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# FASHION FRONTIERS art and modernity

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HAIR AND MAKEUP: LAVISH SALON  
CONCEPT AND STYLING: SELINA NUSRAT  
FASHION DIRECTOR: MAHMUDUL HASAN MUKUL  
PHOTOGRAPHER: FARABI TAMAL  
MODEL: SMRITI

স্বপ্নের ঘর সাজাতে  
বাংলাদেশের ১ম  
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ডিসেম্বরের প্রতি শুক্রবার রাত ৯টা ৩৫ মিনিটে



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# Award-winning architectural marvel amidst nature's serenity

Bangladesh, a country rich in natural beauty with its abundance of trees and bounty of rivers, is truly gifted with the best of Mother Nature. Despite the rapid structural development and progress, the country's natural beauty never fails to mesmerise us with its golden paddy fields and stretched miles of greenery.

Many remote islands encapsulate nature in its purest form, and one such island



is Sonadia Island, located in Shonadia, Moheshkhali, offshore of the Cox's Bazar coast in Chattogram Division.

It is a small island measuring approximately 9 sq. km. and is known to be one of the most isolated parts of the country with a small population. While the people residing there get to enjoy the sublime magnificence of nature, they are also exposed to myriad problems to get by with basic every day chores.

There are two sides of the island, namely Pashchim Para and Purbo Para, where the former side lacks basic civic facilities with no proper healthcare or education system. While on the other side, there resides a scanty number of primary schools, mosques, and tube wells for education and accommodation. Transportation is available via boat, that too, only twice a day depending upon weather conditions.

In order to eradicate some of the aforementioned problems and provide the inhabitants of the island with better living conditions, Youth for Change took



an initiative to create a proper education system there. Additionally, by providing vocational training to elders and setting up a weekly medical camp, it advanced to become a project of community development.

The project, known as Sonadia School, which is a six-year long project that is still under construction, is a result of architectural intelligence and evolution. This is warranted through the attainment of a prestigious award on a global platform that also proudly represents Bangladesh's progress in the field of architecture internationally.

The principle architect behind this project, Ar Ador Yousuf, was recently awarded by the acclaimed International Academy of Architecture (IAA) for Exhibition — Competition of Architectural Projects and Built Works. It was also exhibited at the University of Architecture, Civil Engineering and Geodesy, Sofia, Bulgaria from 16 to 27 November, 2020.

The International Academy of Architecture (IAA) is a global platform that promotes architecture and connects architects around the world by holding various programs to recognise the best architectural projects and award them accordingly. Among the various categories enlisted, Sonadia School received the award under the "Education Buildings" category.

Sonadia School exemplifies how nature and architecture can coexist to provide

the best of its combined benefits to people living nearby. The concept of the architectural project rests on three pivotal elements — the landscape, structure, and design. These three major considerations have been beautifully incorporated in the construction of Sonadia School.

The brainchild behind this spectacular design, Ar Ador Yousuf, said, "I wanted to create something that not only provided a place for education, but did so by eliminating the problems that the inhabitants of the island face every day, by taking into consideration the unique landscape factors as well." It is safe to say without a speck of doubt, that he immaculately accomplished his goal.

Travelling around the island is difficult due to the harsh weather conditions, where in monsoon season people are reliant upon the tide to travel by boat, as during other times, the path is muddy.



Keeping the landscape in mind, Sonadia School is designed over a raised platform that prevents it from flooding. A channel is connected to the eastern part of the courtyard, through which boats can easily move inside the school.

The award-winning project features a pavilion structure that seamlessly incorporates natural light and wind, while the round shape works to lessen the impact of wind force. This provides abundance of daylight to run the day school routinely and for night school, several solar panels have

been attached. Utilising natural resources in the best possible manner, the school is designed to function with high efficiency.

Sonadia School is not only built to be functional in an efficient manner, but it is also an architectural marvel. The round courtyard at the centre serves as the ground for various activities where children can play and wander freely, training can be provided to the elderly such for weaving baskets and fishnet, and where medical camp activities can be conducted.

Remaining detached from many modern luxuries of life, the inhabitants of the island are acquainted to a minimal lifestyle and have learnt to live with the available resources. Suiting their preferences, the entire structure is made from locally sourced bamboos and built using traditional building materials such as ropes and straws.

Above the bamboo structure, the roof contains a local thatch that is impenetrable against heavy rainfall. The locals take pride in the fact that they built this school where no fancy techniques were involved and yet, it stands strong and sturdy. Albeit taking a minimal approach, this award-winning project portrays the epitome of modern architecture.

"Even in this era of modernisation, I prefer working with projects that are close to nature, especially ones that focus on community development. Modern architecture can seamlessly be incorporated in these areas as well and this is something I like to do," said Yousuf.

It is a matter of reverence that despite being located in one of the most isolated and remote areas of the country, Sonadia School depicts the perfect amalgamation of modern architecture and nature in the most fascinating matter.

**By Fariha Amber**

**Photo courtesy: Shompod Abdullah Al Hai**



us on  /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন ঝপচাঁয় আভিজাত্য মানেই

# স্যান্ডালিনা

## সোপ

ঝপচাঁয় আভিজাত্য...







#BOOKS

# Ten Great Opening Lines in Literature

First impression is the Last impression — one might disagree but understand its importance nevertheless. Throughout literature, one can find some opening lines that define the work. Here are just some of them.

