

VOLUME 19, ISSUE 18, TUESDAY, OCTOBER 15, 2019  
ASHWIN 30, 1426 BS

Star

# LIFE

Style

E-mail: [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)  
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

A sprig of this

A dash  
of that

GREENS AND BEANS P3  
IN LOVE WITH SALADS!  
AT HOME AND ABROAD P4  
MONEY MATTERS  
THE LITTLE JOYS OF LIFE PC  
TRINKETS!

PHOTO: SAZZAD IBNE SAYED  
FOOD STYLING AND PREPARATION: RBR

  
**BERGER**  
Trusted Worldwide



আপনার  
বাসার ইন্টরিয়র  
সাজিয়ে দেবে বাজার!

  
**BERGER**  
HAPPY HOME

[f /bergerbd](https://www.facebook.com/bergerbd)

FREE CALL  
**08000-123456**

চার দেয়ালের নিজের একটা বাসা, হবে সবার থেকে আলাদা! যার প্রতিটি কোণায় ছড়িয়ে থাকে অজস্র সুখ, মিশে থাকে কত-যে যত্নের পরশ। আপনার প্রিয় সেই ঘর, বহু স্বপ্নের সত্যি হওয়া বাসা এবার সাজিয়ে দেব আমরা।

\*বিস্তারিত ৫-এর পাতায়



CHECK IT OUT

## Oat rotis for your next breakfast

With the growing and staggering statistics of increase in non-communicable diseases, eating healthy is no longer an option but a necessity. Choose healthy and switch out your regular atta for an oat alternative.

As hard as eating right can be on a daily basis, it comes without doubt that the abundance of healthy options in the market has made it considerably easier.

No longer are sugar/gluten free, brown bread/rice or even flour options unheard of, or unavailable at your neighbourhood stores.

In the same way, it is no longer uncommon to see the increased consumption of oat meal or brown atta rotis for breakfast and dinner. But what if you could enjoy the health benefits of a bowl of oat meal and the satisfaction of having rotis, your favourite vegetable curry, and a perfectly poached egg?

ACI Pure Flour Limited has just launched "ACI Nutrilife Atta- Oats Plus." It is the company's third generation healthy "atta," which is a mixture of healthy portions of wheat and oat flour. Customers interested in buying their product can order from



their Facebook page and avail their free delivery services.

This means that you can enjoy the best of both worlds guilt free! Time to bring back the variety of piping hot flatbreads that make morning breakfasts the first and best meal of the day.

Still unconvinced? Then let's refresh that memory and remind you of all the benefits that oatmeal flour offers — reducing risks of heart disease, lowered cholesterol levels, and blood pressure to keeping your diabetes in check; all of which are available in a one-kilogram packet of ACI Nutrilife Atta-Oats Plus, for the mere price of Tk 50, eating healthy doesn't have to burn a hole in your wallet either.

**By LS Desk**

For more information, visit <https://www.facebook.com/pg/attaootsplus/shop/?rid=116654116381176&rt=39>

## Special discounts from Spark Gear



The month of October just got better for those looking to add a touch of trendy, modern clothes to their wardrobe. Fashion house Spark Gear is offering up to 70 percent price cuts on specific items of clothing. Customers can avail the offers at the capital's showrooms at Gulshan, and Dhanmondi, as well as ones of Bogura, Rajshahi, Mymensingh, Sylhet's

Kumarpara, and Jindabazar, and Cumilla. The showrooms have a variety of clothes, like executive and casual shirts, polo shirts, t-shirts, jeans and other western clothes. Sparks Gear also has clothes for children in various deshi and western designs.

Address: 27 South Avenue (Opposite to DCC market) Gulshan-1, Dhaka.

For more information, call 01706467037

## Mobile Outfitters now in Dhaka

USA based company Mobile Outfitters, well known for their commitment towards providing the best possible screen protection solution for mobile users, has opened shop in Dhaka's Bashundhara City Shopping Complex.

Lavisho Lifestyle is the master license holder of Mobile Outfitters (MO) in Bangladesh. Saima Binte Elias, Founder of Lavisho Lifestyle, inaugurated the new outlet on Monday, 7 October, 2019.

Among others, A.K.M Fazlur Rahman, Co-Founder of Lavisho Lifestyle; Zia Mohiuddin, Brand Manager of Mobile Outfitters; Nashid Hossain, Manager of the outlet were present at the inauguration.

Customers now can avail the services of Clear-Coat, Fusion Bumper, Style Screen at the shop, along with 20 percent discount throughout the month of October. The screen protection solution is also offered for laptops, cameras and smart watches.

Address: Shop No, 77, Block-A, 6th Floor, Bashundhara City Shopping Complex, Dhaka. For more information, visit [www.facebook.com/mobileoutfittersbangladesh](http://www.facebook.com/mobileoutfittersbangladesh)

## Weekend breakfast blast with Cookups!

Fridays and Saturdays just got a whole lot interesting with Cookups. The leading home-made food platform is now offering homemade breakfast from the best cooks. Your craving for Nihari and Rumali Roti, or Luchi and Labra are all quenched with this latest offer. Customers can even get a taste of international dishes like congee and shrimp porridge for a different taste.

Deliveries will be made all over Dhaka for

a flat charge of Tk 100 and will be available on each Friday and Saturday. The best part is you can always customise the orders to suit your needs!

Orders can be made through the App or online at <https://cookups.com.bd/feed>, for customised requests, dial +88 0188 7454024.

For more information, please visit [www.facebook.com/cookupsbd](http://www.facebook.com/cookupsbd)

us on [f /Sandalina](https://www.facebook.com/Sandalina)

ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# স্যান্ডালিনা

## সোপ



রূপচর্চায় আভিজাত্য...







**LS PICK**

I am an unapologetic carnivore. Greens are not for me. Bring me red meat, and I'm a happy man. Well, that was me, up until now. Up until now, I did not care two dimes about my health and shoved any concern to the arrogant I-am-young-my-body-can-absorb-anything department.

# Quick Salads

I liked that department. It provided me with a lot of joy and comfort.

I recently got fired from that department, though. My friends remind me when ordering food nowadays that I am not 19 anymore. And the doc flagged the red flag on cholesterol. I don't know which is worse...

What I do know is that I have to eat healthy — well, that and the regret of not realising that earlier.

But better late than never, right?

Eating fruits and vegetables does not have to be unappetising as many of us think it to be. There is neither a need to force-feed yourself, nor any reason to dubiously sneak in veggies into the 'otherwise delicious' sandwich for your child's packed lunch.

Salads are my answer! There are endless varieties. It can be as complicated or as simple as you want it to be, and it can be of any combination. With so many options of dressings and the things you can add, it is nearly impossible for anyone not to like salads.

To illustrate, I was really impressed by the salad bar at Chef's Table in Dhanmondi that I tried last week. You take a large bowl, fill it up with myriad ingredients — a plethora of beans, greens, boiled eggs, olives and what not — have it weighed, pay, and then enjoy a filling and absolutely delicious meal.

You will probably not go the food court every day. But that should not stop you from enjoying some delicious salads every day.

Making salads is not difficult. And the trick lies in the preliminary preparation. Once you have done that, the rest is a matter of a few minutes! After all, if you always have it half-prepared, the only thing that remains when you have a craving is to reach out to the fridge and cabinet and do a little adding and mixing. Instant gratification!

These are the things you would always have handy:

- Black pepper (half-crushed)
- Crushed Szechuan peppercorn

- Cans of beans and chickpeas
- Olive oil, a healthy salad dressing indeed
- Pink salt
- Tangy yoghurt, another delightful dressing!
- Onions, dipped in vinegar in order to get rid of the smell
- Finely cut or chopped chillies; chunks of ginger and garlic — all dipped in vinegar for that distinct taste
- Kashundi or mustard paste for that particular kick

Of course, you can add more to the list.

If boiled stuff is too mainstream for you, go for a charred salad — with garlic, onions, tomatoes, leek, and apples, all chopped and mixed with balsamic vinegar and salt, and charred with olive oil.

