

# LIVING

## Maker of Social Documentaries and Soap Operas

by Rashed Nizam

**M**UNAWAR was born in Delhi before partition of the Indian Subcontinent. She began academic career in Loretto Convent Darjeeling and Shillong and the Convent of Jesus and Mary, Murree. In 1958, she studied English in LTC College Eastbourne, England. With the advent of television in Pakistan in the early 60s, Munawar became interested in this electronic media. She joined the School of Television and Film Production for training in production and direction of TV programmes in London. On returning to Pakistan Munawar also attended a course in the Television Institute at Islamabad, from where she qualified, standing first in her batch, as she had done in the UK. She also took courses at

and she was luckily provided an early chance to prove her mettle in several series such as 'Ankh Jo Kuch Dekhti Hai', and the much acclaimed 'Pagdandi'. The series looked at Pakistan's rural society, its social structures, arts and crafts and emphasised the vast contribution rural societies make to the whole economy of the country. Her films were sent to festivals in Holland and Iran.

In 1964, Munawar married into the well-known Nizam family of Bangladesh. In the early 70s her husband was transferred to England and Munawar was able to continue with her film career.

In London, she began her

issues and health videos; with Channel 4's Bandung File on current affairs documentaries and as Community Arts Coordinator of Ethnic Arts. She made an educational video for children entitled 'Raag and Taal', commissioned by the DHSS which continue to be distributed for viewing. She



Munawar seen with family and friends

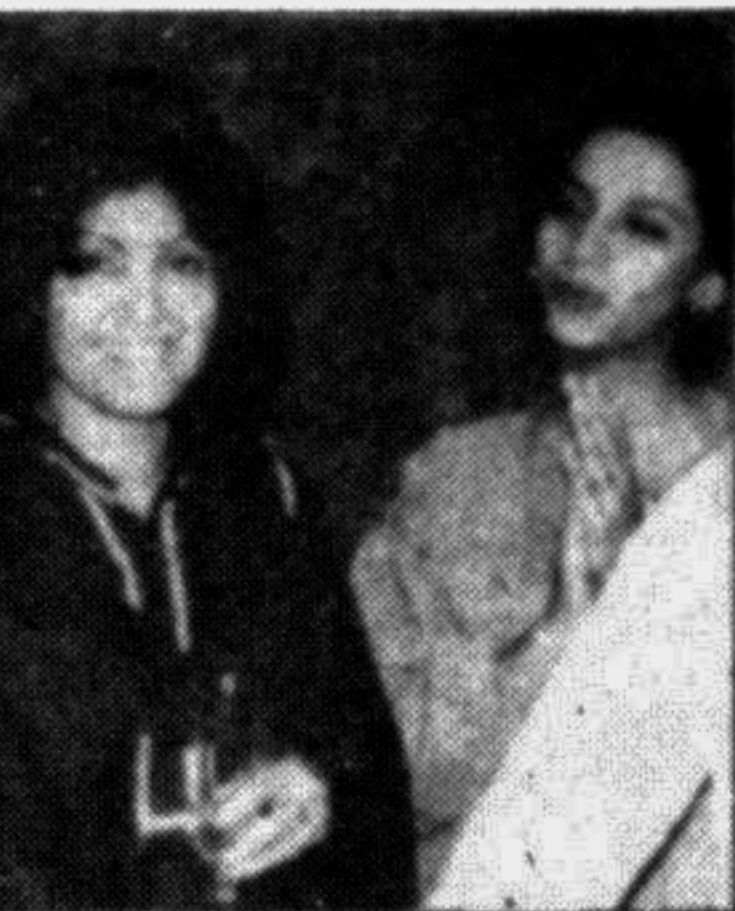
also wrote two prize-winning plays — 'Immigration Widow' and 'Carcass'.

Recently Munawar initiated an Asian Women in Britain Media Organisation called FILMLOK. This was formed to enhance self-awareness among Asians of their true social and economic conditions and to bring mutual understanding between host and immigrant communities in the UK.

FILMLOK researched and scripted documentaries and the first of them 'Out of Vision' on Asian Women, produced and directed by Munawar was accepted for screening by BBC2 as an independent documentary which is seldom done — an accolade in itself of her professional competence.