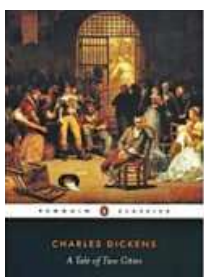


“Let us go then, you and I,  
When the evening is spread out against  
the sky  
Like a patient etherized upon a table;  
— **The Love Song of J Alfred Prufrock by T S Eliot**

The opening is an invitation from Prufrock to his own conscience to follow him through a journey of self-examination. The perfect imagery of the “etherized” sky indicates an alteration of perceptions as well as times in his life which “spread out against the sky like a patient etherized upon a table” waiting to be examined and made right.

The lines remain to be the most powerful opening lines in English Literature because they perfectly encapsulate the image of a man’s search for meaning when all his life lays bare in front of himself like an anesthetised patient waiting to be cut open and reveal yet veil all reason and certainty.

“Three passions, simple but overwhelmingly strong, have governed my life,” wrote Bertrand Russell in the prologue to his autobiography: “the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind.”



— **The Autobiography of Bertrand Russell**

Russell, in the first sentence of his autobiography reveals the three passions that drive all human life. The longing for love because it relieves loneliness. The search for knowledge because it brings light even into the deepest and darkest corners of life. And an outstanding pity for mankind because even though love and knowledge “led upward toward the heaven,” pity brings one back to Earth. The pure malice of which one longs to alleviate, but often fails and in that failure, he too suffers.



“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of

light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

— **Charles Dickens, A Tale of Two Cities**

The sentence paints a picture of controversy and contradiction in everything known and imaginable. There is contradiction in the fact that there are rich people in the world and that there are poor people in the world. There is controversy in the theory that in some way, the rich are poor and the poor rich. Therefore, Dickens portrays how a life or situation can never be completely negative or completely positive, there can never be absolute certainty or absolute uncertainty; life is a balance between all.

However, the quote is more usually related to the modern world in terms of inequality, distribution of wealth, etc.

“To be, or not to be, that is the question:

Whether ’tis nobler in the mind to suffer

The slings and arrows of outrageous fortune,

Or to take arms

against a sea of troubles

And by opposing end

them. To die—to sleep,”

— **Hamlet’s Soliloquy Act 3, Scene 1**

The opening puts forth the choice between life and death. Hamlet wonders that if it had not been for the uncertainty of death, would he have preferred not to live? The opening arises the phantom like ever present question: Is all this suffering of life worth it or would it be easier to just die?”

However sinister the questions raised by the poem may be, it is often related to the simple yet complex choices of life and human character. For example, should one be completely honest or should one sometimes lie. The conclusion of the introduction remains: there is not only uncertainty in death but in life as well. Ironically, we want death and not life for the very same reason: uncertainty.



“Happy families are all alike; every unhappy family is unhappy in its own way.”

— **Anna Karenina by Leo Tolstoy**

The opening sentence is in present tense, while the entire book is written in past tense. This means Tolstoy is declaring it a universal and timeless truth which, as grim as it may seem, it is.

Tolstoy states that certain characteristics must be present for a family to be and remain happy. Characteristics such as good health of all members, mutual affection, acceptable financial security, etc. If any of these characteristics are not met, the family

is like to be unhappy. Therefore, every family is unhappy in its own different way.

This quote is often related to success and failure of anything and everything. Success has certain characteristics, but failure is unique for each.

“Someone must have been telling lies about Josef K., he knew he had done nothing wrong but, one morning, he was arrested.”

— **The Trial by Franz Kafka**



The Trial begins with the arrest of Josef K. who could find only one reason for his arrest: rumours. In the book, the trial is a metaphor for life and the opening seems to state that life only begins to feel like a trial when people talk behind each other’s backs, which gives rise to false information, upon which a person’s character is later judged and he, the declared guilty, must answer to the society, his judges, or he shall be hanged.

The opening line is a perfect imagery of Kafkaesque, a feeling every modern man is trapped within and often unable to get out for he rarely realises. Thus, he is left satisfying the whims of society, giving a trial for no reason.

“Let me not to the marriage of true minds

Admit

impediments. Love

is not love

Which alters

when it alteration

finds,

Or bends with

the remover to

remove.”

— **Sonnet 116 by William Shakespeare**

The poem attempts to define true love and succeeds to do so in the very first sentence. It states that true love is the love that is not diminished upon any discouragement. True love, if need be, goes against reason, against hope, against peace, against happiness and all discouragement that could be.

This is especially relevant to our society, because love now is often confused with benefits economic, financial, emotional, mental or social. However, true love goes beyond all those. True love is to love mercilessly without reason.

“We slept in what had once been the gymnasium.”

— **Margaret Atwood**

With eight simple words, Atwood introduces a new genus of novels she calls Speculative fiction, a genus that attempts to speculate



what the future may look like if society, economy, politics, etc. continue as they are.

Although Atwood works in dystopian speculative fiction which is a detailed and constructive criticism of society, speculative fiction can also be utopian and describe the strong characteristics of society. This is especially important because it is like a socio-economic thought experiment that allows us to make judgements about which decision is right and which decision is wrong for society. Speculative fiction is a thinking process which allows us to see the greater or underlying good or evil.

“It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife.”

— **Pride and Prejudice by Jane Austen**

The famous opening has a subtle, unstated significance, not only because it establishes the contractility of advantageous marriage, but because it goes both ways and is an assumption made to satisfy one’s desires.

It is just as likely that a lady of age must be in want of a man who is in possession of a good fortune.