Of course, ideas are endless. When it comes to salads, the list of ingredients is indeed very long. From chicken strips to various fruits, and from potatoes to cheese, choices are diverse and myriad.

Salad is a very



And once you have got the basic things ready and prepared, just follow your heart and play along your imagination.

For example, one salad that is totally out of this world is of spinach and hog plum. For that, you first need to parboil baby spinach leaves, and then boil hog plum to extract its pulp. Afterwards, mix the spinach with the pulp and olive oil, adding in chillies and onions. The tangy flavour of the spinach leaves is really appetising!

versatile food.

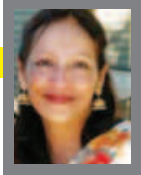
Just don't overdo it, though, and ruin the very concept of it being a healthy meal!

**By M H Haider**  
**Photo: Sazzad Ibne Sayed**  
**Food styling and preparation by - RBR**



**PENNY WISE**

**BY NASREEN SATTAR**  
Former CEO, Standard Chartered Bank,  
Afghanistan



# Managing finances the right way

**A. FOREIGN CURRENCY ACCOUNT**

It never ceases to amaze me when people still ask me whether we Bangladeshis are entitled to have foreign currency accounts. I was surprised at this question, since it has been many years since the Central Bank permitted all local citizens to open a Resident Foreign Currency Account, commonly known as RFC. I have also written about this before, but decided to refresh everyone's memory.

The features of the account are:

- It can be in USD, GBP, or Euro, whichever you find convenient.
- You have to fulfil the usual formalities of opening this account.
- The account can only be in your name.
- Husband and wife have to have separate accounts.
- This account can be funded with foreign currency, which you are allowed to bring back while returning from a trip overseas.
- The deposit into this account has to be made within a time frame (check this with your Bank Manager) after returning from a trip.
- The maximum amount you can deposit at any one time is USD 5,000 (without declaration).

· You cannot receive any incoming remittance into this account, but you can make outgoing remittance to whomever you wish to living overseas.

· Remember, every time you come back from overseas, you can make a deposit into this account (not exceeding USD 5,000 or equivalent in other currencies). At the time of deposit, your bank will need to see the date of return on your passport and you will be required to fill up a form confirming the trip you have made and

the amount you have brought back.

· When travelling overseas, you can use your dual currency credit card against the fund in this account.

Over the years, I have found out how useful it is to have a RFC account, especially if you have children studying overseas or living overseas etc.

As per Central Bank Guideline, Bangladeshi nationals are allowed to bring back USD 5,000 or equivalent (without declaration) every time they return from a trip. The same amount can be deposited into their RFC account or encashed. Also, when they travel overseas, they can carry USD 5,000 (without declaration) over and above their travel quota.

Many of us are unaware of all these wonderful things we are entitled to. It is the responsibility of banks to educate their customers, not wait for customers to ask. It is they who receive updated circulars from the Central Bank, which we, the customers, are not privy to and therefore, relevant information must be shared. Front desk staff should be educated and know what each customer is entitled to and apprise him or her accordingly.

**B. REVISION ON TRAVEL QUOTA**

As per Foreign Exchange circular No: 30 dated 25 July, 2019, it has been decided to enhance private travel entitlement to USD 12,000 or equivalent per adult passenger, during a calendar year. Previously, the entitlement was USD 5,000 for SAARC countries, including Myanmar, and USD 7,000 for travel to all other countries. In accordance with the decision, the global limit of travel entitlement for an adult passenger stands at USD 12,000, during a calendar year, without limiting to regions or countries of travel. Out of this entitlement

Many of us are unaware of all these wonderful things we are entitled to. It is the responsibility of banks to educate their customers, not wait for customers to ask.

(as before), a maximum of USD 5,000 in currency notes may be carried per person.

For minors (below the age of 12 years), the applicable quota would be half the amount admissible to adults.

The above comes into force from January 2020.

**C. TAX ON INTEREST EARNED FROM GOVERNMENT SAVING CERTIFICATES**

Unfortunately, for all Bangladeshis, especially for retired people, the Government, in the 2019-2020 budget, decided to increase the tax at source on the profit on savings certificate to 10 percent from the previous 5 percent. This means that profit earners from savings certificates would now have to deal with 10 percent tax in total. This is actually quite a blow to many of us whose main source of earning was from the interest earned on the savings certificates. The upshot of this decision is that Savings Certificates are no longer the most competitive option for small savers.

**CHECK IT OUT**

# Signing between Lotto Italian Brand and TVS Auto Bangladesh



Recently, Lotto announced an attractive offer for its customers to win TVS motorbikes by purchasing Lotto shoes. Before this announcement, a memorandum of understanding was signed between Lotto Italian Brand and TVS Auto Bangladesh.

Senior officials from both organisations were present on the occasion.

Under this agreement, buyers will get a chance to win a Striker motorcycle from TVS, including Apache 4V 160, through a raffle draw by purchasing any Lotto shoe priced at Tk 1,500 or higher. Also, 100 lucky winners will have the chance to win Lotto Sports Shoes.

TVS Motor Bikes are offering up to Tk 2,000 cashback on purchasing Lotto products of Tk 1,500 as part of the agreement. Besides these, there is a discount of up to 20 percent on Lotto for TVS bike buyers. This offer will continue till January 1, 2020.

For more information, visit [www.facebook.com/LottoSport.Bangladesh](http://www.facebook.com/LottoSport.Bangladesh)

## HOROSCOPE



**ARIES**  
(MAR 21-APR 20)

Stabilise your financial situation through property investments. Travel will lead to knowledge. Look before you leap. Your lucky day this week is Saturday.



**TAURUS**  
(APR 21-MAY 21)

Spend time with children. Invest in your ambitions. A second chance will result in good work. Your lucky day this week is Sunday, day this week is Saturday.



**GEMINI**  
(MAY 22-JUN 21)

Avoid visiting relatives who get on your nerves. Things will be hectic at home. Real estate investments will pay off. Your lucky day this week is Friday.



**CANCER**  
(JUN 22-JUL 22)

Get involved in physical activities. Legal matters will be alleviated through compromise. Don't forget family obligations. Your lucky day this week is Wednesday.



**LEO**  
(JUL 23-AUG 22)

Carefully consider travel opportunities. Put in some overtime at work. You will be in the mood for entertainment. Your lucky day this week is Friday.



**VIRGO**  
(AUG 23-SEP 23)

Keep your budget limited. Do the best you can. Your suggestions for social functions will be appreciated. Your lucky day this week is Sunday.



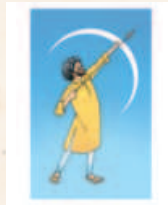
**LIBRA**  
(SEP 24-OCT 23)

Your efforts won't go unnoticed. Travel will be rewarding. You may exaggerate your emotional situation. Your lucky day this week is Sunday.



**SCORPIO**  
(OCT 24-NOV 21)

The talk you have will be eye-opening. Empty promises are evident. Try to keep an open mind. Your lucky day this week is Wednesday.



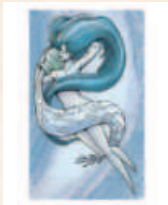
**SAGITTARIUS**  
(NOV 22-DEC 21)

Spend time with those with more experience than you. Keep your weight in check. Learn to mellow out. Your lucky day this week is Wednesday.



**CAPRICORN**  
(DEC 22-JAN 20)

Additional discipline will help. Trying to deal with your partner will be unproductive. Sudden good fortune will clear debts. lucky day Saturday.



**AQUARIUS**  
(JAN 21-FEB 19)

Handle children tactfully. Accomplish the most at work. Dealing with foreigners will be enlightening. Your lucky day this week is Monday.



**PISCES**  
(FEB 20-MAR 20)

Get out and socialise. Don't let your anger consume you. Do not let in-laws upset you. Your lucky day this week is Wednesday.



## #OCTOBERISPINK

To combat breast cancer, October had been declared as 'Breast Cancer Awareness Month' since 1985. The main objective of dedicating an entire month to breast cancer was, and still is, to make ordinary people as aware as possible and to educate people about the early signs of breast cancer, how it can be detected at home, and what should be done to reduce the chances of acquiring this disease.

