

# A foodie's journey

**AAQIB HASIB**

There's an influx of food bloggers entering the market now in Bangladesh. The initial cost of entry is almost non-existent since everyone has a smartphone at this point, so more and more people try their hand at this particular career/hobby.

That's why when you find such a gem in the rough as 'Beingfoodie\_bd', it becomes vital to spread the good word. Mainly on Instagram, Beingfoodie\_bd AKA Ahornish Ahmed is an engineer by profession, but a foodie at heart.

Ahmed's passion for food shines through in the amount of hard work that he puts into his Instagram account. He uploads to the platform regularly. Covering a diverse range of food, from street food to fast food joints all the way to fancy coffee shops.

What really sets him apart from the competition, however, are two main things. Firstly, his Instagram captions aren't just informative, but are also ingrained with humour and have some form of narrative



that is bound to get you hooked. Secondly, he also has featured food from his travels abroad.

So, if you're someone looking to travel, it's always nice to get the perspective of someone *deshi* in regards to places to check out for food abroad.

More than just his Instagram feed, he also occasionally writes about his food adventures and travels in newspapers. The



articles are available on his Instagram for your viewing, and it feels fresh to read about his opinions on a range of topics from tea to his time visiting Paris.

Now, before you think he's just another food blogger with a little extra cash to dish out for Euro trips, Ahmed also goes out of his way to cover food that we're more familiar with perhaps.

As already mentioned, street food is a

common thing for him to review, but he's also the guy who'll review a *jilapi* or *jhal muri*. Better yet, is the fact that he usually tags the geolocation of the place he is reviewing.

One review of his that I personally enjoyed was his review of 'Shahi Juice Corner', where he talks about their *jaam-er juice*. He pens a somewhat sweet story about his experience of sipping on this fruity drink, relating to how Dhaka's heat can only really be defeated by the sweet relief of fresh fruit juice. He also includes in detail exactly why this juice checks the boxes for him, ranging from affordability to quality.

Finally, if you're tired of your run of the mill food bloggers, who vlog themselves eating and reviewing food, then Beingfoodie\_bd might just be the food blogger for you. If nothing else, his posts alone are enough to make your Instagram feed look a little more aesthetic.

*Aaqib is stuck in an existential crisis loop. Send help at [aaqibhasib94@gmail.com](mailto:aaqibhasib94@gmail.com)*

## HOW TO FUNCTION AS AN EMOTIONALLY DETACHED PERSON

**AAHIR MRITTIKA**

Emotionally distant people are generally thought of as 'heartless' and 'mean', but more often than not they're trying to navigate their ways around a society that fails to understand them. It can be difficult being a detached individual when you have family and friends who expect you to feel a certain way that you can't relate to. While indifference certainly comes with being a detached person, it doesn't necessarily translate to being unkind. It can be a lack of display of affection, or being overly pragmatic. It's up to you if you want to cater to those around you, and here are some of the things you can use to be more thoughtful:

### THINKING BEFORE ANY REACTION (OR LACK THEREOF)

One of the biggest problems we have is not knowing how to react. This is due to the fact that a lot of things can't induce emotions in us. It looks cruel when you don't feel sad about an unfortunate accident or don't make time

for someone, but it can be difficult to realise when we're causing someone else pain. And personally, I've met a lot of emotionally distant people who struggle with not knowing how they hurt others, and feel guilty about it. The simplest thing to do here is to just stop and gauge what to say, how much it matters to them, how they'll receive your apathy, and if it's wrong to stay indifferent to it. Sometimes, the best thing to do is just honestly ask what they expect from you, or make your outlooks clear.

### OPEN UP

This might sound basic, but opening up about your lack of emotions can be a great way to ease tensions. It may not work with conservative family members, but you can try talking to your partner, friend, or even your parents! It's better

to let them know that you aren't a very emotional person, than them feeling like you don't care. This doesn't only stop them from feeling bad, but also reduces their expectations towards you, cutting you some slack. Furthermore, if you're lucky enough, they might even help you deal with things better. For example, figuring out how your emotions work or growing into more considerate person.

### FAKE IT TILL YOU MAKE IT

Science shows that it's actually possible for us to change our personality to a certain extent. That's to say it's never too late to learn empathy and thoughtfulness. One of the most

effective ways of self-growth is to act the way you think you should, until that's the behaviour that comes naturally to you. So, listen to what someone has to say, offer them support when they need it, learn to give importance to promises, and little things that matter to them.

You don't necessarily have to change yourself or let go of your individuality to become a kinder person. Being emotionally detached isn't wrong, until you're hurting/harming individuals around you intentionally.

If you've read this far, it means that you want to be conscious about not making others around you feel bad; and that will is enough to help you become a understanding person. It's easy to feel guilty about being this way, but once you realize that it's not your fault, and that you can take steps to bring about substantial changes in your life, it gets better!

*Aahir Mrittika likes to believe she's a Mohammadpur local, but she's actually a nerd. Catch her studying at [mrittikaahir@gmail.com](mailto:mrittikaahir@gmail.com)*