As the sentence may contradict itself and undermine its second phrase, it shows how the social norm of advantageous marriage, one prevalent in Bangladesh, not only strips a woman of choice and love, but it also completely disregards what the man may want and his desirable qualities. The opening sentence redefined marriage in England at the time. The only thing that should push one to matrimony is the deepest form of love.

“Because I could not stop for Death –  
He kindly  
stopped for me –  
The Carriage held  
but just ourselves –  
And Immortality.”

— **Because I Could Not Stop For Death by Emily Dickenson**

The famous opening two lines contradict each other as the first states that the narrator could not stop for death, but the second states that death stopped for her. The fact that death appeared “kindly” gives the notion of the comforting, strange, natural, and haunting but yet often desirable nature of death.

The opening paragraph raises the question of immortality and would death truly be a tragedy or a peaceful utopia. The four-line personification of death is one of the best descriptions of death ever written.



By Disha Tananze Ekram  
Photo: Collected



# Women's banking for dummies

I am a banker's daughter, but I am embarrassed to say that I still cannot even write a cheque properly. In order to write someone a cheque, I spoil at least two leaves, invariably sign where I am not supposed to, and whenever I go to the bank, I put up my nervous smile as if I am in front of my math teacher, sitting for my finals.

For me, placing coins in lucky bamboo or money plant pots and to think that money would grow from it, is more or less the right way out to earning and saving money; but alas, if only money grew on plants!

Banking gives me the shivers; yet I dared to take loans at high interest, do high-finance transactions, always playing with numbers which makes me end up with less than the nominal amount an account holder should have.

My finances are perennially in doldrums.



To a certain extent, I am grateful for this self-isolation and lockdown so that I could restrict my spending habit. And for the first time in my entire life, my half-yearly banking statements showed a slight up-ish trend. But not to worry, as I have already dreamt of ways that I would spend it once things regularise. But that's not what I wish to discuss.

I went to my bank a few days ago to run some errands and my customer service representative introduced a fine woman banking scheme to me. I must add here that all banks have special banking arrangements for ladies, and all of them are equally beneficial. I was introduced to many such schemes, but never actually decided to accept them, and moreover, I prefer local banks to foreign ones simply because of my patriotic reasons (and also less maintenance money).

This new deal my bank was offering me, an initial deposit sum of Tk 1000 only would

suffice, which is a blessing in disguise, for I never have more than this amount in my account any way. There is no maintenance fee, no cheque book fee, simple and instant fund transfer facilities. And like a cherry on top of the icing, the interest is calculated on the balance at day's end and interest payment is on monthly basis, plus no minimum balance is required for interest earning.

I was truly hooked on this offer, and am contemplating of opening this new savings account. What I like is, it is an interest-bearing taka account to facilitate customers like me in fulfilling my daily banking needs.

Being scared of banking, I am not alone in this regard; I know women whose husbands operate their salary account or savings account and even take loans without the woman properly understanding the fine print. It's all rosy that you don't have to think about finances; but unfortunately, if the unforeseen happens, what is your fall-back

plan, financially speaking?

In reality, I do want to save for my future, and I do want an emergency fund ready at hand, and I must be able to foresee that life is unpredictable and weaves its own path, over which I have no grip. I should have full knowledge over my own savings. It is my economic freedom that gives me my strength and my independence. I, and all women, should learn the nitty-gritty of banking and take control of our own finances. From a migrant worker to a CEO, women in all sphere must learn to regulate her own life and it should begin with fathers teaching daughters how to learn to seize every opportunity.

Happy Saving!

— RBR

**Photo: Collected**

*Today's issue of Star Lifestyle has some amazing seafood recipes from two of our columnists. Don't forget to try those out over the weekends.*

## ◆ HOROSCOPE ◆



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

You will trouble juggling responsibilities. Don't beat around the bush. Romantic opportunities will be plentiful. Your lucky day this week will be Sunday.



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

Shopping can get really expensive. Avoid pushing your own ideals. Control your temper. Your lucky day this week will be Sunday.



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

Take care to not get injuries. Be efficient at your work this week. Get together with close friends. Your lucky day this week will be Saturday.



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

Work out a workable budget. Don't indulge those unworthy of it. Be careful how you deal with colleagues. Your lucky day this week will be Saturday.



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

Make time for your partner. Your troubleshooting abilities will be appreciated. Relatives will cause grief this week. Your lucky day this week will be Sunday.



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

Outings with loved ones will be refreshing. Reevaluate your motives. You will be overly sensitive this week. Your lucky day this week will be Saturday.



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

Your intellect will be appreciated. You can handle difficult situations with ease. Don't overspend. Your lucky day this week will be Wednesday.



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

Don't allow personal problems to interfere with work. Start making personal changes. Correspondence may not clear up issues. Your lucky day this week will be Thursday.



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

Don't overspend for your home. Business trips will be productive. Someone may try to deceive you. Your lucky day this week will be Saturday.



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

Children may be dishonest with you. Get involved in groups that will enlighten you. Invite friends over. Your lucky day this week will be Saturday.



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

Keep your ideas to yourself this week. Uncertainties may be unnerving. Be discreet and don't reveal any personal information. Your lucky day this week will be Monday.



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

Avoid getting angry over trivial matters. Opportunities for financial gains are likely. Help out loved ones. Your lucky day this week will be Tuesday.