Many organisations arrange for events, and the money they receive from these are given as funds to help patients, and also to research institutions to encourage further research into breast cancer, to find out better solutions to it, and if possible, a cure.

Breast tumour can be easily detected in its early stage, and can be prevented from turning into cancer.

All we need is to know and understand the early signs and symptoms.

- Swelling of all, or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain, or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge other than breast milk
- Lump in the underarm area

If you spot any of the above symptoms, consult a doctor as soon as possible.

As we know, prevention is always better than cure. There are some food items that help to reduce the chances of getting breast cancer.

Add these to your regular diet, and you are less likely to be affected by breast cancer.

· Fruits and vegetables: The flavonoids and carotenoids in fruits and vegetables are strongly associated in preventing breast cancer. Scientists speculate that this may be because they interfere with the growth process of cancer cells. Dark, green, leafy vegetables like broccoli, cabbage and kale, and fruits like berries and peaches are your strongest weapons against cancer.

· Foods rich in fibre: The hormone estrogen is often associated with leading to breast cancer. Eating a high-fibre diet eliminates excess estrogen from the body. Adding food such as whole grains, beans, and legumes into the diet is therefore, extremely beneficial.

· Omega-3 fat: Salmon, mackerel, trout, flaxseeds, soybean oil, cod liver oil, are all rich in omega-3. The health benefits of omega-3 fatty acids include their ability to reduce inflammation, which may be a contributing factor for breast cancer.

· Spices: Adding spices to your diet is a good idea, as they have anti-inflammatory properties.

· Vitamin D: Vitamin D from food in your diet, and exposure to sunlight could help against breast cancer. Include food items such as cheese, egg yolk, salmon, mackerel, beef liver, dairy products, which are extremely rich in Vitamin D

Maintaining a healthy lifestyle in general, with a good BMI, lots of physical exercise, with no smoking and drinking, can help in preventing breast cancer.

It is a good idea to go for a regular check-up of your breasts to a gynaecologist every three months, especially if you have reached your 40s.

By Faiza Khondokar

# Interview of a Yogi: Gillian Breetzke

## KUNDALINI RISING

BY SHAZIA OMAR  
Writer, activist and yogini  
www.shaziaomar.com



**1. How did you get interested in yoga?**  
I have always been interested in spirituality, and wanted to understand more about life and our existence here on earth. My own journey on the mat began when I was teaching in a Primary School in Ireland, when I was invited to join a 6 week Ashtanga. From that first class, the practice really resonated with me and I was hooked. It offered such a wonderful space for quiet reflection and personal growth.

**2. Where did you learn yoga? What kind of yoga do you teach and where?**  
After a couple of shorter courses, I discovered Ashtanga Yoga Dublin, a wonderful studio in Ireland, and with David Collins and Paula Herbert, my practice truly began to grow and flourish under their sincere, supportive guidance. This is where I met Paul Dallaghan, the owner of Samahita Retreat in Thailand, where I am now based. Ashtanga has formed the base of my practice, and now, I teach a variety of styles of yoga at Samahita Retreat. I've been teaching for ten years. At Samahita, we teach the dynamic core vinyasa, which incorporates many elements of the ashtanga practice, and really brings in the elements of breath and teaches people to move safely with awareness. I also teach restorative yoga, meditation, and pranayama.

**3. In what ways has yoga benefited you?**  
There are so many small ways that it has shaped my life, and continue to do so each day. Consistent, sincere, and dedicated practice has taught me so much about myself, and has allowed me to really breathe and move through all the joys and trials that life has brought me. I feel like I can see more clearly now. I have a greater sense of awareness of my own body and of my surroundings. There have also been so many physical benefits, which I am so grateful for every day, simply being able to breathe completely, moving with awareness.



**4. Describe a typical day in your life.**  
I wake up before sunrise to practice, always just before my alarm, which is a blessing in itself (this was definitely not always the case). Doing my own practice is such an essential part of sharing these practices with others. Most days, after practice, I come to Samahita to teach. The rest of the day is spent with various tasks around the centre, and interacting with our wonderful

guests. Each day is different. There are many advantages to working in such a stunning location, right on the beach, and days often end with an essential beach walk — clean air and space.

**5. What advice do you have for someone who has never tried yoga?**

Give it a go! You've got nothing to lose. Small steps can lead to something greater than you ever imagined. Often, the first steps are the hardest to take. I meet many people at Samahita who have never done yoga before, and come for a full immersion. It's a beautiful experience, watching how mesmerised they get. Often, in our minds, we make things seem so complicated, but once we allow ourselves to take the leap and move into a new space, it's incredible what unfolds.

**6. What advice do you have for yoga practitioners?**

Practice consistently, and with sincerity.

**7. What are some of the things you do to take care of the world or yourself that you have learned along your journey?**

It's the small things; being aware of the food I'm eating, trying to eat local, organic produce. Looking after my immediate environment through recycling, consciously making decisions to reduce my own carbon footprint wherever I can.

I always try to be aware, supportive, and compassionate to those around me in whatever way I can. I feel really blessed to be in an environment where these opportunities arise every day.

Photo: Shazia Omar

## আপনার বাসার ইন্টরিয়র সাজিয়ে দেবে বার্জার!

চার দেয়ালের নিজের একটা বাসা, যা সবদিক থেকে আলাদা! এর প্রতিটি কোণায় ছড়িয়ে থাকে অজস্র সুখ, মিশে থাকে কত যত্নের পরশ। আপনার প্রিয় সেই বাসা এবার সাজিয়ে দেব আমরা।

### আবেদন করতে প্রয়োজনীয় বিষয়াদি:

- নতুন করে বাসা সাজাতে চাওয়ার কারণ লিখে পাঠান (৩০০ শব্দের মধ্যে)
- আবেদনকারীর নাম
- মোবাইল নম্বর
- ই-মেইল (যদি থাকে)
- বাড়ির পূর্ণ ঠিকানা
- বাসার মাস্টার বেড রুম, ড্রইং রুম আর ডাইনিং রুমের ৩ কপি ছবি ও বাসার বাইরের ১ কপি ছবিসহ ৪টি ছবি

### \* বার্জার হ্যাপি হোম-এ আবেদন করার শর্তাবলী:

- বাড়ি বা ফ্ল্যাট আবেদনকারীর নিজের মালিকানাধীন হতে হবে।
- বাড়ি বা ফ্ল্যাটের সাইজ ৮০০-১২০০ স্কয়ার ফিটের মধ্যে হতে হবে।
- বার্জার হ্যাপি হোম-এর সাথে সংশ্লিষ্ট সকল প্রতিষ্ঠানের কর্মকর্তা/কর্মচারীবৃন্দ এবং তাদের আত্মীয় স্বজন অংশগ্রহণ করতে পারবেন না।

\*\* উল্লিখিত শর্তাবলী কর্তৃপক্ষ যেকোনো সময় পরিবর্তন করার ক্ষমতা সংরক্ষণ করে।

"বার্জার হ্যাপি হোম" এর জন্য আবেদন করতে উল্লিখিত তথ্যসমূহ খামের ভেতর রেখে খামের উপরে "Berger Happy Home" লিখে পাঠিয়ে দিন ৩১ অক্টোবর, ২০১৯ এর মধ্যে।  
এই ঠিকানা: বাড়ি# ০৮, রোড# ২৩/সি, গুলশান-১, ঢাকা-১২১২  
অথবা আপনার আবেদনপত্রটি মেইল করতে পারেন:  
info.bergerhappyhome@gmail.com

/bergerbd ০২০০০-১২৩৪৫৬



BY THE WAY

# Let your child loose!

How much time does your child spend playing outside? Probably not much, if at all! Unfortunately, children share the same sedentary lifestyle we adults do nowadays. This has obvious dire consequences. And on the other hand, playing outdoors has myriad benefits.

