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# Avant Garde, HOME *grown*

FORGING LASTING BONDS  
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PHOTO: PROTTOY AHMED  
EVENT: TRESEMMÉ SPRING IN BLOOM FASHION  
EXHIBITION 2021



**সুরক্ষিত দেয়াল  
নিরাপদ পরিবার**

এলো বার্জার ব্রিড ইজি ভাইরাকোর। এর সিলভার আয়ন টেকনোলজি তৈরি করে অ্যান্টি-ভাইরাস কোটিং, যা দেয়ালে আসা ভাইরাস ও ব্যাকটেরিয়া ধ্বংস করে। পরিবারের সুরক্ষায় কোনো আপোস নয়। বার্জার ব্রিড ইজি ভাইরাকোর যখন দেয়ালে, আমরা নিশ্চিতে সবসময়।

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# EBL: Committed to Women's Empowerment

Bangladesh's journey of five decades since its independence in 1971 from a 'bottomless basket' to a developing country has been enviable. The independence, earned through nine months of a bloody war and sacrifice of three million lives, was also actively participated in by women. A commemoration of the fiftieth anniversary of Bangladesh independence will remain incomplete if we forget to pay tribute to all those women who fought for our independence as sisters in arms and made supreme sacrifices for the independence of the country.

In the past 20 years, Bangladesh has made significant strides in improving lives of women and girls with maternal mortality rates falling, fertility rate declining and greater gender parity in school enrolment.

Despite the progress, according to USAID, 82 percent of married women suffer gender-based violence, and limited access to finance prevents women from achieving their full potential. Women's participation in the workforce still largely remains limited to low-paying sectors, and even today, 59



TAKE A MOMENT TO KNOW ABOUT | **WOMEN ENTREPRENEURSHIP**

EBL Women Banking presents Digital Business Coach, an 18-part two-hour comprehensive and concise video series not only for women who are dreaming to start their own business but also for working or aspiring women entrepreneurs who would like to build a better and well-structured business.

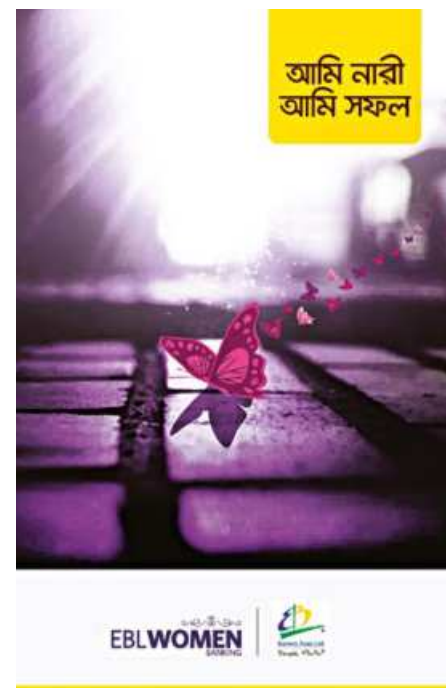
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- > Effective business model and business pitch can be developed
- > You can raise fund for your project
- > Online customers can be reached, nurtured and retained

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16230

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আমি নারী  
আমি সফল

EBLWOMEN BANKING Eastern Bank Ltd. *Shree Mukti*



EBLWOMEN BANKING Eastern Bank Ltd. *Shree Mukti*

percent of girls are getting married before the age of 18.

However, according to UN reports, although women have made important inroads into political office across the world, their representation in national parliaments at 23.7 percent is still far from parity. It is now universally accepted that gender equality is not only a fundamental human

right, but a necessary foundation for a peaceful, prosperous and sustainable world. As Bangladesh is dreaming to become a middle income country in 2024 and a developed country by 2041, achieving that is only possible with the development of women.

Eastern Bank Limited always believes in women empowerment and has been designing products and services to suit the needs of women entrepreneurs. For example, EBL Mukti Loan promises access to single digit collateral free finance for women entrepreneurs for varying levels of credit.

EBL Women Banking is committed not only to unleash the potential of women entrepreneurs but also regularly organising advising and consultancy services for skill development, to give women in the workforce access to finance. To help the women entrepreneurs grow their business, EBL Women Banking has

a wide range of finance facilities starting from personal loan, professional loan to SME loan. For example, EBL Ovilashi offers interest bearing current account for female run businesses; starting with an account opening balance of only Tk 5000, and includes fee waiver in business documentation services, special discount on membership fee for BWCCI and CWCCI, e-commerce and f-commerce based buy/sell platform, a complimentary booklet with entrepreneurial guidelines and access to capacity building and skill development trainings as well.