Just as the summer calls for sunscreen for skin protection, winter calls for body lotion to keep skin glowing and healthy. When the temperature decreases and dryness sets in, skin pores tend to shrink, trapping heat inside the skin layers, resulting in oiliness. Consequently, skin becomes prone to rashes, redness, itchiness, flakiness and even acne. To rescue skin from acting up, body lotion is one's saving grace.

The winter air makes skin dry. This dryness is the root of many skin problems. It makes skin not only look dried out and wrinkly, but also irritates skin, causing itchiness, redness, dry patches and rashes. In such withering conditions, body lotions help to seal in moisture to keep skin hydrated and supple. Applying body lotion after bathing, or even carrying around a container of body lotion for whenever skin begins to dry out, is a good way to assure skin hydration at all times.

Whatever one's skin type may be, everyone has some extra rough spots on their bodies, like the elbows and knees, which require extra care and moisture. Using body lotion to nurse these parts, especially during winter, would ease the roughness. With regular use, these rough, uneven and dry spots can be replenished, making it just as smooth and silky as the rest of the body.

Rough calluses forming on the heel or the ball of one's foot is quite a common occurrence during winter. These calluses tend to be rather unsightly and sometimes even makes walking painful. A moist and hydrating body lotion can heal the broken skin and make these areas supple and hydrated. It makes the process of removing dead skin much easier compared to how it would have been without any body lotion.



Dryness and flakiness strip the skin of life and makes one appear exhausted and desolate. A proper body lotion can rejuvenate one's skin and contribute to skin health. It will not only hydrate and soften skin, but also add glow, making one appear fresher and ready to take on whatever comes their way.

in moisture, soothing and smoothing skin, it makes skin appear radiant, healthy and ready to withstand any harsh environments and external factors which might damage skin. So, to win against the winter air, one should be equipped with their desired body lotion to stay fresh and healthy!

**By Puja Sarkar**  
**Photo: LS Archive**

**ডাবল ময়েশ্চারের\***  
ডাবল কেয়ারে  
বিউটিফুল স্কিন

**REVIVE**  
PERFECT SKIN  
Moisturizing Lotion

**REVIVE**  
PERFECT SKIN  
Moisturizing Lotion

পণ্যটি ভিনটেজ  
স্ক্যান করুন

করোনা ট্রায়ালটিজ লিমিটেড

\* ডাবল-এ পদীকৃত



#FASHION

# Bringing MONET toLife

Thanks to Chantilly by Selina Nusrat, the Bangladeshi fashion arena has warmed up, even amidst the winter chills because of 'Unsung Monet,' the latest collection by the revered fashion house, organised in collaboration with Jarwa House, the renowned jewellery store of tinsel town.

The inspiration of the collection is derived from the diverse play of hues in Monet's paintings. Although Selina Nusrat is not an art buff per se; she has been hugely inspired by the layer of colours that are seen in Monet's paintings.

"Monet's paintings always have various shades of pastels in them and I am awestruck by these colours and hence, my inspiration to create the 'Unsung Monet.' If one gets the chance to scrutinise his paintings, they will get to see that the lady figures or his female creations mostly have wavy hair, often blowing in the wind. This very fact has been my inspiration behind the hair and makeup in the photoshoot," said Nusrat.

Selina took the adventurous step to portray the famous paintings in her Unsung Monet collection, her emotions having been moved by the magical, mystical and majestic art of a Monet. So, every dress from this collection is a piece of art, with cuts, flares, flows and play of colours hugely influenced and inspired by the maestro and his artwork.

Star  
**LIFE** Style

The saris and kameez's from this collection will make the wearer feel more feminine, elegant and glamorous. The saris have intricate hand embroidery and are embellished with sequins and delicate pitted zardozi works to make each piece look exceptional. Within the collection, there are also hand painted saris reflecting the natural precious stones coordinating with Monet's colour palette and are embedded with sequins for a look of enhanced beauty. The shalwar kameezs are also made coherent with the theme.

Jarwa House's masterpiece jewellery of diamonds, polkies, rubies, emeralds and sapphires have been added in the photo shoot to the complete look of Unsung Monet's collection. Each jewellery piece is unique and hand crafted with the highest quality in cuts and colours of diamonds and other precious stones.

Unsung Monet is a portrayal of emotions, happiness and inner strength. "My models represent an amalgamation of the people of Bangladesh, with dusky, dewy skin to fair toned. I wanted everyone to look good like the women portrayed by the maestro himself," said Nusrat.

I don't know about the rest of you. But personally, I already feel super excited to see the collection upfront.

**By Fashion Police**  
**Photo:** Farabi Tamal  
**Wardrobe:** Chantilly by Selina Nusrat  
**Jewellery:** Jarwa House  
**Models:** Jessia, Sonia, Shurjo, Smriti, Innaya, Prejwal  
**Hair and makeup:** Lavish Salon  
**Concept and styling:** Selina Nusrat  
**Fashion Director:** Mahmudul Hasan Mukul





# SEAFOOD FOR EVERY MOOD

**DESHI MIX**  
BY SALINA PARVIN



Seafood is a healthful choice for people of all ages — growing children, pregnant women, active adults, and the elderly. It is an excellent source of lean, high quality, easily digested protein. It is low in saturated fat and sodium and is a rich source of many essential vitamins and minerals. Seafood also contains long-chain omega-3 fatty acids, which have many beneficial health effects and are essential for the development of the nervous system and the retina in our eyes.

Eating seafood regularly can decrease the risk of heart attacks, strokes, obesity and hypertension. Seafood also provides essential nutrients for developing infants and children. It also helps build muscles and tissues.