One of Munawar's most important and everlasting contributions to her profession was her association with BBC's upcoming series 'Living Islam', which will be telecast later this year. In this connection, Paul Krwazcek, the producer of the series has paid the fol-

lowing tribute to Munawar: 'Munawar Nizam was the originator of the idea behind BBC's 'Living Islam' series. It was she who first brought professor Akbar Ahmed to the BBC and proposed that a television series should be made based on his book 'Discovering Islam'. The series took a long time to get going — money had to be found, authorities had to be persuaded. Nearly three years



were spent on the preparations. All through, this time Munawar's enthusiasm never flagged, helping the BBC to prepare outlines and treatments and helping to suggest people who might be approached for assistance. When the time came to begin filming, Munawar was unable to take part.'

Munawar's concern and love for the people of Bangladesh was demonstrated when she became founder member of and driving force behind Bangladesh Overseas Association of Chittagong (BOAC) — a UK based charity to help in relief of poverty, sickness and distress in the region. Throughout her illness she maintained her faith and drive to fulfill the goals of BOAC and pursued her fund raising campaigns both in the UK and Bangladesh with constancy and zeal.

Munawar Nizam, television producer/director and free-lance film maker died in London on 15th January 1993. She was 49 years old.

heated very quickly so care must be taken.

Wine sections of hair around the rod or brush and hold it steady for the recommended time. Some curling tongs have a spiked surface that can get tangled in the hair, as can the hot brushes. Make sure that your hair is sectioned really well and the hair kept away from each end of the spikes. Tongs give a tighter curl than rollers, while hot brushes give a loose, bouncy style but, again, overuse can be extremely drying to the hair.

### Gels and Sprays

Many hair styles today depend on height and shape, and a number of products are now on the market to help you achieve this.

#### Gel

Styling gels are completely different than mousses. Most gels are used on towel-dried hair, and then the hair is combed into shape or arranged with the fingers. Gels dry quick, stiff, and firmly hold the hair in place once it has dried. They make the hair look very glossy and shiny, giving hair a 'wet look', and are best used on straight hair that is cut short or layered. Gels can flake out of the hair on to the scalp, and should be brushed out each night. Your hair may need to be washed more often if you use gel regularly.

#### Setting lotions and sprays

Setting lotions help hold the shape of the hair once it is dry. These are applied on clean, towel-dried hair. Setting agents give the hair more body and bounce, and are especially effective on fine hair. Most lotions come in different weight 'holds'. The lighter versions are best suited to casual relaxed hairstyles, while the firmer ones are used on hair that needs real control.

Hair spray can be used to hold the shape and set of the hair and also comes in various holds. There is a tendency to overuse hair spray, and hair can become hard looking and lacking in movement and swing. Hair spray is most often used on hair that has been set, dried, and brushed into style. Spray the hair lightly, then arrange the finishing touches with your fingertips. This makes for a more natural result than just spraying the hair and leaving the spray to set. Brush hairspray out of the hair every night, otherwise it can cause dryness and damage. **MS**

## Shopping, Anyone?

by Parveen Anam

**D**HAKA is a difficult enough place for the average housewife and it is all she can do to keep her family provided with a good meal twice a day. Domestic help being what it is, the onus of working in the household, shopping for the groceries and visiting the 'kutchra market' is the housewife's domain, especially if she is not employed full time elsewhere. Even if she is working, it is still her problem. The superior male, more often than not, believes it beneath his royal dignity to involve himself in such mundane affairs of the household. And most times thinks it not even worthwhile to turn around and say a pleasant 'thank you'. The wife is remembered only when she forgets something. And then in derogatory terms. But that is a side of the story, we refuse to dwell on here.

A visit to the 'kutchra market' or the market where the everyday commodities of life are available, is an unpleasant experience. The municipality thinks it can get away with cleaning the garbage piled high at the entrance of the market, once every two weeks. The stench is unbearable, as the harassed housewife, handkerchief held to the nose, steps gingerly around the garbage pile, on her way to the interior of the market.

Besieged by beggars and 'coolies' she has a difficult time reaching her place of intent, but manages ultimately to make it. The average Dhakaitte has become quite adroit actually in skipping around garbage dumps and nimbly avoiding the outstretched hands. If the 'authorities' do not wake up fast, Dhaka will one day be taken over by the beggars and destitute.

The scenario inside the market place has to be seen to believe. Groups of men, standing around for hours on end, simply loiter there and leer at

the poor lady, as she makes her way around the stalls. One could swear that a certain group of human beings were born to ogle and stare at the female of the species. The stare would not be so bad, if they were not accompanied by suitable comments and remarks, condescending and humiliating. The lady ignores it all as she bravely goes ahead with task at hand.