Through our plethora of products and 360 degree unparalleled banking services, we continue to build strong relationships with our female clients. Women clients can find their solutions to all their banking requirements at just a mouse click away, on our fully digitalized platform. Services ranging from savings account exclusively designed for women, to credit

card, debit card designed from women's daily necessities and so on are all easily accessible. For addressing all the needs of women entrepreneurs, EBL Women Banking has its very own one stop solution where clients are offered integrated business management training.

EBL Women Banking has recently published a comprehensive guidebook featuring issues from banking and business management to digital marketing assistance, online marketing and how to participate in fairs and product exhibition etc.

EBL firmly believes that to partner initiatives towards Bangladesh's economic growth, greater participation of women in business and workforce must be encouraged. As an organisation, EBL pledges to provide all sorts of banking support towards Bangladeshi women, to boost their contribution to the economy, and help achieve the country's dream of becoming a developed nation.



us on f /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেনেত্র রূপচর্চায় আভিজাত্য মনেই

**স্যান্ডালিনা**  
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

#SINGER

# Exciting features on SINGER Washing Machines

Cleanliness is one of those virtues that is not only healthy, but also represents your image directly. Therefore, there should be no compromise about staying sharp and clean. Your sartorial skills should stay untainted and while it can be a bit demanding in more than one way, there are ways that will make things easier for you.

A washing machine, one of the wonders of modern science, has made washing as easy as pressing a button. One no longer has to slam their clothes against a stone on the bank of a body of water. Instead, just install a washing machine and life will become less tedious and more comfortable.

From semi-auto to auto, front-loading to top-loading, SINGER offers a number of washing machines with new and different features, suitable for people with varying preferences.

The SWM-FWV100AS model offers a top loading interface with 6 pre-set programmes and an LED display. With a 10KG capacity and built-in child-lock, it's a family friendly machine. The device supports air drying system, making washing less of a nuisance. It's also smartly built with the idea of energy efficiency. On top of that, the auto resume feature will surely be useful during sudden power outages.

A slightly smaller machine is the SWM-97108X. The machine has a capacity of 9 KG, but it makes up for it with other useful features such as Power off, Memory back, and Aluminium motor. There are a number of pre-set programmes that include, but are



not limited, to Normal, Heavy, Quick Soft, and Quick Wash. The LED display, combined with the child-lock feature makes it a very practical machine to have at your disposal.

If you like, there's always the option for a semi-automatic washing machine. The SRWM-STD110LSDA for example, features 11KG washing capacity. With the affordable double tub system and its user-friendly design, it offers a lid type top loading

interface. The floral glass door will add to ambience of its surroundings.

The SWM-Q712BGZ on the other hand, offers a fully automatic front-loading system that has a very sleek modern look. With 15 pre-set programmes and an option of quick wash in only 18 minutes, it's one of the most modern devices you could find on the market. The device has built-in hot washer support which is very convenient for disinfecting your clothes in these tiring times. With A++ Energy Rating, it offers Eco Wash Technology making it more energy efficient in the long run.

A number of offers are in motion to match these devices. One can get cash discounts while buying a SINGER washing machine. Free installation is offered by SINGER to make things easier for you. Whether you want it under the sink or somewhere else, you don't have to worry about the installation. One can also have a free trial of 21 days on any of the machines (Terms and Conditions apply).

SINGER offers a warranty of up to 5 years on these washing machines.

For more information, visit their website <https://singerbd.com>

**By Ashif Ahmed Rudro**  
**Photo: Shahrear Kabir Heemel**

## 5 Reasons to buy SINGER Washing Machines

- ✓ One Touch Operation
- ✓ Quick Wash
- ✓ Faster Drying
- ✓ Auto Resume
- ✓ Less Electricity Cost



**5**  
YEARS  
WARRANTY

FREE INSTALLATION

**NO** INTEREST  
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For online shopping visit-  
[www.singerbd.com](http://www.singerbd.com)

## 5 Reasons to buy SINGER Microwave Ovens

- ✓ Local Recipes
- ✓ One Touch Cooking
- ✓ Easy Baking
- ✓ Quick Defrosting
- ✓ Less Electricity Cost