Where is the place to play though, you may ask. Indeed, playgrounds and children's parks are scanty. If you are lucky enough to live near one, and have access to it, that's great. But if you don't, there are a couple of other options for you to choose from, such as the backyard of your home, a local park, or a lake in your neighbourhood.

Or even the street — if you think it is safe enough. For example, if the alley is in a dead-end street with little traffic, it is then a perfect place for some street cricket!

Whatever the case, get the children out under the open sky.



Whatever the location, as long as you would consider it safe, let your child loose!

And do not worry so much. Being a parent, you will obviously be concerned. But let the kid sort things out with other kids, or try climbing that tree or wall — as long as you have taken the necessary precautions, he or she will do just fine. And don't freak out at those occasional tiny cuts and bruises!

After all, playing outside has a wide plethora of benefits, many of which can never be acquired indoors playing

computer games.

To start with, it is obviously good exercise, which, in turn, has its own set of numerous health benefits, from burning those extra calories, to building strength and stamina.

Other than that, there are many other reasons why you should encourage outdoor activity.

One of those reasons is the fact that playing outdoors helps develop social skills. Usually, your child will not be alone. And dealing with playmates translates to

team-building skills, handling conflicts, troubleshooting, negotiating et al. Your child, during his playtime, will learn how to share, to say no, and to cooperate.

The outdoors allows the child to explore his/her surroundings, and even appreciate nature. And often, games are unstructured. These allow your child's mind to work more freely and let him cultivate his imagination — and thus, in the long term, develop his creativity and the ability to think outside the box.

Indeed, playing outdoors has enormous benefits. And even though we live in a concrete jungle leaning towards a sedentary lifestyle, make sure your child spends some time outdoors regularly for his/her physical and mental growth.

And the best part of it is that your kid will love it!

— LS Desk

Photo: LS Archive/ Sazzad Ibne Sayed



**Surf excel**

**dirt is good**

TOP LOAD

Surf excel Matic

FRONT LOAD

Surf excel Matic

ADCOMA 2019



NEW IN TOWN

# Going Green with Modern Archetype

Dhaka; a city that once boasted golden rice paddies, and miles of green, has a totally different face now. What was once a place of narrow roads, with rows of date palms and mango trees on either side, is now a dense jungle of concrete buildings. With development in many sectors, the city's greenery has rather diminished.



In this maze of monstrous apartments and towering condominiums, we have lost the vegetation that once prevailed in Dhaka. Environment savvy citizens and gardening enthusiasts try to do their part by creating in-house gardens. Although this is important, the contribution is meagre.

Wouldn't it be wonderful if there were a better way to add greenery and buildings to the city simultaneously?

On their path to find an answer to this question, Rangs Properties Ltd came up with a unique solution. This combines modern architecture, organisation, functionality, sustainability and is financially and spatially feasible, known as the "green fence." Always trying to incorporate innovation in every aspect of their work, be it the process or the product itself, they are breaking new ground for the revival of green in the cityscape.

While designers and residents of apartments are quick to deck the building

with lush green once it is complete, Rangs Properties Ltd functions with a different thought process. Shafkat Rahman, Deputy Marketing Manager of Rangs Properties Ltd, explains— "During the construction phase, the project site is typically found to be disorganised and surrounded by an ordinary metal fence. We brainstormed about utilising this fence and adding vegetation from the very beginning of construction."

The green fence is a form of vertical garden, which simply means to grow plants vertically rather than horizontally. This idea was the brainchild of Mashid Rahman, Managing Director of Rangs Properties Ltd and Divisional Director of Real Estate Division, RANCON Holdings Ltd. When asked about the originality of this idea, among many other things, he mentioned, "I thought, can we make vertical vegetation? It is possible to add greenery to walls, and if so, can I use that as a fence?"

Finally, after adequate research and experimentation, the company installed its first green fence in Rangs Z Square, located in Gulshan, on April 2018. Later they implemented the same in eight more projects such as RK Square, Atrium, Eminence, Lake Placid, FS Vega, Miranda, Diorama and Courtyard. It is now an essential element in all of Rangs Properties' projects. The green fence is a one of a kind product in Bangladesh, paving the path for others. The basic idea is to cover the peripheral fence of a construction site with greenery rather than a dull expanse of metal sheets.

Initially, the green fence used coconut rind as the main building block. However, a few unanticipated problems arose, such as water leakage, flimsy structure, and low longevity of plants. To overcome these drawbacks, the company came up with a better version within a few months.



The new version features geotextile bags. These little bags or pockets work as a container for a compound mixture, where plants can grow. The fence is densely aligned with many of these bags making it a green fence. This version is sustainable and is 40 percent less expensive compared to the original version.

It is one complete environment friendly package. No paint is required as would be the case with an ordinary metal fence, reducing the use of toxic materials. Furthermore, the fence is reusable. Once a project is complete, the green fence can either be used for a new project, or can be attached to a concrete wall for aesthetics.

This also plays a great role in providing a positive contribution to the surrounding environment. The alignment of greenery takes up less space on the ground in the already tightly packed streets.



It is an element of modern architecture, suitable for beautification of the building and the city as well. A construction site is a place that people normally avert. But adding a green fence to it will surely create a breath-taking statement and make your head turn in awe.

The green fence posits several intrinsic benefits. Not only is it soothing to the eyes, but foliage is also linked to radiating a positive energy and thus, is a catalyst to mental peace. Plants are known to reduce the surrounding temperature and filter the air, making it more breathable. Although scarce, they are somewhat effective in absorbing noise, thus reducing sound pollution.

For the selection of plants that can be used for this cause, many factors need to be considered. Plants that are sustainable, lightweight, able to withstand harsh surroundings, require low maintenance, and are aesthetically pleasing are selected. Wahidur Rahman Adib, CEO and Managing Director of INSPACE Architects Ltd states, "For the green fence, we typically use ferns and Adelia plants."

"Maintaining this fence does not require anything extraordinary; regular watering, trimming and replacing when needed keeps them in pretty good condition. We have a couple of dedicated gardeners for this job," says G M Shifatur Rahman, Head of Project Management at Rangs Properties. The company has found a modern solution to contemporary problems. It has created an innovative archetype by embedding greenery in the unlikeliest of places. As they work to develop better versions of this, they also aim to inspire others to do the same.

As Mashid Rahman said, it is their social responsibility, through which, they are also creating a positive brand image regarding the country. Together with these small efforts, citizens can bring back the lost greenery of Dhaka, one step at a time.

**By Fariha Amber**  
**Photo: Sazzad Ibne Sayed**



Jewellery designs are capturing the country's attention everywhere you look, and none of those are boring! Designs from all over the world are adorning people's ears, necks, wrists, toes, fingers... you get the idea. Jewellery has become an avenue for individuals to showcase the unique in their personality. They use it to make statements, honour cultures they value, and project their own beliefs.

## Twinkle Twinkle little Trinkets

Do not think that this is isolated to just women, as more and more men are accessorising their outfits with different trinkets to highlight their style.

It's about time that men caught on, now, and I often admire men for their careful attention to detail when picking a particular earring, or the just right colour for their necks and wrists.

In the last few years, many designers and entrepreneurs have gotten involved in this emerging market. Each of these artists is bringing out inspiring and modernist pieces that embody different stories, ethos, and creativity.

New designers are taking inspiration from classic designs and forms and modernising those, incorporating minimalist forms with classic shapes, for example. This collaboration of the old and the new are a way to honour the past and their distinct cultural significance, but also imbue their own personal voice to the pieces.

Our increasingly globalised world means we are no more isolated to our own culture or local designs, and incorporating African and Middle Eastern motifs is not uncommon, bringing a unique perspective not seen in jewellery in this region before.

Artists, designers, entrepreneurs alike are starting to bring into light their talents and skills, and creating bespoke jewellery. They are aiming to make more meaningful connections between brands and their consumers. This is a brilliant way to drive greater awareness for the Bangladeshi fashion community and share its important stories. Ultimately these brands reach new audiences with their signature products and unique personalities.