## FRIED CALAMARI

Fried calamari are one of the most popular appetisers, served in Italian restaurants. Calamari is the Italian word for squid. It is made of squids and its tentacles, battered or coated with a flour mixture and then deep fried. This recipe is very easy to make and only calls for a few ingredients.

### Ingredients

½ kg squid  
1 cup buttermilk  
1 cup all-purpose flour  
½ cup corn starch  
1 tsp paprika, smoked or regular  
½ tsp pepper  
½ tsp garlic powder  
1 tbsp chopped parsley  
Salt to taste  
Oil for deep frying

### Method

Place the squid in a bowl with the buttermilk and mix well. Cover the bowl and refrigerate



for at least 30 minutes. In another bowl, place flour, corn starch, paprika, garlic powder and salt, stir to combine.

Remove each piece of squid from the buttermilk and dredge in the flour. Repeat the process until all pieces are coated. Heat oil in a large deep pan. Place 8-10 pieces of squid in the oil. Cook for 2-3 minutes or until golden brown.

Remove the squid from the oil and drain on paper towels. Repeat the process with the remaining squid. Sprinkle additional salt over the fried squid if desired, sprinkle with chopped parsley. Serve immediately.

## SEAFOOD FRIED RICE

### Ingredients

2 cups cooked rice

2 tbsp soy sauce  
1 tbsp chilli sauce  
1 carrot, peeled and finely diced  
10 French beans, finely chopped  
½ cup green onions  
3 eggs, beaten  
4 clove garlic, chopped  
½ tsp ginger, chopped  
250g peeled prawns  
250g crab meat  
½ tsp white paper  
Oil for fry  
Salt to taste

### Method

First, sprinkle the soy sauce on top of the rice and mix together until evenly distributed. Add oil to a wok or large frying pan. Fry the beaten eggs as a thin omelette. Remove from pan and set aside. Then slice up into thin pieces.

In the same pan, add the oil, chopped ginger and garlic. Fry for a couple of

French beans, white pepper, as well as the cooked rice. Stir well and fry for 4-5 minutes. Add the green onion and omelette into the pan. Mix well and remove from heat. Serve hot.

## SHRIMP COCKTAIL

### Ingredients

10 large shrimps, raw, deveined and easy peel, thawed  
½ tsp salt  
½ of a lemon  
8-10 peppercorns  
A handful of parsley  
1 cup ketchup  
2 tbsp horseradish  
1 tsp lemon juice  
½ tsp hot sauce, like tabasco

### Method

Fill a large saucepan ¾ full of water. Add salt. Squeeze the juice of lemon into the pot and add the peel and flesh once squeezed. Add peppercorns and parsley. Bring the pot to a rapid boil over high heat. Remove from heat and let it stop boiling. Add the shrimp. Put the lid on the saucepan. Cover the pot. Let it sit for 4-5 minutes, or until shrimps are opaque and pink. Meanwhile, prepare an ice bath.

In a large bowl, put 2 cups of ice cubes and fill halfway with cold water. When shrimps are cooked, drain off the hot liquid and transfer to the ice bath. Let them sit for few minutes to fully cool. Peel shrimp but leave the tails on. In a small bowl, combine the ketchup, horseradish, pinch of salt, lemon juice and hot sauce. Divide sauce among 4 small bowls or martini glasses. Hang shrimp from the rims. Serve immediately.



minutes. Add prawn, crab meat, soy sauce and chilli sauce. Mix well and cook for 1 minute. Then add carrot and



## GRILLED SALMON

### Ingredients

4 salmon fillets  
½ tsp garlic powder  
½ tsp black pepper powder  
1 tsp lemon pepper  
1/3 cup soy sauce  
1 tsp brown sugar  
1/3 cup water  
¼ cup vegetable oil

### Method

Season salmon fillets with lemon, pepper, garlic powder, and salt. In a small bowl, stir together soy sauce, water, brown sugar and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal and turn to coat. Refrigerate for at least 2 hours. Preheat grill for medium heat. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

## CRAB SALAD

### Ingredients

1 can crab meat, drained  
2 large carrots, cut into pieces  
1 beetroot, cut into pieces  
1 cucumber, cut into pieces  
2 onions, cut into pieces  
1 tsp Dijon mustard  
½ cup mayonnaise  
½ cup celery minced  
½ tsp paprika  
¼ tsp black pepper powder  
2 tbsp fresh lemon juice  
Salt to taste

### Method

In a large bowl, add all the ingredients together gently, stirring until well coated. Refrigerate for an hour before serving.

## TANDOORI BHETKI

### Ingredients

1 bhetki fish



1 tbsp red chilli powder  
1 tsp turmeric powder  
1 tsp garam masala powder  
1 tbsp gram flour  
¼ cup hang curd  
4 tbsp mustard oil  
1 tsp ginger paste  
½ tsp garlic paste  
Salt as required

### Method

Cut and wash the fish properly and keep aside. Take a bowl and add all the ingredients. Adjust the amount of gram flour and yoghurt to get a nice thick paste. Apply this marinade to

the fish on both sides very well. Keep it for at least 30 minutes in the fridge. Preheat the oven to 180° C. Grease the pan or rack. Place the fish on the grill rack and cook it for 15-20 minutes until golden brown. Serve hot with rice, roti or paratha.



