(In front of a mirror) Visually inspect

medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

BSE should be performed 7-10 days after menstruation. Non-menstruating women should select the same day of every month (first day of the month for example) to carry out the examination.

These simple yet crucial procedures enable women to regularly keep a check and identify any irregularity in their breasts, so that any occurrence of breast cancer can be taken care of in the very preliminary phases.

Every country should emphasise on



your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts may not exactly match. Look for any dimpling, puckering, or changes, particularly on one side.

(Lying down) When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light,

more awareness programmes, schemes and campaigns to educate women from all walks of life on the of signs and symptoms of breast cancer and the importance of performing BSE, so that necessary actions can be taken before the tumour reaches malignancy. This should be focused more on rural women of Bangladesh as they seem to be a deprived group. They must be taught very systematically on how to perform BSE and also be educated on identifying the symptoms of breast cancer. Cancer tests should also be made more accessible and affordable for them.

By Faiza Khondokar
Photo: Collected



#PRESS RELEASE

A watch fit for health care

Huawei's new smart watch 'Huawei Watch Fit' has arrived in Bangladesh. Priced at Tk 9,999 the watch is available at all Huawei authorised sales outlets.

The device with sophisticated features weighs only 34 grams, and has a 4 GB built-in memory. For super connectivity there is Bluetooth 5.0. Other features include GPS, Accelerometer, and Gyro. It has a non-removable lithium ion battery, which ensures backup for up to ten days.

'Huawei Watch Fit' has a rounded rectangular display of 1.84 inches with HD resolution on the AMOLED display. The gadget has a number of different watch face designs, which can be downloaded and installed for free from the Huawei Watch Face Store.

The watch can monitor user's sleep conditions, along with analysing breathing, resting heart rate, and oxygen flow in the blood. It is a great companion during exercise as the intelligent technology of Huawei Watch Fit can identify 44 physical gestures and through that 12 different workout courses can be completed.

IMPROVED

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

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Fast Wash DETERGENT POWDER

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#PRESS RELEASE

Family Brunch Saturday at the Elements, InterContinental Dhaka

On weekends, we brunch!

Taking this idea and running with it is one such restaurant that is driven solely by an uncompromising attitude to only serve the best to your plates. Basking in natural light, the restaurant in question is the exquisite dine-in, Elements of InterContinental Dhaka and the brunch we started this conversation with is a culinary discovery you simply must find!



"Brunch is more of a western concept that we're seeing more and more of in our local culture now. Here, at Elements, we've been inspired by American and Parisian brunches, upon which we've added good dollops of Asian influences to come up with a balanced brunch buffet that any Bengali would love to indulge in," shares Syeda Faica Fareea, Assistant Communication Manager at InterContinental Dhaka.

And, so, the menu of this all-

inclusive brunch is a true celebration of scrumptiousness palatable to anyone looking for a good meal. This culinary journey will whisk you away to a healthy serving of greens to start off with, assorted sushi and a glass of whatever fruit juice you fancy, made fresh from pulp. You may also help yourself to a tall order of detox water to flush out bodily toxins.

Make your way to the cheese board and work through baked goodies like croissants,



Danish pastries and brioches. Indulge in the sweet, wafting smell of freshly-cooked eggs, waffles and pancakes, made to order right in front of you at the live station.

Also available for live viewing are prawn tempuras, pizzas and pastas cooked inside wood-fired ovens and turkeys and other meats grilled and carved to perfection right before you! Keeping deshi lunch in mind, hearty like buttery naans, delectable beef kala bhuna, glutinous mutton and tinged saffron pulao are there to tempt your palate.

Furthering these temptations still is the desserts station, claiming a space of its own in the heart of Elements. Chocolate in brownies and cakes, fruit tarts, cheesecakes, crème brûlès and pies, there's more here than what any sweet tooth can ask for!

Find that joy within with the help of the luscious chocolate fountain on display here and taste it with marshmallow sticks dipped deep enough for a full coating; a popular sight at this corner, particularly with children!

"We want to reinforce the idea of a family brunch with our buffet here at Elements and to cater to that, we have a kids' corner with face-painting, television, and games. They may bring their own toys, mingle and just enjoy the space designed for them here, even munching on the bite-sized treats intended for them from the buffet," explains Fareea.

If you are worried about eating out amid social distancing measures this pandemic, InterContinental has got you covered.

"Seating arrangement at Elements has been reduced by 40 percent keeping social distancing practices in mind. Tables are set up when each guest arrives after having their hands properly sanitised.

"At stations, customers are encouraged to stand at a healthy distance from one another with the help of footprints drawn on the tiles. Customers are served by our chefs in standby, so as to prevent mass numbers of people from touching the same cloches and spoons. Most importantly, our staff and chefs are following strict hygiene practices to ensure due caution in this pandemic," reassures Fareea.

To sweeten this deal even further, as part of celebrating 'Ladies' Night Saturday & Tuesday', InterContinental offers a flat 50 percent discount for all women walking through its doors these two days of the week.

The hotel's Family Brunch, hosted every Saturday, being regularly priced at Tk 4500 net per person is, therefore, just half that price for the ladies amongst you!

So, sneak away this Saturday and righteously call out for there to be brunch; after all, it's always a good idea!

By Ramisa Haque
Photo: Sazzad Ibne Sayed