We are now moving towards a more inclusive and accepting and tolerant country, women and men alike are enthusiastic about trinkets and jewellery. It is no longer only precious metals and stones that make trinkets, as now the trends are all consuming. Inspiration can come from anywhere, and designs inspired by traditional architecture, religious symbols, and paintings are commonplace.

These various designs create some of the most striking pieces imaginable. Recently, I was in Bali, Indonesia, where I saw a piece inspired by the works of Picasso while incorporating traditional Balinese puppet dancers.

Middle Eastern designers often use octagons and traditional Arabic script to create truly unique pieces. Like I said before, however, these designers are not isolated to their own cultures.

More and more designers are bringing back '30s art-deco and noir motifs into their pieces. Fusion between design motifs separated by thousands of kilometres is now common.

Like all great art, these designers are using these ideas to highlight how beauty transcends across culture and ethnicity.

Another major change in the world of jewellery is in its materials. In Africa for example, one of the most mineral-rich countries in the world, it is not surprising that precious stones traditionally took the limelight for most pieces of jewellery. Designers use materials which also send a message, colours which symbolise movements.

Local designers are using locally sourced material more and more. They repurpose driftwood or recycle materials to create pieces, which preserve

Trinkets are for any occasions, for every day, any day of any hour.

Of course we should also realise that jewellery, in addition to being a symbol for culture and society, also just brings people joy.

the history of the location where they are made. Best of all, most designers are trying to be as sustainable as they can be.

This has two profound effects —

Firstly, it sends a very clear message that no material is off-limits, and this fosters creativity in ways unimaginable before. Secondly, it ensures that pieces made in their respective locales can only ever be made there. This adds unique perspective to their designs, while simultaneously demonstrating that people are no longer separated by arbitrary national, or political borders.

Making sure that local indigenous people are credited with their own designs, that they are properly reimbursed for their work, has become

another pillar of modern jewellery industry. Jewellery has become a face for cultural and societal change.

Jatra is a good example of this, their pieces are inspired by and often created by rural populations, and they are very proud of this, and this very concern is also their differentiating factor. Historically, jewellery has been stolen from indigenous populations by western colonial powers. Designers now are taking the power back, they are diving into the deep cultural and societal significance of the creations and more importantly, crediting the right people with these designs.

Trinkets are for any occasions, for every day, any day of any hour.

Of course we should also realise that jewellery, in addition to being a symbol for culture and society, also just brings people joy. A striking piece can make the wearer, or onlooker happy. In fact, a large part of

appreciating jewellery comes from seeing what others are doing with it. The sheer appearance of it can make you happy. It is not just appearance that makes us love them. For some, the sustainable efforts, for some the sleekness, the cuteness, the size, the statement, the shine, the glam, the stories, the stores, the effort, the brand, the colours, the glitter... people will always have many different reasons to love jewellery.

SEE PAGE 14



Photo: Sazzad Ibne Sayed  
Styling: Sonia Yeasmin Isha  
Model: Mehreen Mansur  
Makeup and Hairstyling: Farzana Shakil's  
Makeover Salon  
Jewellery: Kolors of Kathmandu  
Special thanks to Mehreen Mansur



With her infectious smile, terrific sense of styling, and a keen eye for entrepreneurship — Mehreen Mansur has definitely shown the Dhaka socialite hub that she's got what it takes to be the 'centre of attention.'

# Champion behind the glitz

This beautiful 'belle' spoke about adversities; how she was able to overcome them, and make it to the peak of the entrepreneurial race. We promise that once you get to know the real Mansur behind the facade of — 'Menx,' you'll see a loving mother to a beautiful girl and a few majestic pets, a caring supervisor, and of course, a well-rounded humane person.

So, let's not waste any more time and get to know this Dhaka stunner in our exclusive interview.

**What do you consider yourself first — a writer or an entrepreneur?**

Both actually! I always wanted to do something worthwhile with my life. A while back, I used to blog regularly,

addressing almost all social concerns that I felt strongly about. So if you want to know what describes me best — I'd probably use the term 'writer' — that's me!

But over time, I have also learnt to become a competent entrepreneur. I'd probably give all the credit to my artistic sixth sense that helped me develop a worthy edge.



**Did entrepreneurship come naturally to you?**

Yes! Entrepreneurship did suddenly stumble upon me, that too after I got married and decided to settle in Bangladesh. I was always on the lookout for doing things that would help me become more independent and self-sufficient. Back then, I was married to my current ex-husband and earned a fixed monthly stipend as allowance. Sometimes, that money just wasn't enough, and I really can't be more thankful for that!

One day, out of the blue, I decided to use the complete amount of my allowance to purchase sushi knives, roller sets, kits, and other kitchen appliances. The funny thing was, I spent the entire allocation for the month and didn't know how to get through the next day. After procuring all the necessary appliances, I patiently made sushis throughout the day, called up a few of my friends, and had it all delivered to their houses. They loved the food so much that they immediately ordered more and news spread like wildfire. And believe it or not — overnight, I had to hire quite a few staff to help me with the catering business, because orders were pouring in like hot cakes!

**Have you faced obstacles along the way? How have you managed to overcome them?**

Whatever obstacle there was, it was overcome with a strong

belief in my abilities, and with a lot of respect for the people working with me on this initiative. I always prioritise the wellbeing of my employees, and am extremely lucky to have been able to employ really efficient and hardworking people over the years. Third and most important aspect of it all, is that I have always prioritised my clients and their preferences over anything else. As a result, today, the most stringent customers have become the most loyal — with the maximum amount of repeat purchases.

This has definitely not happened over a week or month; this process took years to establish. If ever there was something wrong with the food and there were complaints, we immediately returned the money, and additionally, gave away new and fresh food for free, till the customers

were satisfied. Such dedication has helped me gain their respect over time. Now, many people might argue that giveaways might cause a company to go bankrupt. But if you are smart enough, you'd realise that perpetual loyalty and complimentary word of mouth advertisement more than makes up for the loss, especially in the long run.

**What would be a typical day for Menx Mansur the socialite?**

It's funny you should call me that! But yes, I do like to socialise and get on my social media platforms more often than most people. But all this networking actually helps my business. I have tried staying away from social media quite a few times, but it has always had a bad effect on the entrepreneurial front. What I believe is that, in today's world of globalisation and incessantly updated technologies, we must stay connected and let the world know about our work. This is simply the new generation business format.

And a typical day for me would be 'very regular', unlike what most people assume.

I get up early for my daughter, and drop her to school. Then, I come back home and get on with some work, which includes visiting the restaurant, some trouble shooting, and by afternoon, Adria would be back. Sometimes, we have lunch together at home or at work. In the evening, we play with the dogs and cats, and maybe watch a movie.

Sometimes, I invite guests over, or just have regular chitchat with the little one, before retiring to bed.

Surprised...?

**What is the future for Menx Mansur, as an entrepreneur?**

I am grateful to have been granted a keen sense towards all forms of art and culture. Having said that, I'd also like to add that my ventures will definitely not end with the food industry! I have many different projects up my sleeves, and hopefully, you'd all be able to know about it soon.

**Any advice for the 'newbies' who want to follow in your footsteps...?**

Well, I'd just like to ask them to start small and learn the tricks of the trade first before venturing into anything big.

I started off small myself, with an undersized catering business, and only Tk 50,000 as capital. Since then, I have been vastly able to expand my business, only because I learnt from my mistakes, while my business was still in the offing.

This has definitely helped me avert major mistakes and losses, when it actually mattered.

**Interviewed by Mehrin Mubdi Chowdhury**

**Photo: Sazzad Ibne Sayed**

**Styling: Sonia Yeasmin Isha**

**Model: Mehreen Mansur**

**Makeup and Hairstyling: Farzana Shakil's Makeover Salon**

**Jewellery: Kolors of Kathmandu**

**Special thanks to Mehreen Mansur**





# Savva — Introducing modern social dining



With a 180-degree panoramic view of the Dhaka city skyline from the 14th floor, and a skylight, Savva promises unmatched tranquility. Furthermore, the seating arrangement ensures that customers can get optimal privacy, as the tables are spread out over a large area. The colours of the décor are predominantly white for a peaceful vibe, but with a splash of yellow here and there to give a punch of happy feels. Savva focuses on simplicity to balance the large views of the city that further helps brighten up the space.