## GARLICKY LEMON BAKED TUNA

### Ingredients

6 pieces tuna  
½ tsp freshly ground black pepper  
5 tbsp butter, melted  
2 cloves garlic, minced  
½ tsp crushed red pepper flakes  
Juice and zest from half a lemon

1 lemon, sliced into round  
Salt to taste

### Method

Preheat oven to 200° C. Season tuna with salt and pepper and place on a small baking sheet. Mix together butter, garlic, red chilli flakes, lemon juice and zest then pour over tuna fish. Place lemon rounds on top around tuna. Bake tuna for 10-12 minutes or until fish is fork-tender. Remove from oven and serve.

## FISH AND CHIPS

### Ingredients

500g boneless and skinless sea-fish fillets  
4 large potatoes, peeled and cut into strips  
1 cup all-purpose flour  
1 tsp baking powder  
1 tsp salt  
1 tsp ground black pepper  
1 cup milk  
1 egg  
Oil for deep frying

### Method

Place potatoes in a medium-size bowl of cold water. In a separate medium sized mixing bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg. Stir until the mixture is smooth. Make a smooth batter. Let mixture stand for 20 minutes. Pre-heat the oil in a large pot or electric skillet to 175° C. Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.

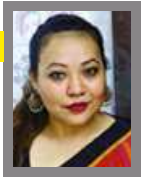
Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. Drain well on paper towels. Fry the potatoes again for 1-2 minutes for added crispness. Serve hot with sauce.

Photo: Sazzad  
Ibne Sayed  
Food and  
Styling:  
RBR





**FUSION FLAVOURS**  
CHIANGMI TALUKDER  
LENA



## FUSION FLAVOURS

Seafood recipes: delicious 'meatless day' surprises

There are several reasons why seafood is good for you.

It is an excellent source of protein, but contains less fat than other animal protein sources.

It is rich in vitamin B, and minerals including iodine, zinc, and potassium. Most importantly, marine fish such as salmon, sardine, and tuna contain good amounts of Omega-3 fatty acids, essential 'good' types of fat that may help lower the risk of heart diseases.

Besides, just skipping animal-based meat or red meat and replacing with seafood once a week, makes you form healthy habits that help lower cancer risks. Going meat-free-day is so much easier when you have got some delicious seafood recipes to get through. Whether you are a pescatarian, or trying to cut down on meat to improve your health, these easy seafood recipes will not only blow your mind, but also are great for a simple, but special meal when you are short on time.

### CAPSICUM CRAB CAKE

#### Ingredients

3 capsicums (green, red, and yellow colour)

250g crab meat  
1 large onion, finely chopped  
1 tsp cumin powder  
1 tsp garlic powder  
1 egg  
½ cup bread crumbs  
2/3 green chillies, finely chopped  
2-3 sprigs of coriander leaves, finely chopped  
½ tsp black pepper powder  
Salt  
Oil for frying



#### Method

Drain water, if any, in the crab meat and transfer into a large mixing bowl. Add chopped onion and chillies, ginger, garlic, pepper powder, egg, starch, salt and coriander leaves. Give it a good mix and set aside.

Wash, dry all capsicums and slice off to make ½ inch ring for stuffing. Either discard the top and bottom part, or chop finely and mix with the crab mixture.

Heat a frying pan in low-medium heat with oil. Place all capsicum rings and fill each ring evenly with the crab mixture. Fry



for a while. Flip all rings after one side get fried properly.

### TUNA STUFFED SQUID

#### Ingredients

8-10 pcs small squid tubes  
½ tsp black pepper powder  
1 tbsp lemon juice  
8-10 pieces of toothpick  
For stuffing —  
200g canned tuna meat (preferably in spring water)

1 large onion, finely chopped  
1 tomato, finely chopped  
¼ tsp paprika powder  
¼ tsp black pepper powder  
½ tsp cumin powder  
½ tsp garlic powder  
5-6 mint leaves, finely chopped  
2-3 tbsp olive oil  
Salt, to taste

#### Method

Wash all squid tubes and add salt, black pepper, lemon juice. Marinate for 10-20 minutes and set aside.

Drain all water/oil (if any) from the tuna meat. Transfer into a large mixing bowl and

put chopped onions, tomatoes, paprika, pepper, cumin, garlic powder, salt and mint leaves.

Put the mixture into each squid tubes and seal by inserting a toothpick. Heat the pan with oil in low-medium flame. Place all tubes and fry/grill until the tubes get cooked properly and turn golden.

### SEA FISH FRY IN BANANA LEAF

#### Ingredients

1 portion salmon, seabass, dory, or basa fillet  
Turmeric powder, a pinch  
½ tsp ginger paste  
1 tbsp onion paste  
½ tsp green chilli paste  
1 tsp coriander leave (finely chopped)  
2/3 tbsp oil  
1 large banana leaf, to wrap  
Toothpick  
Salt to taste

#### Method

Marinate the fish fillet with turmeric, salt, ginger-onion-green chilli paste, and coriander leaf for 15-20 minutes. Then wash and dry up the banana leaf and place the marinated fillet into it. Fold each side of the leaf and wrap tightly, insert toothpick to seal.

Heat the pan with oil in low-medium flame. Place the banana leaf wrapped fillet. Cover with a lid and cook for 3-5 minutes. Flip and fry the other side until water gets dry and oil comes out.