**2** Years  
Warranty

\*Conditions Apply

## MUJIB 100: Magnificent art of Bangabandhu in Bangkok

Red heart in the middle of a red-green canvas. In the middle of that heart is the face of Father of the Nation, Bangabandhu Sheikh Mujibur Rahman. This extraordinary painting of Bangabandhu, created by Bangladeshi artist Ronnie Ahmed, is now on display at the famous Art and Antiques Gallery on the banks of the Chao Phraya River in Bangkok, the capital of Thailand. The exhibition of this painting, titled *Mujib 100 in Bangkok*, started from 18 March. The Art and Antiques Gallery, known as the heart of Thailand's art culture, regularly hosts exhibitions by world-renowned painters.

Anisul Haque Chowdhury Shohag, Managing Director of Mermaid Eco-Tourism Limited, has taken this initiative to highlight the Father of the Nation abroad on the occasion of Bangabandhu's birth centenary.

Shohag said, "Bangabandhu Sheikh Mujibur Rahman is our greatest leader. He wanted to conquer everything with love. We want to spread the message of the love of our father of the nation all over the world."

Rad Hossain, Chief Executive Officer (CEO) of Mermaid Eco-Tourism Limited, has collaborated with Shohag in this exhibition of Bangabandhu's paintings at The Art and Antiques Gallery in Bangkok.

## KFC opens new outlet in Dhanmondi 5

KFC Bangladesh, run by Transcom Foods Limited — a subsidiary of Bangladesh's leading business group Transcom — has recently opened its 23rd outlet at Dhanmondi Road No. 5 in the capital.

Amit Dev Thapa, Chief Executive Officer (CEO) of Transcom Foods Limited, along with Dr Md Enamur Rahman, State Minister for Disaster Management and Relief, inaugurated the launching ceremony on Wednesday, 10 March. Tasty KFC meals were distributed among the street children of 'Mojar School' who were invited as well.

KFC is an international restaurant chain in Bangladesh, having commenced operations with its flagship outlet in Gulshan 1 from 2006. From the beginning, KFC Bangladesh is maintaining high standard of food safety and hygiene.

Among others Muradul Mustakin, Head of Marketing and Sheikh Zahir Ahmad, Operations Manager —KFC, along with key officials were also present at the ceremony.

## Honouring women entrepreneurs

Based on the theme of Women's Day 2021 — "Women Leadership in pandemic, building a new world of equality," Ujjwala honoured seven women entrepreneurs who have started or are doing good business during the time of crisis period in pandemic. The first part of the award ceremony was held on 9 March where five women entrepreneurs were honoured. In the second phase of the programme, two women entrepreneurs have been honoured.

The chief guest at the programme was renowned musician, journalist, television presenter, Director of BRAC's Gender, justice and diversity and prevention of violence against women initiative's department Nobonita Chowdhury.

Afroza Parveen, Managing Director of Ujjwala, facilitated the overall programme to discuss the success stories of the bright, bold women entrepreneurs.

"We are seeing many role models that we did not even imagine 10 years ago; we hope women will move forward in this way"— was the statement from the chief guest; she praised the courageous steps of the two struggling brave women entrepreneurs — Asma Rahman and Samira Tunaj.

Ujjwala, in the four years of its operations in Bangladesh, has been at the forefront of facilitating and supporting Beauty and Grooming (B&G) professionals so that they can take their rightful place in society with pride and dignity. As a non-profit organization, Ujjwala is working tirelessly for the skills and economic development of the underprivileged and vulnerable people to make them self-reliant. For more information, visit <https://www.facebook.com/UjjwalaBD>



RANYAFUL



## The story of Ranyaful

In Chakma literature, Ranyaful refers to a kind of wildflower that grows without much care in the mountains. In Rangamati, a production house has started its journey under the name 'Ranyaful', to reintroduce and revive the ethnic crafts through their products.

Tajimi Chakma, a young and educated woman, came up with this unique idea to start her own production house and eventually launched the Ranyaful Facebook page on 2 July, 2019. The two siblings, Tajimi Chakma and Igimi Chakma are the owners of Ranyaful production house.

"Our journey began with the urge to do something using our free time. Ranyaful production house is running through a Facebook page as we do not have any outlet, as we are still struggling to establish our business," shares Igimi Chakma.

