



which this occasion is celebrated. While of course expecting that kind of celebration here is difficult, it certainly isn't impossible. A stroll near the temple in the Dhaka University area before Durga puja begins will give you a glimpse of the sculptors putting final touches on their statues of their beloved deities. Families at home place fresh garlands in front of their gods, with the aroma of incense bathing the homes. Members of the house buy fresh new clothes with vibrant colours and send tasty sweets to their fellows and neighbours.

Amidst this unpredictable weather, hundreds of pandals will be erected all over Dhaka. These pandals are created in open spaces. From open fields to narrow alleyways, they are designed to transform the landscape into a mesh of colour and energy.

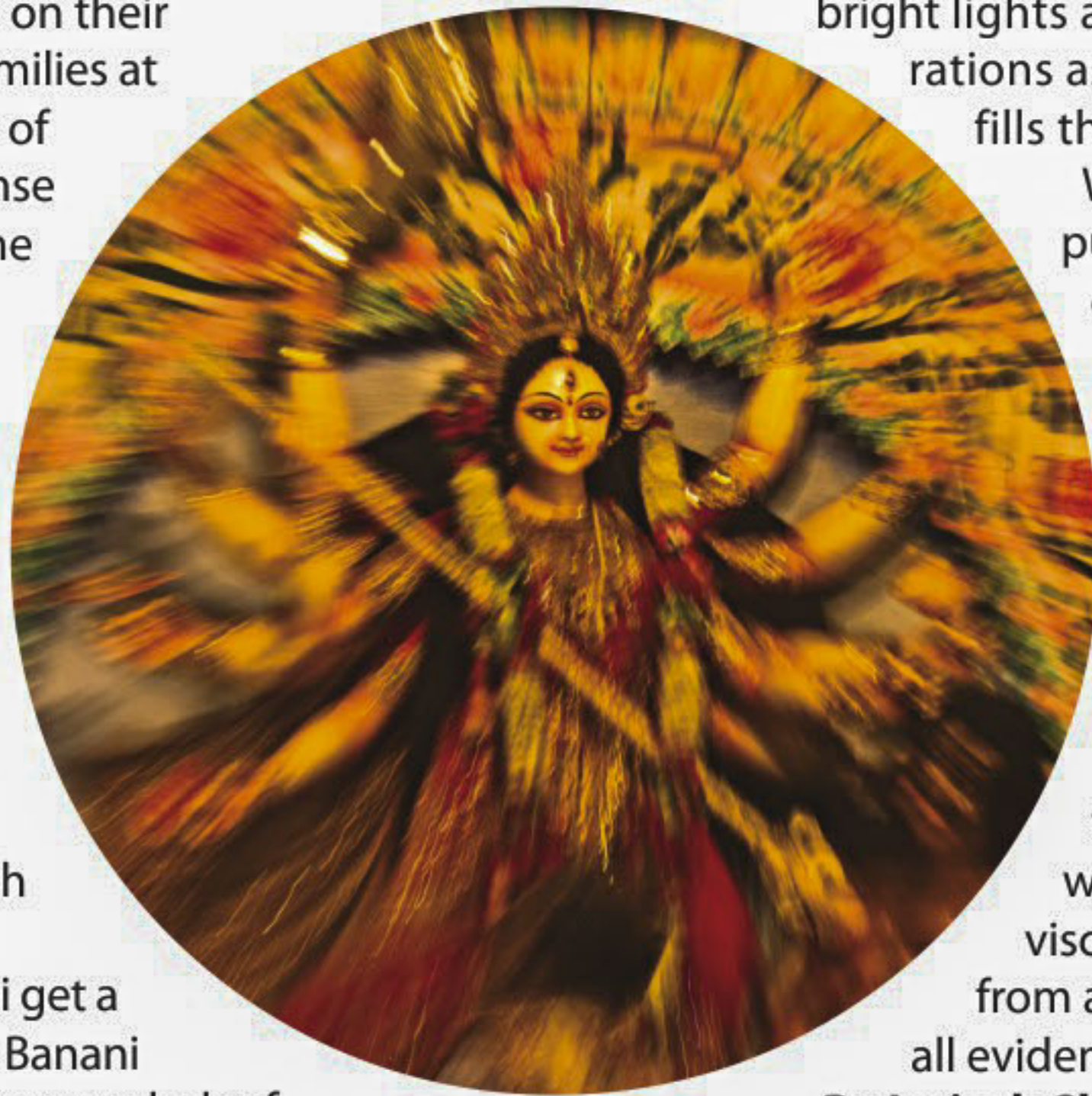
Residents of Gulshan and Banani get a good idea of these festivities as the Banani Sharbajanin Durga Puja Pandal becomes a hub of celebrations in that neighbourhood, where people from all religions go to be part of it. People living near Bailey Road, Mouchak, and Siddeswari also get a front row seat to the

celebrations as the Siddeswari Kali Mandir also goes through the prayers and celebrations of Durga puja. Slightly more Hindu populated areas such as parts of Old Dhaka go one step further and decorate some of the streets with bright lights and eye-catchingly vibrant decorations as well as the sound of Dhak that fills the air.

When the ten days are up, Durga puja wraps up with a ceremony called "Bishorjon", symbolising the return of Maa Durga and her divine children from where they came by immersing her statue in a large body of water like rivers, ponds etc. This conclusion is marked by visits to family and offering sweets to visitors. From start to finish, Durga Puja, the festival of the celebration of the win of good over evil, brings about a visceral energy that affects people from all religions or walk of life and it is all evident throughout the city.

By Intisab Shahriyar

Photo: LS Archive/Sazzad Ibne Sayed



WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladiponectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



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surgery
and pain



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- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
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