The vegetable and the meat stall is no better. All very well for the medical professionals to insist on including vegetables in the diet; the price of the lowly vegetable is enough to deter the staunchest housewife. Children are not fond of vegetables and she really prefers to stick to the meat and the fish, for the price between the fish and the vegetables is barely any different. Why not buy something the children would at least eat?

The butchers of course charge anything they please, in spite of the Mayor issuing directives every so often, fixing the price of meat per kilogram. And then they cheat shamelessly on weight. Look the other way for a moment, and you are bound to go home with at least half of what you had asked for, although you are paying for the entire amount.

Truly, by the time the beleaguered housewife has man-



A housewife shopping at a bazaar

The price of the fish and the vegetables, totally belies the tall claims made by the 'relevant authorities'. It would not be such a bad idea, if these same authorities made a few surprise visits to the stalls, to find out how the other half lives. Unfortunately, they hardly seem to find time for such routine matters. Once elected to the pinnacle of power, they seem to be so interested in trying to keep themselves there that the very people who voted them to the

aged to come back home, at the end of a day's trip to the 'kutchra market', she is at her wit's end and it's all she can do to put together a reasonable menu for the table. And most times than not, her family is barely appreciative for all the efforts she has put behind that menu.

A smile and a pleasant 'thank you' is not such a bad idea after all. Heaven knows, but that poor lady surely deserves it; she does not ask for much more.



Munawar

the Film and Television School in Beconsfield where she produced a low budget feature film. In 1970, Munawar joined the studios of Pakistan Television Corporation as an assistant director. At first she directed a number of children's programmes such as 'Kahani', 'Ek Do Dus' — a drama series and 'Khel Khel Mein'. In addition to this she also produced various other youth programmes.

But her interest in film documentaries soon took over

career as a full-time researcher and director with BBC television on an Asian (Urdu) drama series 'Parosi' which depicted the stories of Asian families learning to adapt to their new environment in Britain. A so-called 'Soap-Opera', 'Parosi' became highly popular with its Asian viewers.

Munawar worked as a freelance director with Central Television, with the Department of Health and Social Services, at the Albany Empire, Lewisham on women's

## Beauty Tips

**U**NLESS you have a wash and wear style, blow drying will play an important part in how your finished style looks. A blow dryer can create a wide variety of looks, and help to straighten hair that is too curly or frizzy. The new hair dryers have a number of attachments. Some come with various blower speeds and three temperature settings. Some have circular brush attachments, which avoid the need for a separate brush.

Always hold a blow dryer at least six inches away from the hair — this way the heat will be less damaging. And keep the hair dryer moving to avoid overheating the hair in one area. Use a full or half radial styling brush to shape your hair as you dry it, or choose one of the dryers that comes with its own brush attachment.

If your hair is wavy or if you have a perm, it is best to let the hair dry naturally. For a short ragged cut, finger dry the hair by pushing the hair into place and dry with a hand-held dryer. With very curly or layered styles, scrunch drying is used. Hold a handful of hair tightly bunched up in the hand and direct the heat from the dryer on to the hair between the fingers.

If you have a style that needs thorough blow drying to look its best, always roughly towel dry the hair first until it is slightly damp. Divide the

hair into small sections, keeping the hair you are not working on out of the way by clipping it back with pins. Roll each section around the brush and hold it steady until the hair is dry. Start with a hot setting and switch to cold as each section dries.

The underneath sections should be dried first, then the sides. Lift the brush to give your hair more bounce and to speed up the drying process. Brush from underneath to curl the hair in, from above for flicked-up curls. Unpin the other sections and gradually blend in the layers as you dry. Dry the front and your fringe last.

### Using Rollers

Rollers can give your hair body and volume, and are essential for a neat set on hair that has been permed. They are used with a setting lotion or mousse to help hold the set. The size of the roller will determine the size of the curl or wave. Do not roll too much hair around individual rollers, as the finished effect will be uneven.

