

LS PICK

SOUNDTRACK FOR THE 'DESHI' WEDDING

Let's go back a couple of decades, to the days of 'borof-pani', Powerpuff Girls and happily ever afters. Back when the Internet still had not replaced television, we would enjoy singing along jingles that played all throughout the days with our siblings and cousins. What made that even more fun was when we would put on matching clothes so we could pretend to be in a band, singing and dancing in sync. Fast forward to the present day, when there is only a month left till our cousin's wedding. That little girl we grew up with is now frustrated because many of the things did not go the way she had imagined.

*Shada theke hobe ki reh haat paye alta laga,
mone je rong kajol chhilo lal kajole shaja*

BODHUA BY KRISHNOKOLI

A bride has this pressure to look perfect on every occasion, all the while being tensed about the new life she is about to embark on. The biggest support for a bride at these moments is to be surrounded by the people she loves. Watching them singing and laughing alongside each other carries her through her subconscious turmoil.

It is important to focus on the things that are going perfectly well despite all the trouble and hassle. We all grew up listening to classical Bengali wedding songs like Leelabali Leelabali, Haate Oina Jur Bendi and Holud Bato Mendi Bato.

So when the bride hears their timeless choruses being sung on her own wedding, it is sure to evoke memories of childhood dreams of her wedding day that are now turning into reality. She realises that this wedding is really happening, and everything will soon be alright.

Shundori komola chorone nupur rini-jhini koriya baje reh

ANONYMOUS

While the main Holud ceremony is going underway to the cheerful melodies of Habib's Panjabiwala and Jadu, the performers are still frantically trying to figure out how to set up the stage and who will go on to perform first.

The best singers among them will perform their rendition of Remix Qawali from the movie Bindaas. The best dancers are going with Ashona from the movie Borbaad, a song that picks up the mood of even the most morose of crowds. And those who cannot sing or dance to save themselves are doing their funniest impression of Tikatulir More.

The kids giggle as they watch others tying handkerchiefs to their sleeves and putting on their sunglasses and caps. The kids are the most excited to perform - too excited to even care about the dance moves they have rehearsed for 'Shohag

Chaad Bodoni Dhoni'.

Her aunts and uncles are super pumped to have their own slot and they are determined to make it the best. They have picked out 'Hiramoti Hiramoti' and 'Amar Gorur Garite', both of which are oldies but 'goldies' because of their upbeat tune and fun lyrics. They want their slot to be the much needed throwback to the golden ages of Bengali music for everyone who is still young at heart.

*Jemon khushi temon kore jachai kore lou,
shokhi go,
ami premer ghaater majhi,
majh doriyae nao dubabo na*

SHOB SHOKHIRE PAR KORITE...

It is time for Sangeet and this time the groom's side of the family will be performing as well. So, that translates to a bigger audience, and more pressure, to bring on our A-game. The first performance of the night is by his friends to the songs 'Bondhu Tor Barat' and 'Dhakar Pola', which is also their entrance theme.

While Ananta Jalil has a strong following, everyone in Bangladesh simply adores Momtaz. So when she brought out yet another catchy song about

heartbreak and betrayal we could not get enough of it. And soon enough the song had everyone swaying to the beats and doing a 'mini-bhangra' with their shoulders whenever the chorus came up. But when we thought we were all but done wiping the floor with the other side, it was now the turn of all the performers to be shocked.

The bride and groom had secretly been rehearsing to the 90s hit-song, Assalamalaikum Biyanshaab.

These are the moments that we will always forever cherish, when two families come together to bless and rejoice at the union of the bride and groom, and leave knowing that they can trust each other with caring for and accepting the person they all love. A 'deshi' wedding is nothing if not a celebration of love amongst family members. And what is a celebration without good music, right?

By Antara Islam

Photo: Sazzad Ibne Sayed

Models: Meghla, Riba and Mahi

Make-up: Farzana Shakil's Makeover Salon

Wardrobe: Chondon

Jewellery: Araaz

Location: Eskay by Saimul Karim

Disclaimer: If you are reading this, feel free to choose whichever songs you love for your wedding, they necessarily do not have to be the ones mentioned here. If your wedding is coming up soon, this writer wishes you the best of memories for your future.



#BeautyAtEveryAge

Embrace your beauty at every age

A 6-year old girl is beautiful. So is a 16-year old teenager. And so is a 60-year old woman. And yet, unfortunately, many consider that the older you get, the less beautiful you become. It is often the case that a woman's confidence is heavily dependent on her age. The older she gets, the less beautiful she considers herself, which consequently affects her self-esteem.

"Embrace your beauty at every age," advises Chowdhury Tasneem Hasin, who is in-charge of Dietetics and Nutrition at United Hospital Ltd.

"We should all be conscious about our physical well-being and strive to maintain a healthy lifestyle - but not because of lack of self-esteem that comes with age or obesity, but because of health concerns," Hasin said.

A woman is bombarded with notions of beauty from everywhere - the media, society, her family, her peers. Being a dietician and nutritionist, Hasin has seen numerous such cases in her practice.

"Many women come to me with the desire of losing weight. That's great. However a lot of them do not want to shed pounds primarily out of concern about health," Hasin informs. "Rather, they want to reach their desired weight - which is sometimes much lower than the ideal range, considering biological factors like age and height. They want to adhere to the notions others have imposed upon her."

She gives the example of one of her patients who wanted to lose weight because her fiancée and future in-laws demanded that she must do so before the wedding. What could be done about the problem? "Be it obesity or age, a woman should feel confident in her own skin and make a stand whenever necessary," Hasin explains.

Hasin thinks that proper parenting and schooling can play very crucial roles in changing the psyche and breaking the norm.

More importantly, change starts with you, Hasin believes. Things like schooling or parenting are very broad and high-level issues. "The best thing you can do right now is to change yourself. Make a start. Start with your own self. Make sure you never let your age become a reason to think of yourself as someone not beautiful," Hasin advises.

You are beautiful, no matter how old you are.

By Zane



How Old are You?

Dove