During the Covid-19 period, the platform for indigenous

small women entrepreneurs "Sabangee" which means 'colleagues who work together equally,' gave us a great opportunity to interact with many clients. The Sabangee platform works with indigenous women entrepreneurs from both the hill districts and other parts of the country.

As the raw material are Dhaka-centric, we did not stop working, but came all this way to give our best for our beloved production house. "Basically, our focus is to design and produce handmade clothing. The main purpose of this is to enhance our own traditional designs through hand painting," says Tajimi. Ranyaful is an artistic production house set to provide ethnic attires with artistic paintings.

For more information, visit <https://www.facebook.com/Ranyaful>



## HOROSCOPE



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

Secret enemies may lead you astray. Make a fresh start. Opportunities for romance are present. Your lucky day this week will be Thursday.



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

Family responsibilities are mounting. Confusion can result from miscommunicating. You are extremely passionate this week. Your lucky day this week will be Tuesday.



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

Things at home may be rocky. Don't overspend on luxury. Don't make mountains out of molehills. Your lucky day this week will be Wednesday.



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

Get yourself back on track. Limitations will be depressing. Learn new skills. Your lucky day this week will be Wednesday.



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

Your high energy will attract others. Beware of misunderstandings. Catch up on overdue correspondence. Your lucky day this week will be Monday.



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

Visit loved ones. Don't fall into the trap. Work into home improvements. Your lucky day this week will be Friday.



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

Shopping could be very costly. Don't mix work and home responsibilities. Stop those bad habits. Your lucky day this week will be Friday.



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

Cut off those who can't support themselves. Don't overspend on luxuries. Make changes at home. Your lucky day this week will be Sunday.



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

You need an outlet. Don't let anyone force you into anything. Avoid making personal mistakes. Your lucky day this week will be Wednesday.



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

You will be emotional this week. Don't hurt someone's feelings. Don't turn down offers. Your lucky day this week will be Monday.



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

Meet deadlines at work. Don't ignore anyone's needs. You are best to be discreet. Your lucky day this week will be Sunday.



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

Money will slip through your fingers. Read between the lines when signing contracts. Overindulgent people will cause disruptions. Your lucky day this week will be Saturday.

#HEALTH & FITNESS

# The untapped potential of the healthcare industry of Bangladesh

For several decades, the healthcare service sector of Bangladesh has not received proper respect by many, as it should have. However, upon closer inspection, one would agree that this sector has made meteoric progress over the past few years. Among the many deleterious effects the current pandemic has caused upon the entire economy, it also gave the healthcare industry a scope to prove its potential.



In regards to this, Dr Shagufa Anwar, Director of Communication and Business Development at United Hospital Limited, shares her opinions and experience. With 22 years of specialising in health administration, communication, and brand marketing, Dr Shagufa has witnessed the transformation of this sector.

**According to you, what is the current status of our healthcare sector?** Undeniably, the pharmaceutical industry has taken itself to an international level with profound support from relevant bodies, but the same cannot be said for the service counterpart of this very industry. Albeit Bangladesh is celebrating 50 years of

independence, the journey of a structured professional hospital system dates back to only 15-16 years. Fortunately, against all odds, our country's private hospital sector, built so far on individual entrepreneurship, is now taking wide strides of development. It is getting evolved into a structured and automated environment that is proving to be good enough to compete with global standards. However, we could have done far better if we had the attention we deserved.

**How far-reaching do you think is its potential?** Healthcare service industry is one sector, where there is no dearth of demand in the

market. So, patients seeking right treatment and care are available, we would just need to package the product rightly at the right price for the right target audience. There lies a cascade of opportunities within this single industry, including flourishing other industries starting with, per se, tourism. Bangladesh's healthcare provision contains excellence coupled with affordability that can be leveraged to attract foreign patients from neighbouring countries. It is absolutely doable with support from relevant government bodies.

Furthermore, propagation of the healthcare sector will also give rise to adjunct supplier industries to meet the increased demand of medical tools, equipment and safety gears. Additionally, it will create more jobs as more skilled manpower will be required to serve its own needs, spanning from medical professionals to lab technicians.

Thus, I believe the healthcare sector of Bangladesh has the potential to become the next major contributor of our economy. We need to look at the bigger picture and bring all the essential fundamentals on the drawing board, to plan the steps and roll out each on a time bound manner and now is the right time to implement this.