The restaurant is divided into five sections — the two middle sections are wide and spacious, while the corner section is planned to be transformed into a coffee corner, the fourth section is for more private gatherings, and the fifth is an open balcony with a vertical garden. The open kitchen allows customers to bond with the culinary team as they curate their food.

The staff are trained to be welcoming and respectful, ensuring that customers are always attended to. When you walk in, you are welcomed with a sweet, fruit punch. Once you settle in, you are provided with the menu.

The brunch menu, which was recently launched, is served from 10AM to 3PM. “We have everything you would find in a typical brunch menu, such as pancakes and waffles. But we make the best English muffins and Eggs Benedict,” says Chef Simon. “We



the time,” says Chef Simon. The afternoon menu comprises of pulled beef burgers, sandwiches, pastas, pizzas, and salads. “Our burgers are one of a kind because we use pulled beef with brioche buns instead of a solid chunk of patty inside local buns,” he further adds. The afternoon menu is served from 3:30PM to 7PM.

Savva focuses on fresh produce and healthy alternatives. The Chef ensures that all of the raw materials are checked by himself first, so that the best is picked and served with. The team plans on changing the menu every two months, for added variety. Chef Simon says he likes to keep the menu short and precise, without taking away the option of choosing from customers. They are even planning to go green and substituting plastic straws with paper ones.

Savva offers the best of both worlds with

decided to add ‘Bangla Brekkie’ to our menu, because a lot of foreigners coming in want a taste of Bangladeshi breakfast. They are too afraid to taste street food for hygiene issues, but don’t want to miss out on the country’s rich culinary culture,” he further adds.

Chef Johnston recommends Beef Fillet Tatakai for starters, Australian Grilled Beef Ribeye or Sous Vide Chicken Breast for mains, and Mango Pavlova for dessert. Seared Norwegian Salmon Pave is also a customer favourite. The Tatakai is lightly seared rare beef that is marinated for hours for that juicy softness, and burst of flavours. The salmon is fresh and boneless with a subtle buttery flavour that blends deliciously well with the algae butter and vegetables. “These are our best-selling dishes at the moment,” states Chef. Lunch is served from 12PM to 3PM, while dinner is served from 7PM to 10PM.

“We have also launched an afternoon menu, because we understand that people wouldn’t want to eat the main dishes all



fine dining in a casual environment. This allows customers to choose what they visit Savva for. Savva is perfect for anything, from casual gatherings to more official settings of dining. With a bird’s eye view of the city, Chef Johnston’s culinary creations, and a minimalistic yet striking décor, Savva is putting forth a niche of its own.

**By Tanzim Islam Silony**  
**Photo: Tanzim Islam Silony**  
**Photo courtesy: Savva**



**MEALS OF MEMORY**  
BY SYEDA NAFISA AHMAD



# Why must desserts be last?

We serve dessert in small amounts at the end of any meal. Eating dessert last gives the body time to digest the more nutritional components of the meal and slows down any sudden changes of blood glucose levels in the body.

“The need for happiness is like the need for the dessert after a meal. While a meal is incomplete without a sweet dish, similarly life is scrappy without happiness.”

No matter how much you eat, always keep room for dessert...!!!!

## HOT CHOCOLATE SUNDAE

### Ingredients

- 4 scoops vanilla ice cream
- 4 scoops strawberry ice cream
- 4 scoops chocolate ice cream
- ½ cup black grapes
- ½ cup green grapes
- 20-25 fresh strawberries
- 4 oranges
- 1 medium sized pomegranate
- 20-25 almonds
- 4 wafer biscuits
- ¾ cup chocolate sauce

### Method

Select flat dishes for making the sundae and chill them in a refrigerator. Wash grapes, and fresh strawberries, and cut into two halves. Peel oranges, clean, and separate segments and split open into two. Cut pomegranates and separate seeds. Roast almond and slice thinly lengthwise. Cut wafer biscuits into triangles. Heat chocolate sauce in a double boiler, place a pan with a bigger mouth, half filled with water on heat, and keep the pan of chocolate sauce in it. Just before serving, take out one flat dish from the refrigerator and arrange one-fourth of the prepared fruits at the base. On it, place three scoops of ice cream of each flavour. Pour 1 tablespoon of hot chocolate sauce on each of them. Sprinkle sliced roasted almonds. Decorate with wafer biscuits and serve chilled immediately. Repeat the process for remaining sundaes.

## CRUNCHY MUFFINS

### Ingredients

- 1½ cups refined flour (extra for lining the muffin tins)
- 1 tsp baking powder
- 1 cup corn flakes
- 1 tbsp butter
- ½ orange
- ½ cup butter/margarine
- ¾ cup brown sugar
- 1 egg
- 2-3 drops vanilla essence
- ¼ cup milk
- For the topping —*
- ¼ cup walnuts
- 1/3 cup brown sugar
- ½ tsp cinnamon powder



### Method

Preheat oven to 180° C. Sift flour with baking powder. Lightly crush corn flakes and walnuts. Grease eight muffin tins with butter. Fill all the tins with flour till the edges, remove the flour and lightly bang the tins so that all the flour is removed from it except for a very fine layer. Grate the rind of orange. In a bowl, make cream by adding butter, brown sugar, and orange rind with a wooden spoon, till light and fluffy. Beat the egg lightly with vanilla essence. Add milk and egg to the butter-sugar mixture and mix well. Add the flour and baking powder mixture and mix. Mix in corn flakes. Correct the consistency, if required, by adding more milk. Divide the mixture equally between the muffin tins. Combine the crushed corn flakes and walnuts for the topping and sprinkle over the muffins. Bake in the preheated oven at 180° C for 15 to 20 minutes, or till the skewer come out clean from the muffins. Serve hot.

## 3-FRUIT STEAMED PUDDING

### Ingredients

- 1 medium apple
- 2 medium chikoos (sapodilla)
- 2 medium bananas
- 2 eggs, 1 cup wheat flour
- 1 tsp baking powder
- ½ tsp cinnamon powder
- 3 tbsp honey

### Method

Wash, peel, and core apple. Wash, and peel chikoos, removing all seeds. Peel banana and grind to a fine paste, along with apple and chikoos. Break egg and separate yolks from whites. Reserve the yolk for some other use. Beat egg whites till stiff. Preheat oven to 190° C. Mix wheat flour with baking powder and

cinnamon powder and sieve. Mix fruit puree, egg whites, and honey with a light hand. Add wheat flour and combine well. Pour into pudding mould. Cover tightly with silver foil. Put the pudding mould in a hot water container and place in the preheated oven. Bake for 30-40 minutes at 190° C or till the skewer come out clean from the pudding. Serve warm or chilled.

## STEAM CAKE WITH CUSTARD

### Ingredients

- 2 cups flour
- 1 cup sugar, 1 cup ghee
- 8 eggs
- 3 tsp baking powder
- ½ tsp vanilla essence
- For custard —*
- 4 eggs, 1 cup milk
- ½ cup sugar

### Method

Beat eggs with vanilla essence and ghee. Mix flour with baking powder and powdered sugar. Add flour mixture into egg and combine well. Grease the cake mould. Pour the mixture into the cake mould. Cover tightly with silver foil, and put the cake mould in a hot water container and place in the preheated oven. Bake for 30-35 minutes at 190° C or till the skewer come out clean from the cake. Transfer the cake on a flat plate and keep aside.

### *For custard —*

Beat eggs, add milk, sugar, and combine well. Heat the mixture and stir continuously till it thickens. Pour the custard over the steam cake. Serve chilled.