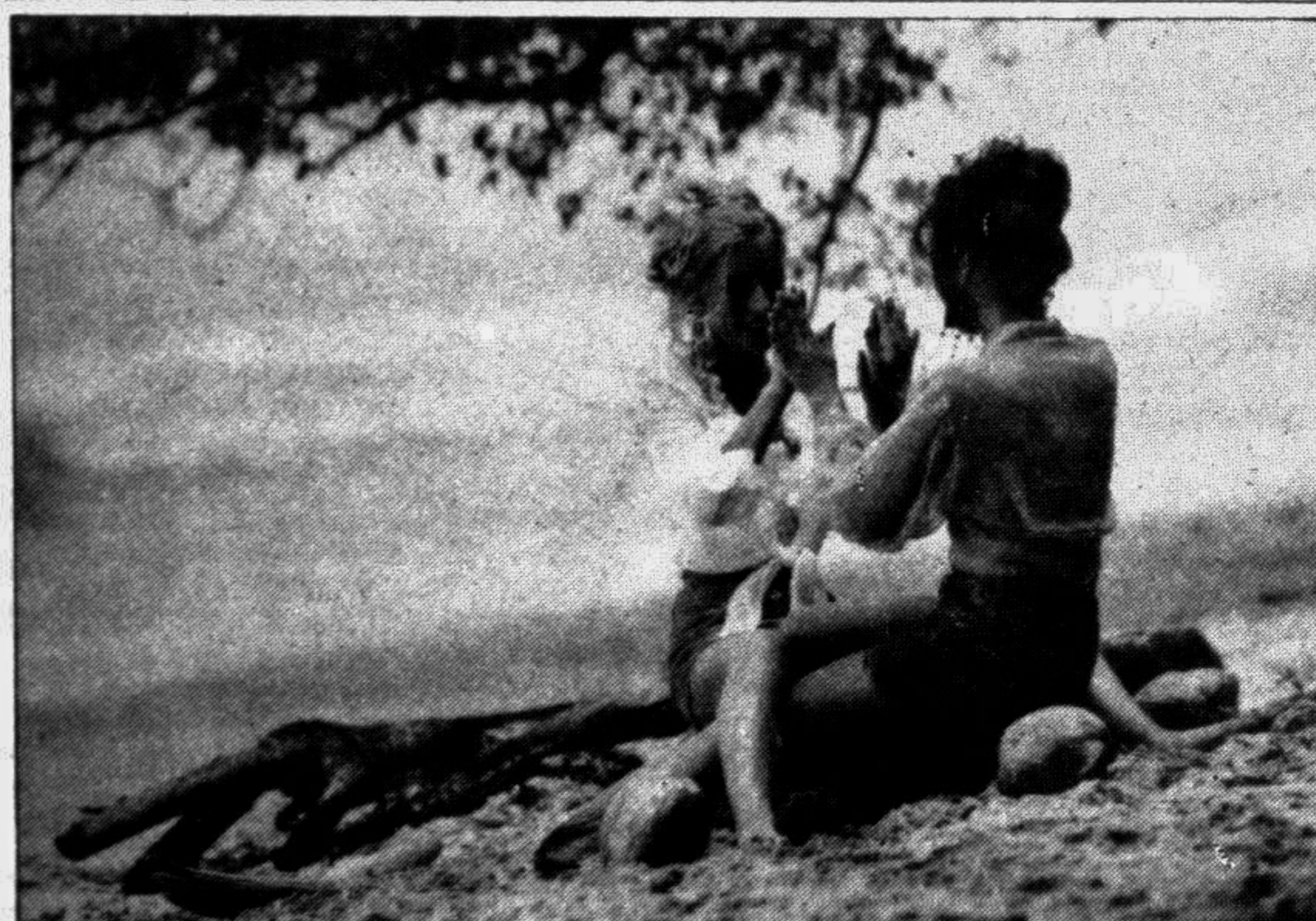
If using sponge or plastic

rollers, dry your hair with a dryer or leave it to dry naturally. Make sure that the hair is completely dry before removing the rollers or the result will be frizzy and hard to manage. After removing the rollers and clips, brush through firmly to smooth out any curl lines.

Heated rollers are always used on dry hair and can be used with setting lotion. Although the temperature is controlled, overuse can damage or dry the hair, so do not use them every day. Heat them for the specified time, then roll up the hair and leave them until the roller is cool. If you take them out halfway through the curl will not last for very long.

### Using Curling Tongs and Brushes

These taken much longer to use, since only one section of hair can be curled at a time. They are ideal for curling small sections of hair, such as flicked back sides or fringes. Although the effect is not as long lasting as an ordinary roller set, they are quick and convenient to use. The rods and brushes can get over-



British Fashion in Faraway Barbados: Courtesy London Picture Service

### Indonesian Recipes

No meal is complete without lots of rice and at least one savoury dish fiery with chillies.