**What role do patients play in this process of proliferation?**

Patients play a crucial participatory role adding synergy to the service delivery, as customer feedback is crucial for development of any service sector. Other than pointing out flaws, we would also expect our patients to constructively criticise to enable us to correct and minimise our limitations. They should also share their positive experiences with others in order to build a relationship of trust and reliability, which is crucial for the respectful facelift of this industry.

We usually find people sharing any small or big service satisfaction they receive in hospitals abroad, loud and clear in many forums. But any bad experience which one faces there is rather not mentioned or gets justified by the victim himself citing some excuses. This is rather a tragedy, that we do not trust and promote our own doctors, own nurses, own hospitals and we feel some doctor, nurse or hospital in another country who is a stranger to us, cares more for us than our own people.

**What is the overall impact the pandemic has brought about?**

The silver lining of the pandemic was the much-needed attention it has brought towards this sector. We all know the healthcare providers of our country have valiantly fought during the pandemic and are continuing to do so with their knowledge and capacity, which has earned respect for us from people of all genre, locally and also globally.

In the pandemic, owing to travel bans, patients who would usually go abroad for treatment, were compelled to seek our services, and were pleasantly surprised to learn that our hospitals match their international expectations. This is definitely not a complete turnaround, but it is indeed a herald towards altering the pessimistic consumer attitude.

**How do you envisage the future of this sector and what is the way forward?**

I envision Bangladesh's healthcare sector to be one of the top contributors to our country's economy as this can also be the medical tourism hub of South Asia in the next few years. Compared to our neighbouring countries, our treatment standard at the private sector in many clinical specialities is at par, coupled with reduced costs and compassionate service. This will act as a game changer for the economy of Bangladesh. However, to reach this goal we need to work collectively.

**By Fariha Amber  
Photo: Sk Enamul Haq**

#FASHION



# TRESemmé Spring *in* BLOOM FASHION exhibition



Championing slow fashion to contradict the fast-paced global world that we live in today, TRESemmé, in an epic partnership with the Fashion Design Council of Bangladesh (FDCB), hosted a weekend-long fashion exhibition that ran from Thursday, 18 March to Saturday, 20 March. Set up at Gulshan North Avenue's Edge Gallery, the exhibit saw some of the biggest names in fashion showcase highlights of their collections so beautiful they could be admired under museum-glass for hours!

#### DAY 1:

The exhibit opened in full swing in a chic-modernist makeover of the gallery that still paid a touching nod to the roots of Bengal in its spectacular showpieces.

Tina Jabeen, Managing Director of Start Up Bangladesh, an initiative to catalyse a startup revolution in the country, served as the special guest and inaugurated the opening. Fifteen members of FDCB displayed their clothes in dangling racks that filled half the room. Amongst the designers, you would recognise Kuhu Plamondon,

Tenzing Chakma, Farah Anjum Bari, Lipi Khandaker, Chondona Dewan and Shahrukh Amin, among others.

"In a post-pandemic world, it's important we come back to our roots. This fashion exhibition is a means to just that end. Everything in this room, from the motifs and embroidery in pictures to the weaves and fabrics on display has been done by the artisans of our country; this is basically us as a country!" said Shaibal Saha, General Secretary of FDCB. When talking about his collection, he explained, "White is the perfect offset to stress

and so, I wanted my designs to be bold enough in white and be soothing enough to look at and wear."

Clothes were not the only thing on display Thursday night; extraordinary captures of slow embroidery that can be traced back hundreds of years such as the Mayan and Borneo civilisations hung in walls to captivate the soul of anyone who stood before them. Also found in frames were prints of vintage Nakshi Kantha pieces that had been meticulously acquired from the archives of Philadelphia Museum of Art.



#### DAY 2:

TGIF 'cause other than the uniquely-curated pieces of fashion by members of the FDCB that continued to be on display, a special book launch stood to be the highlight of the evening. A much sought-after collection of memoirs depicting snippets from TRESemmé Fashion Week 2020 was launched with the idea of empowering women. The book reveals stories of how TRESemmé has been instrumental in boosting women's confidence by empowering her to rise and meet modern-day challenges. TRESemmé

strives to hand women the tools to look and feel glamorous with salon-styled hair from the comfort of their homes.