## NO-BAKE CHEESE CAKE

### Ingredients

- For the crust —*
- 90gm digestive biscuits
- 45gm melted unsalted butter
- For cheesecake filling —*
- 200gm cream cheese, softened



- 60gm sugar
- 100gm greek yoghurt
- 100ml whipped cream
- 3 tbsp lemon juice
- 40gm water
- 5gm gelatine powder

### Method

#### *For the crust —*

In a food processor or a ziplock bag, crush digestive biscuits into fine crumbs. Add melted butter and pulse until they combine. Press into the bottom of an 8-inch springform pan. Refrigerate while making the filling. For cheesecake filling, in a large bowl, beat cream cheese, powdered sugar, yoghurt, whipped cream, and lemon juice until smooth. In a separate bowl, mix gelatine powder with water. Bloom gelatine for a few minutes and microwave it for 20-30 seconds. Then, add 2 tablespoon of cheesecake mixture into the gelatine, and mix it well. Pour the gelatine to the cheesecake mixture until well combined. Pour the filling into the springform pan. Place in the freezer while making the topping. Refrigerate for at least 6 hours, or chill cheesecake until set.

## TRIFLE

### Ingredients

- 1 sponge cake square
- 4 tbsp sugar
- 1 cup plain thick curd/yoghurt
- ½ cup fresh cream
- 4-5 saffron string, 2 tbsp jam
- 4 strawberries, 6-8 cherry
- ¼ cup apple, chopped
- ¼ cup banana, chopped
- ¼ cup grapes, chopped
- ¼ cup pomegranate
- Few springs of fresh mint
- 1 tsp milk

### Method

Slice cake horizontally into two layers using a sharp knife. Cut strips of cake to fit the glass bowl. Make sugar syrup using sugar and one cup of water. Wash and slice strawberries and cherry. Wash and dry the fresh mint. Add 2 tablespoons of water to the jam and blend into a smooth paste. Soak saffron with 1 teaspoon of milk. Whip fresh cream, sugar and yoghurt/curd to soft peak consistency. Add saffron to the mixture. Sprinkle sugar syrup on cake strips and divide them into three parts. Line the glass bowl with one part neatly. Arrange a layer of half the quantity of fresh fruits and top it with a layer of one-third of fresh cream. Cover it with the second part of cake strips. Spread a thin layer of jam. Repeat the layers of fruits and fresh cream. Finally, cover with the remaining sponge cake strips and whipped cream. Garnish with strawberry, cherry, pomegranate, and mint or fresh fruits of your choice. Serve chilled. This trifle can also be set in individual glasses or cups.

Photo: LS archive/Sazzad Ibne Sayed



## TIPS

# Face Massages – Secret to youthfulness

We are living in a time where every skin related issue has a solution in a bottle, and after consulting with everyone who has flawless skin, we have successfully managed to build our own little pharmacy. However, at times, no matter the number of bottles we manage to collect, some problems still persist, like wrinkles and sagging skin. The one area most seem to overlook, or sometimes not give enough importance to, are face massages. While they are very soothing and relaxing,



they can be much more when done right.

## WHY DO IT

If done right, face massages can be thought of as an equivalent to the fountain of youth. It helps the skin become firmer, smoother, more radiant, and wrinkle free. When the skin is kneaded, it improves circulation, bringing more oxygen and blood to the facial skin, which allows for better absorption of any product you apply afterwards. With stimulation, the facial tissues are energised for a healthier and firmer skin. Post massage, one also feels relaxed and stress free, which also helps us to frown less, in turn preventing further wrinkles.

These common steps will help you get a proper facial massage at home, and can be done in any order.

Always start from the centre and move upwards and outwards, and never downwards because that is the way the skin sags and folds to create wrinkles. Never apply excess pressure, and massage with light hands.

1. Start with a light moisturiser and tap it into the skin for a smooth canvas to work on. Massaging on dry skin will increase wrinkles instead.

2. Place fingers below the inner corners of the eye, and move them outwards in one single smooth motion.

3. Place your fingers over the cheekbones and sweep up and outwards. Repeat the same motion after placing fingers below the cheekbones.

4. Place your thumb on the centre of the forehead and perform vertical motions upwards towards the hairline. Continue by moving your fingers from the eyebrows horizontally upwards towards the hairline as well.

5. Use your index finger to sweep down, starting from the bottom of your lips and then, once again towards the ears, starting from the same place. After that, use two fingers at once, move them from the chin towards the ears with one finger below the jawline and one above.

6. Lastly, use your fingers to perform sweeping motions up the neck, which helps tighten the skin in that area. Following this,

create small circular movements, starting from the centre of the décolletage and outwards. This last step is just as important as the previous ones, as the neck area is highly prone to wrinkles, and yet, often ignored.

## TOOLS ARE OPTIONAL

From pretty pink butterfly shapes to dazzling green rollers, the popular Feng Shui jade stone comes in many shapes and forms, and while it has its own array of benefits, it is not a mandatory piece for face massages. Your hand can do all of the work and sometimes, even better since it is more flexible than any stone could ever be.

## CHANGING WEIGHTS CAN AFFECT YOUR RESULT

When we frequently change diets and lose and gain weight, the skin starts to stretch

and recoil, and eventually sags. This can slow down the tightening process with your massages.

Every person has a different natural facial structure with unique contours and so, results will differ from person to person. Some might take less time to see a toned facial structure, while others a little longer, but with consistency, it will come. Since we are no aestheticians ourselves, our kneading and massaging techniques will get better over time, and might not be the best when we start out. So be patient and consistent, and you will bear results when the time is right.

By Anisha Hassan

Photo: LS archive/Sazzad Ibne Sayed

## COVER STORY

# Twinkle Twinkle little Trinkets

## FROM CENTRE

Like all good art, however, the piece goes beyond the original intentions of both the creator and the people who wear them. Often someone may point out something about your trinket that you never even considered before.

What can't you use trinkets for? There is not much to say for that, as jewellery is often used for fashion, for social status, for self-expression, and even for spiritual meaning. How can we not love these, as trinkets and jewellery are unique even in their similarity, and of course, most pieces are versatile. These bits and bobs can have sentimental meaning, can capture moments, express love and memories that last forever.

Enter Bangladesh — I personally love my 'deshi' dingle-dangles always. Places like Chondon, Jatra, Aarong, Folk International, etc. have the most beautiful designs that I can think of. They cater to all needs, starting from traditional to modern, a fusion of sorts, western and eastern. Somehow our designers have blended all cultures,

values, concepts, and given us a world of possibilities.

Our trinkets, nose rings and studs, ear pieces, necklaces and bracelets are all over the world, because we are all over the world.

We have made statements, we make colours pop, we make you love our concepts, or ideas — in essence, us. As much as you love our goods, we love our goods. We make sure that it is of the highest quality, because quality over quantity always.

The things about 'deshi' accessories is that you can style them anyway you want. Whether you want to keep it simple or outrageous, subtle or statement worthy, the 'deshi' scene has it all. All you have to do is pair them right with your outfit, whether jeans and kurtis or T-shirts, fancy tops, or overalls; saris or kameezs, dresses or bikinis, trust that we've got something somewhere for you.

Ask around, find your groove, go wild and let loose. I bet we love accessories for our furry little friends too!

By Kyoko Bhuiyan

**CRAFTSMAN**  
THE ART OF LEATHER

ITALIAN CRAFTSMANSHIP  
MADE IN BANGLADESH

AVAILABLE @

RAPA PLAZA (2ND FLOOR),  
DHANMONDI-27, DHAKA-1205

INFINTY MEGA MALL  
@  
BASHUNDHARA CITY  
JAMUNA FUTURE PARK  
BAILY ROAD & UTTARA

UNIMART @ GULSHAN-2

WWW.CRAFTSMANFASHION.COM

+8801714068071

/CRAFTSMANFASHION

CRAFTSMAN CLUB





# Dr Choo Su Pin enlightens on Gastrointestinal Cancers

Dr Choo Su Pin is a medical oncologist who subspecialises in gastrointestinal cancers, including colorectal, hepatobiliary, pancreatic, stomach, oesophageal, anal, and neuroendocrine cancers. She is also the Senior Consultant of Medical Oncology at Curie Oncology, Farrer Park Hospital, Singapore, a hospital which by now, is famous among the people of Bangladesh. Dr Choo was the Chief of Gastrointestinal Oncology department and Deputy Head of the Medical Oncology Division at National



Cancer Centre Singapore (NCCS), prior to private practice.