#### Pindang Serani

2 mackerel 1/2 teaspoonful  
5 red chillies turmeric powder  
5 green chillies 1 teaspoonful ground  
1 bay leaf ginger  
Salt Lemon juice  
1 onion Margarine or oil for  
3 cloves of garlic frying  
Slice the onion, garlic and chillies. Fry a golden brown, and add salt, turmeric powder, ginger and bay leaf. Add 6 teacupfuls of water and bring to the boil. Wash and clean the fish, add with the lemon juice and cook gently for about 5 minutes until the fish is cooked but not falling to pieces.

Note: This dish is vastly improved if made 2 or 3 days beforehand and the fish left to soak in the liquid until required. If this is done, an aluminium pan must not be used.

#### Pickled Fish (for-4)

2 mackerel or whiting 3 cloves of garlic  
1 onion 2 almonds  
1/2 pint  
Frying oil 1 1/2 teaspoonfuls sugar  
1 teaspoonful 6 red chillies  
turmeric powder 1 pint vinegar  
Salt 8 shallots or spring  
1/2 pint water onions  
Wash and clean the fish, mix with salt and a little vinegar, and fry a golden brown in the oil. Put dry seasonings, garlic and onion through a mincer. Fry for about 2 minutes. Add water and vinegar. Bring to the boil. Add shallots or spring onions, sliced chillies and fried fish. Continue to cook for a few minutes.

#### Orak-Arik (for-4)

1/2 lb cabbage  
Breast of 1 chicken  
Margarine, 1/2 teaspoonful  
pepper  
Celery leaves  
5 shallots  
2 eggs  
Sugar and salt to taste  
Chop the shallots, mix with pepper and fry in margarine. Add slice chicken, celery leaves and mashed cabbage. Beat the eggs and pour into the mixture; add salt and sugar and cook for about 5 minutes, or until cabbage is sufficiently cooked. Serve with fried onions.

#### Abon (for-4)

1 lb. beef, 1/2 pint oil  
2 cloves of garlic

## COOKERY

1 teaspoonful lemon juice  
Salt and sugar to taste  
Cook the beef in 1/2 pint of water until it is so soft that it falls apart in strings. Chop garlic fine, mix with salt, sugar, lemon juice and the meat and leave for about 5 minutes. Heat the frying oil and fry the beef mixture until a golden brown. Eat with rice.

#### Nasi Gurih Ajam (for 4)

1 lb rice 4 teaspoonfuls coco-  
1 onion for 10 nut milk (made  
shallots) from 2 lb coco-  
1 bay leaf nut. See Yellow  
1 young chicken Rice recipe)  
Salt Decorations  
1/2 lb cabbage finely  
shredded, cucumber, omelet  
(1 egg) cut into strips, young  
celery leaves, radishes.

Wash the rice. Clean the chicken and cut in pieces. Put half of the rice into a stewpan with chicken, sliced onion (or shallots), bay leaf and salt. Put the rest of the rice on top, pour coconut milk over the rice and chicken and bring to the boil. When boiling, stir and mix everything well together. Continue cooking over a low heat for about 40 minutes. Garnish with decorations listed above.

#### Roast Meat Balls (for 4)

1 egg 1/2 clove of garlic  
4 potatoes 1/2 lb minced meat  
1/2 tablespoonfuls 1 onion  
margarine 1/4 teaspoonful  
ground  
nutmeg  
3 tablespoonfuls  
bread-  
crumbs 1/2 teaspoonful pepper  
Peel the potatoes and boil them. Slice and fry onion and garlic in tablespoonful margarine for about 2 minutes. Mash the potatoes, mix with the fried onions, garlic and minced meat, egg and rest of the seasoning. Spread the breadcrumbs and 1/2 tablespoonful margarine in a fireproof pie-dish and add the mixture. Heat well in moderate oven. Serve hot.

