

# Hey, soul sister

Girlfriends are a rare species of human. I am not talking about the women you date, but rather, the friends you have that stick with you through thick or thin. This is a tribute, of sorts, to the ladies in your life that make every day memorable for you.

I grew up with the mentality that I would never get along with girls my age, and that boys were just more fun to hang around with because I was never a traditional 'girly girl' myself.

As a result of this I never really formed any substantial relationships with girls, and growing up I definitely feel like I have missed out. I look at my mother now with her girlfriends and I envy the bond that they have.

Introverts go through life without requiring much attention or affection from other people. But no matter how introverted or extroverted, young or old you are, it's important to have that support network.

If you have just come home from work on a Thursday night and you feel restless, ring up your girlfriends and go out for a meal. If you are craving the company minus the effort, have a little get-together at your house.

The best thing about girlfriends is that there are no formalities involved. You do not have to go through the tedious "ji bhabhi" "na bhabhi" rigmarole. After all, when it comes to your girlfriends, your casa is their casa. You invite them in and they will be the ones rummaging around in your cupboards rustling up the snacks needed to fuel your latest gossip session.

Of course, to suggest that girlfriends are

only there for gossiping is cheapening that strong bond. They are usually your first port of call when you come across obstacles in your life. They are your sounding boards for your ideas, both good and bad.

If you are all getting ready for a 'dawat' and you walk out of your dressing room looking like you got dressed in the dark, be sure that your girlfriends will push you right back in.

When you leave the salon after getting that haircut that you were not so sure about getting in the first place, your girlfriends will laugh and tease at first, but they will come to the rescue without hesitation.

No matter what you are struggling with, be it

family issues, financial worries, or even problems at work – your girlfriends will have your back.

If you go through a particularly bad breakup, your girlfriends are usually the first people you go to. If you feel like you are in pieces, they will be the ones to pick you up and show you that there is more to the world than just relationships.

You do not need to be friends with someone for a certain period of time to establish their position in your life. Your best friend

can be someone you met only a couple of weeks ago, whereas the girls you have known for almost a decade from school can end up being mere acquaintances.

What's important is knowing that you can trust your girlfriends and that they will return that trust and loyalty. In a world where women are increasingly catty towards each other, constantly trying to outshine instead of celebrate each other, it's important to have a solid network of friends who will be as protective of you as you are of them.

Celebrate your girlfriends. You do not need a special occasion to do it. Let them know that the very fact that they exist and that they are in your life is appreciated, and that is definitely an excuse for celebration. After all, anyone that can put up with our various moods and attitudes deserves an award, or five.

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