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In the course of the years, Smita, now 46, took feeble steps in her metamorphosis from a young adult to a middle aged woman - a representative of the cross-section of people. She carved her identity in the youth workforce and soon enough Smita Jalal was not only able to support herself but also her family, and indulge in selective extravagance. Shattering the gender barrier, her job gives her an opportunity to give back to society what she has to offer, giving her another identity as a global citizen.

The Daily Star disseminated information and fuelled Smita's repertoire. She is an enlightened Dhakaitte and a proud Bangladeshi. As time moved on her identities evolved, from the daughter of a retired military man, to the mistress of the house, to a loving wife to a compassionate husband and a wonderful mother to a child, Sushmit. She was comfortable in all shoes that society expected her to wear and more. Her life grew in many directions.

On a broader perspective of time, 25 years may seem like a speck of dust. In the long history of Bangladesh that spans millennia, the last two and a half decades have been significant. As a nation we now feel proud of our identity. Bangladeshi is not only trendy but also significant in our lives.

Smita, as an ambassador of her generation, cherishes the freedom that comes with her multiple identities. Her whole lifestyle has taken a U-turn in the past two and a half decades and documenting, even prompting at times, that change The Daily Star has played a vital role. In the beginning what was 'Living' a page devoted to matters related to the changes in our lifestyles, became a tabloid, Star Lifestyle. It is not only a trendsetter in its field but also a chronicle of how Dhakaittes have moulded themselves bombarded with ideas, concepts, fashion, style and trends.

From the way we cook our Friday lunch to the way we dress for that picture perfect, wedding extravagance our lives are no longer, mundane and monochrome. The cosmopolitan character of Dhaka becomes more apparent, the colours take over our lives.

We have rediscovered the varied palate of Bangladeshi cuisine. We devour continental breakfasts with the same enthusiasm as we consume our grandest 'Mejbans.' We are equally comfortable flaunting a Jamdani sari or an Aarong taaga, complemented with a M-A-C lipstick.

In this world where the 'East meets West' vibe is ever dominant, we have somehow made our identity as a Bangladeshi stand out, yet blend in with global trends at a certain level.

For the past twenty-five years The Daily Star has been Smita's companion for her early morning tea, a reading on the way to Sushmit's school or a small detour while running her chores. At the age of 46, she still remains loyal to her source of information. Her 21 year old son now lives in a world that was beyond imagination even a decade ago.

Smita's association with The Daily Star has been a long one. Sometimes when she and her son head out for a drive, they both turn to their companion TDS for a quick read. The only difference, Smita flips the pages while Sushmit logs in.

– LS Desk

Photo: Sazzad Ibne Sayed

Model: Isha

Wardrobe, Jewellery, Styling: Tenzing Chakma

Make-up, hair: Farzana Shakil

Location: Pan Pacific Sonargaon

Living in Dhaka, one of the most polluted city of the world, we expose ourselves to thousands of toxins through food, water, air and substandard life style. It contributes to the functional decline of life. Moreover, lack of sleep, disturbed circadian rhythm, depression, under-nutrition, over-nutrition, less physical activities are giving ourselves nothing but excessive oxidative stress that produces more free radicals & ROS (Reactive oxygen species) significantly damaging the cell structures like DNA, RNA and amino acids.

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Dr. Jhumu Khan

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