**Food and Photo by Chiangmi Talukder Lena**

## #FASHION



# LEE COOPER - BRITISH SHOES THAT FIT LIKE A DREAM

What is better than getting shoes of one international brand in the nearly 200 branches of its eponymous chain shops across the country? Getting shoes of two international brands! That's right— Lee Cooper Shoe corners are available along with all the lotto outlets across the country. British lifestyle giant Lee Cooper's classic shoes have been introduced to bring class and quality conscious fashionistas in Bangladesh within easy reach of stylish, durable and international standard healthy footwear.

The company operating since 1908

obviously has a leg up on a lot of competitor brands in terms of service experience and technology, and together with its local licensee, has incorporated that to create a phenomenally varied range of footwear which is at once classy and modern, as well as comfortable, squarely hitting the trifecta for perfection in shoes. The range feature traditional derbies, loafers and moccasins in dress, casual and informal versions, all impeccably made in genuine leather. There are also leather slip-ons, strap sandals, driving shoes, boat shoes and the essential range of

running shoes and sneakers. The store caters to all sorts of footwear needs with sturdy and durable footwear without compromising on style, for both men and women!

What sets Lee Cooper shoes apart however, is the technology that makes their shoes not only stylish, but also supportive of foot health, which usually cannot be said for most other shoe brands. One feature specially added to the Lee Cooper shoes range in Bangladesh is the Ortho Massage insole, which is specially designed with a heel cushion and massaging built to support long

time wear without foot pain or discomfort.

Lee Cooper formal shoes are also made to be as lightweight as possible, with breathable uppers and genuine burnished leather. For the more informal shoes, along with all the aforementioned qualities, even the outsoles are flexible, making the shoe very health friendly. All this basically translates to classy yet health-friendly shoes that fit and feel like a dream!

**By Sania Aiman**  
**Photo Courtesy: Lee Copper**



**INTERPRETER OF MALADIES**

**BY NIGHAT ARA**  
Psychiatrist, Counsellor,  
and Therapist



# Mental health impacts of COVID-19

COVID-19 pandemic related mental health issues are an evolving multi-layered phenomenon that warrants appropriate attention and necessary action. Mental health problems related to COVID-19 can be classified as mild problems resolving on its own or moderate problems affecting quality of life. A long-term trajectory of serious mental health epidemic affecting a significant population is under watch. This has been flagged by evidence-based researchers as well as by mental health experts.

We are going through an unprecedented challenging situation of our lifetime. Governments all over the world are mandated by World Health Organization to take extraordinary preventative measures to abort excessive loss of lives. These harsh preventative measures although saves lives, but surely takes its toll on overall health and economy of the nation. We are all in it together, trying to make it through to the end and hope to do the right things to reduce any negative side effects.

Anxiety, Stress and PTSD (Post Traumatic Stress Disorder), Depression, Addiction and other self-injurious behaviour, loss and grief, anger and domestic violence are some of the mental health conditions that have been skyrocketing since the pandemic started.

Anxiety is a natural consequence of living with constant fear of uncertainty, unknowns and unpredictability. Some people are experiencing it as generalised anxiety, panic disorders, phobia etc. Some are using sleep medications, alcohol, etc. to calm their nerves, which is increasing the risk of long-term dependency.

Stress is running high for many reasons like job insecurities, educational inconsistencies, economic depression etc. on top of living in a life-threatening situation. Restricted access to healthier



coping mechanisms (e.g. fun social gatherings, gym, outdoor activities, etc.) is an important contributory factor in it too. This prolonged chronic stressful life situation can be a traumatic experience for many. Impact of this collective trauma could be managed better by fostering a sense of connectedness and mutual support.

Isolation is often damaging in trauma experience whereas social isolation is a must to prevent spread of the disease. Balancing these competitive needs is unequivocally challenging for many people. Fortunately, social media and advanced technology are helpful to mitigate this risk factor to a large extent. Perhaps this is not true for people who are technologically challenged or are deprived from this essential pandemic commodity. Double trauma (personal and pandemic) could lead to PTSD in people with history of unresolved trauma. There is anecdotal evidence that humans get one "free trauma" by virtue of life as it is, but subsequent additional trauma experiences become costlier to mental health.

Depression has a fertile ground to pop up because we are living in a negative environment. Negative news is prevalent everywhere. In absence of healthy distractions, over exposure to stress etc. unleashes any underlying automatic

negative thought patterns. This is more common when people have no way to do a reality check with others or listen to the brighter side of the story from others.

Addiction and self-injurious behaviours are coping mechanisms when psychological pain grows so intense that the urgency for relief at any cost becomes the only option. People who are in active addiction are prone to go downhill without proper support. Number of cases of self-injurious behaviours reporting to hospital emergency departments are rising in many countries. Some experts are calling it as the beginning of the long-term mental health disaster.

Loss and grief are rampant in pandemic. Loss of loved ones, not being able to mourn properly, inability to follow proper rituals are taking a toll on human minds. Perhaps people who are still healthy cannot even imagine what goes through the mind of severely ill people in quarantine. Family members are horrified and agonised by the fact that they cannot comfort their loved ones in terminal state. These lonely final days of life is traumatic to witness, it is a nightmare for others. There is also survivors' guilt because of how one person remains asymptomatic while another person dies from the same virus by natural selection process.

At present, loss of school-years, loss of hopes and dreams, jobs and financial securities are not getting enough attention as people are focusing mostly on loss of lives. Sympathy, empathy and compassion are drying out quickly as people are trying just to float with their heads above water. This crisis mode of operation allows the brain to remain overloaded with unresolved grief issues to finish its course in future under favourable circumstances. This pending grief work will be another challenge in letting go of the past and be

able to live in the present.