#### Grilled Lamb (State kambing) (for 4)

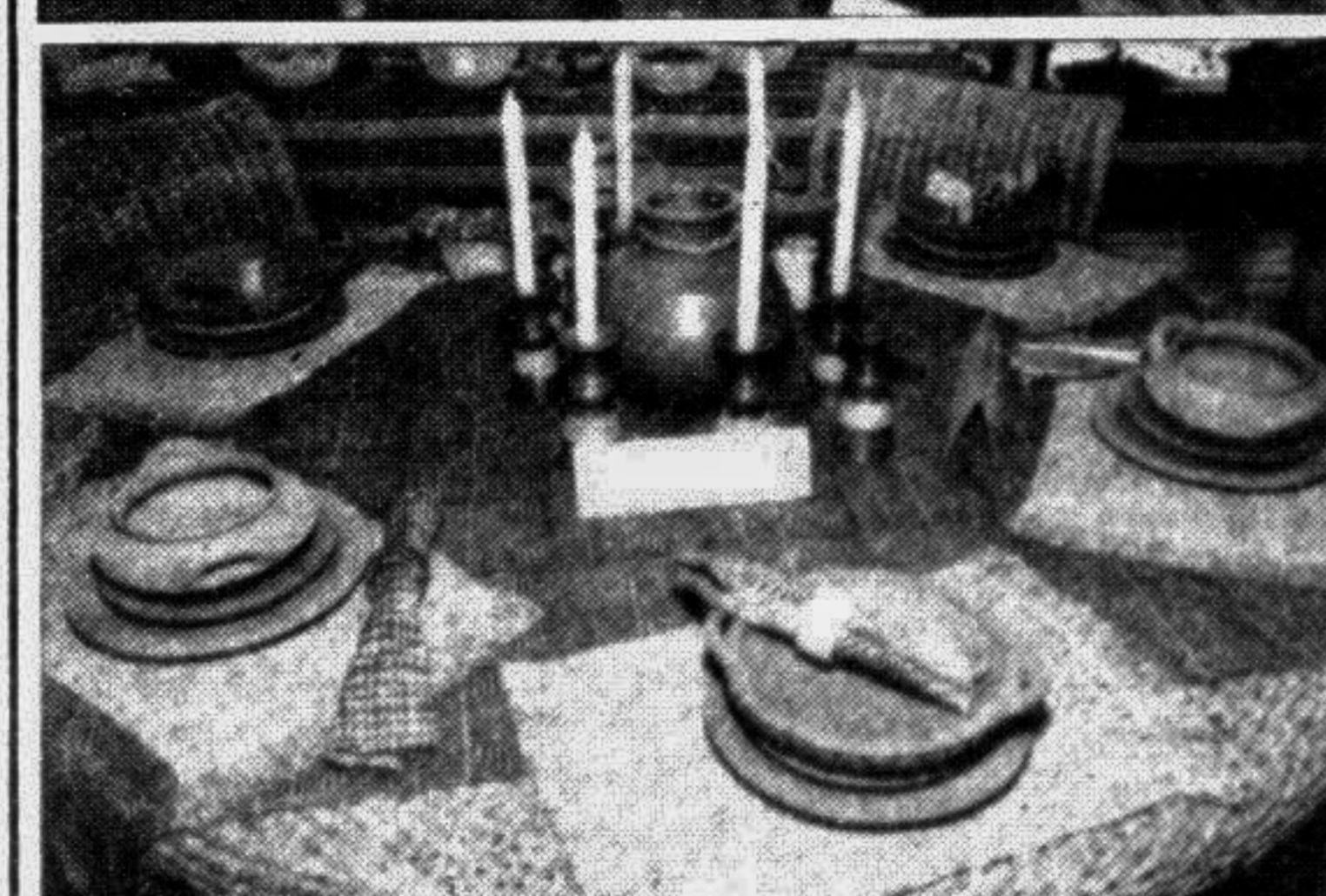
1 lb lamb 1/2 teaspoonful  
1 onion coriander  
Salt and pepper  
to taste 1 clove of garlic  
Lemon juice  
For the sauce  
1 teacupful  
peanuts 1/2 teaspoonful  
ground  
3 red chillies ginger  
1 clove garlic 1 onion

## The Tangled Web

**W**ATER hyacinth is an aquatic weed that occupies nearly every pond and waterway in Bangladesh. It can be identified by its broad green leaves and purple flowers. As it grows, it forms a tangled web that has long been the scourge of Asian waterways. Yet, it is also the source of a useful resource, and can be harvested without damaging the environment.

The water hyacinth plants used to make the products displayed at 'La Galerie' recently were all harvested by women in the Barisal district of Bangladesh. After harvest, they cut away the leaves and roots, split the stem in half, and remove the pulp. What remains of the stem is then solar dried. The women braid the dried stem into one of three thicknesses of rope, which they treat with a salt solution to protect it from fungus. The rope can then be used to make furniture, baskets and jewellery.

The fifty women who produce the water hyacinth rope are all members of Bagdha Enterprises and Joberpat Enterprises. These two small businesses are income generation projects established by The Menonite Central Committee Job Creation Programme. The women currently manage much of the projects themselves, and will eventually take over complete ownership.



Photos by Jim King