She recently visited Bangladesh, thanks to the International Medical Consultants (IMC), a unique healthcare assistance centre in Bangladesh. She was invited to the first ever 'Dhaka Cancer Summit 2019,' as one of the guest speakers to shine some light on gastrointestinal cancers. In her words, "I hope this cancer summit takes place every year, because it's about time we create more cancer awareness."

She also expressed her concern for lack of access to screening processes for early detection and prevention of cancers and social awareness in Bangladesh.

In an interview with Dr Choo Su Pin, she shared her views about lifestyle facts

related to gastrointestinal cancers, and about living a healthy life, exclusively for Star Lifestyle.

### Can ulcers lead to stomach cancer?

Stomach ulcers may not lead to cancer. However, if it is formed as a result of inflammation caused by the bacteria H. pylori, then it increases the risks for stomach cancer. Then again, it just increases the chance of getting cancer, by a narrow margin. This does not necessarily mean that you will get it right away. In short, stomach ulcers can be treated, and chances of getting cancer is still not high.

### When should gastric pain or gas attack be a matter of actual concern?

Gastric pain can happen for numerous reasons, and stomach cancer can be one of them. If the issue is resolved through medication, it should not be concerning. However, if the pain is persistent for a month, and does not go away with medication, then one should seek immediate medical treatment i.e. scopes may be used to find out what is going on.

In addition to gastric pain, other symptoms may include weight loss, loss of appetite, difficulty swallowing, and bloating, which are not good and could indicate underlying gastric cancer.

### How is gastric or stomach cancer diagnosed and treated?

If stomach cancer is detected at early stages, it can be cured. Early detection is key. However, early stage stomach cancers often have no symptoms. Scopes may be an effective way for early detection in some patients.

Surgery is the curative treatment for gastric cancer, which is then followed by

chemotherapy to reduce the chances of it reappearing. After surgery, a patient undergoes chemotherapy for at least 6 months in hopes of increasing chance of cure, depending upon the patient's condition. But for advanced stages, we often use chemotherapy, and sometimes immunotherapy, to try and control the cancer.

### Colon Cancer

Cancer always starts as a benign polyp in the colon. It takes about ten years for the benign polyp to become cancerous. So, if one can detect the polyp through a scope and treat it immediately, the patient will not develop cancer.

It is recommended that you go for a scope i.e. colonoscopy when you are 50 years old. If one has family history of colon cancer, you may need scopes at an earlier age. Prevention is better than cure, because by the time the symptoms arise, it may already be too late for treatment.

Rates of colon cancer are increasing at a rapid pace, despite being one of the most preventable types of cancer. Colon cancer highly depends upon one's lifestyle. Because of this, Bangladesh should have a screening process for colon cancer.

### What are the dietary and lifestyle habits we should follow/avoid?

The best way to avoid cancer is to exercise regularly, and maintain a healthy balanced diet, consisting of more vegetables, and more complex carbohydrates. Preserved, processed, and smoked foods should be avoided.

By Tahmid Azad Sohan

Photo courtesy: International Medical Consultants

**ফাস্ট ওয়াশ**

**সাদা  
আব এক  
নাম**

**KOHINOOR  
CHEMICAL**

**Fast wash  
Brilliant White**

with Guard

REVERSEMENT POWDER

১০ মিনিটে পাওয়ার ওয়াশিং এর ম্যাজিক	কাপড়ের যে কোন দাগ ময়লাকে নিমিষে দূর করে	কাপড়ের রঙকে রাখে নতুন মতো স্বচ্ছকে



**THOUGHT CRAFT**

BY NASRIN SOBHAN  
Freelance Writer



# The essence of nature

I saw a picture the other day. It was just a picture of a simple green shrub; but there, in the centre, glowing like a jewel, was one perfect coral pink heart-shaped leaf.

I know that, with the passing of the days into autumn, the whole plant will become a mass of red/pink/salmon colours, with tiny ruby-coloured fruit, but that first leaf, for me, symbolised the whole of nature and the miracle of growth and change.

So often, we see beauty, but pass it by without letting it touch us. A whisper of a bud on a rose bush, the first tiny fruit on a mango tree, or the first plump, red cushion on a banana plant go unnoticed.

It is in the nature of things that we value the harvest; the fruit of our labour, the lushness of mature rice fields, the massed richness of a full blossom, or the heaviness of fruit on the bough, but we fail to appreciate the beginning of all things.

We are infinitely practical in our lives, as we are in viewing nature, thinking of the future harvests for ourselves and our children. Planning forward for happiness, success, fame, and fortune. Our lives are spent in a race for the golden apple of our individual dreams, a race that never ends, because there is no end to desire and wanting.

For all of us, hope, aspirations, and striving are both necessary and right; but in those dreams and aspirations for our ultimate goals, we forget the nature of the cycles, and the natural order of things. Things must bloom, grow, and thrive, but in the end, the blossom must fall; the fruit must wither, and things must age and end, as all things do, except for time itself.

But there is always time. At the end of

It is in the nature of things that we value the harvest; the fruit of our labour, the lushness of mature rice fields, the massed richness of a full blossom, or the heaviness of fruit on the bough, but we fail to appreciate the beginning of all things.

every bloom and harvest, there is a time of rest, a time of reflection and tranquility, when we can look forward to more quiet days and reflect on days past.

There is charm in the pursuit of the golden apples of life, but sometimes, we need to slow down, stop, look, and actually observe.

There is beauty in the rain, peace in the forests, and dreams in the stars. For me, the ultimate beauty is in the beginning of all things. It is the beauty in the bud that makes my heart sing.

**NEWS FLASH**

## Affordable Autumn: First Edition

As part of the effort to make art mainstream, beginning 18 October, 2019 Galleri Kaya promises 'Affordable Autumn' — a new series of exhibitions designed to target young professionals who love art, but mistakenly consider possession of artworks beyond their means.

Predominantly featuring various forms of printmaking techniques, along with a number of vibrant watercolours, the 'First Edition' of 'Affordable Autumn' also wishes to serve as a melting pot of old generation of artists and the young; art connoisseurs and art lovers.

Museum galleries offer a chance to whet our appetite, commercial ventures like 'Affordable Autumn' give visitors a similar

experience with an additional option to seek the pleasure of ownership of an artwork.

The group exhibition will feature works by Murtaja Baseer, Jamal Ahmed, Rokeya Sultana, Shishir Bhattacharjee, Mohammad Iqbal, Abul Barq Alvi, and Anisuzzaman to name a few. Among the long list of more than 50 names, there are also a range of Indian artists — Jogen Chowdhury to K G Subramanyan.

Notable works by some of these esteemed painters fetch high prices, but what this exhibition hopes to achieve is to increase art appreciation amongst young professionals; it is an effort to encourage the youth to visit exhibitions and engage in a conversation with the artist through the artworks. And all along this, Galleri Kaya's Affordable Autumn makes it possible for people even with a modest budget, a realistic chance to make a purchase. The price range of artworks that will be featured in this group exhibition is between Tk 4000 and Tk 71000. This thought alone is something to savour!

To help ensure that the purchase is safe, along with the publicity brochure, Galleri Kaya also provides certificates, which can add value to the investment. Galleri Kaya has, for the last 16 years, introduced many 'firsts' in the trade of art and wishes to continue with same vigour as it has done so far.

It is expected that we shall see Second Edition too, sometime next year.

'Affordable Autumn,' will be inaugurated on Friday, 18 October, 2019 at Galleri Kaya, House 20, Road 16, Sector 4, Utara, Dhaka. It is open to visitors everyday, between 11 AM and 7:30 PM, until 2 November, 2019.

Phone: +88 01752 684 900; 88-02-58956902. Or, email: [E-mail\\_gallkaya@gmail.com](mailto:E-mail_gallkaya@gmail.com)