Anger and domestic violence are other mental health concerns. Domestic violence is soaring as a result of all mental health crises mentioned above and many more. Domestic violence cannot be overlooked as it leaves long term imprint in the developing brain and tips the balance of the family system. Enforced social isolation helps the abusers. Abusers often systematically isolate and disconnect the victims from the outer world and create a fearful situation of shame and secrecy inside closed doors. Thus, voices of the victims remain unheard.

Anger can be the flip side of depression or it can be a personality trait or part of grieving process or a faulty communication pattern or manifestation of other mental health problems or all these together. People having impulsive anger outbursts at wrong places with wrong people is not uncommon in this pandemic. This adds additional pain and sufferings to all.

Anger gets easily displaced on weaker people. Health care workers often become the target of uncontrolled anger in absence of proper protocol and protective measures. Nobody, let alone health care workers, deserve to be on the receiving end of this unfiltered animalistic anger. Lack of appreciation, respect and trust on health service does not help anybody.

People who used to travel abroad for world standard health care facilities are now feeling helpless, having to rely on a health system they cannot trust. On a positive note, this could be a fertile ground to initiate an open and honest dialogue between health care industry and stakeholders to make positive changes in this field.

**Photo: Collected**



## INSIDE LOOK at Ajo Idea Space



### In conversation with Khalid Mahmud

Ajo has established itself as a thought leader in revolutionizing how a restaurant should operate in Dhaka, focusing not only on food, but also providing a different ambience for its consumers. How did the inspiration strike you?

I had a couple inspiration. I wanted to contribute in reality, not only on the surface level. I wanted to connect with people in reality with a simple thing outside my artistic work. I traveled in a lot of countries because of my art and I saw how people in some countries valued every single job as essential. So, when a lot of people told me not to go into this business, out of fear or laughter, I did not get frazzled by their words. I found the idea of opening up a place where people can come, relax and even brainstorm ideas in an ideal place very comforting and simple.

My family business was food as well. My family has been in the business of food for nearly 60 years. Growing up, I saw my father work in his small local bakery for a long time and saw him being happy

where he was. I wanted to urbanize his idea of delivering quality food and keep the legacy of our food business alive through Ajo.

**What challenges did you face initially?**



My background was not something related to food or the restaurant business. But, when I was constructing Ajo, I realized that it did not fall into a restaurant category, we were more in relax dining and fine casual category. I wanted to focus on the space more, because this was the bigger part of our story, food is just a small part. We wanted focus on creating a space where you will come with your friends and family and create wonderful memories. Next, we wanted to focus on our pricing. Anyone can procure coffee and sell them, the main thing is to give the best quality of coffee in a price where most people could afford it and we can sustain our business as well. Designing a process of delivering quality food at an affordable price is more important than designing interior. We wanted to keep our interior simple, keep the price of food right and provide quality food. And if you look at our interior, furniture's and everything, it is all refurbished items that we have collected to make it more environmentally friendly. Metals that were thrown away, wood boards from old ships and other things have been refurbished and made into materials that we can use in our restaurant and make it environmentally sustainable, organic and simple.



**Ajo has managed to stay as one of the hangout spots in Dhaka for many years now. How did you manage to keep it relevant for so long in an age where consumers rapidly move on to newer things?**

I don't like to think that I have competitors. Competitor word belongs to a kind of a war mentality. I just want my space to exist and work in a sustainable way. Newer restaurants are more and more getting dependent in their interior, flashiness and other stuff that are constantly increasing their operational cost. I try to cut back on those operational costs through new innovations and try to keep my prices constant so that customers don't hesitate to come to my restaurant by looking at the prices. I don't use AC in Ajo because the architectural design of Ajo is done in a way that there is constant air flow within the restaurant. Simple design,



interior, tranquility and quality food will drive the customers in no matter what. I also try to treat my employees as colleagues rather than employees and make them feel a part of my establishments. They are always paid on time, their medical expenses is taken care of if they get into an accident and I even rented them an apartment to stay together.

**What are the steps you have taken for your restaurants to adopt to the new normal?**

Our business policies of cutting cost and not over extending our operational costs have helped us in keeping our business afloat during the pandemic. We have trained the people who worked in Ajo through the help of health expert. We also constantly share videos from YouTube about this matter within our working group. We also have hand sanitizers in all the tables for the safety of our customers and the whole establishment is constantly being clean as well. We use Evaporator Machines as well where we use a certain chemical that travels through the air to kill germs in the vicinity.



**We have seen a lot of people trying their hands in different cuisine during the lockdown. Any advice for the aspiring Chefs/home cooks of Dhaka?**

My advice for them is to completely go for it. Jump at any opportunity they can get their hands on. Because we don't have enough Job for the people who are graduating every year. Hence, they need to use these opportunities to make their own establishments or earning source. So, Young Entrepreneurs should make use of these opportunities for the betterment of themselves. Lastly, I would say for them to love this city. If you love your city, treat it kindly, it will love you back.

**We know you are not someone to stay quiet for long. Any exciting news for coming anytime soon?**



Next for us is to make a new Ajo, with a new architect and a new language. But we are yet to decide on a place where we could construct it. We have a foundation as well, which is called "Satori", which is a meditation practice & research establishment. So we are now doing meditation as well, apart from food and gastronomy. So, if you're looking for peace in your mind and soul, you can seek Satori out.

The interview was taken by Foysal Mahmud Niloy.  
Photo: Prabir Das