The Ambassador of Denmark to Bangladesh, Winnie Estrup Petersen, served as one of the chief guests for Day 2 by uncovering the book. She stood in solidarity with Bangladesh's RMG sector by tweeting about the power the country holds in its untold stories of tapestry.

A flash fashion show concluding the exhibit for the day was also hosted to further put emphasis on sustainable fashion.

Interestingly enough, the fashion show consisted of 15 handpicked pieces by every one of the members of FDCB as a means to highlight their best work. The designers whose work you would recognise on the ramp included the likes of Tasfia Ahmed, Afsana Ferdousi, Rifat Rahman, Sadia Rashid, Faiza Ahmed, and Hosna Emdad.

#### DAY 3:

The last day of this weekend affair stood to be the most happening one yet, as Emdad Hoque delivered the opening speech paying due tribute to the centennial birth anniversary of the founding leader of Bangladesh, Bangabandhu Sheikh Mujibur Rahman. Speaking of, Maheen Khan, the fashion designer who needs no introduction and president of FDCB, pulled our focus back on what really matters: staying true to our roots.

"We're working in the spirit of Bangabandhu, our Father of the Nation and it is his unfailing exuberance to build and produce everything that is Bangladeshi. Bangabandhu had such a keen liking of khaadi that it became his signature style. We, at FDCB, promise to grow this industry with all our will and determination. We want to work with the smallest but the most significant communities and bring their work to the fore. We want to work with master artisans hand-in-hand and create delightful

but functional pieces fit for the modern lifestyle," she states.

Deputy Minister of Education, Mohibul Hasan Chowdhury Nowfel and European Union Ambassador, Rensje Teerink, along with Unilever Bangladesh Limited, Beauty and Personal Care Director, Afzal Hasan Khan graced the event with their presence.

The closing speech was entrusted upon Shabit Shafiullah, Category Head-Hair Care at Unilever Bangladesh Ltd representing TRESemmé. "Unilever has been a massive supporter of FDCB and its bid to revive and revolutionise fashion. This exhibit stands for sustainability in fashion and we are a massive supporter of planet philosophy. Lastly, what we hope to accomplish is empower women so they feel the liberty to express themselves in the runway of life."

And, on that note, a second flash fashion show commenced to showcase more spectacular works of FDCB members to finally draw the 3-day mega event to a successful close.

By Ramisa Haque  
Photo: Prottoy Ahmed



TRESemmé®

USED BY PROFESSIONALS

# SPRING IN *Bloom*

SUSTAINABLE FASHION EXHIBITION 2021

IN PARTNERSHIP WITH



**THE MILLENNIAL COOK**  
FARIHA AMBER



# Must-try Surf and Turf recipes

## HERBY STEAK AND SHRIMP SKEWERS WITH CHIMICHURRI SAUCE

This take on a typical American meal featuring herby steak and shrimp has a very vibrant flavour, giving bursts of freshness in every bite. The chimichurri sauce that is loaded with fresh herbs further enhances the gusto of this dish is the component that melds the flavours of meat and fish flawlessly.

### Ingredients

*For the steak —*

- 4 pieces steak meat
- ¼ cup balsamic vinegar
- 2 tbsp Worcestershire sauce
- 2 tsp salt
- 2 tsp cracked black pepper
- 1 tsp ginger powder
- 1 tsp cayenne pepper
- 1 tsp dried chives
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 2 tbsp butter
- 2 tbsp oil
- 6 cloves garlic

*For shrimp skewers —*

- 500g shrimp (peeled and deveined)
- 1 tsp lemon pepper
- 1 tsp Cajun seasoning
- 1 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp dried oregano, ½ tsp salt
- 1 tbsp garlic-onion paste
- 1 tsp lemon zest
- ⅓ cup lemon juice
- 2 tbsp olive oil
- 2 tbsp chopped fresh parsley

*For chimichurri sauce —*

- 4 cloves garlic
- 2 tbsp balsamic vinegar
- 1 tbsp lime juice
- ⅓ cup olive oil
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh coriander
- 2 tbsp chopped fresh mint
- 2 tbsp chopped Indian pennywort
- 1 tsp salt
- 1 tsp lemon pepper
- 1 tsp dried oregano
- 2 – 3 green chillies



### Method

Begin by marinating the proteins. In a shallow bowl, combine balsamic vinegar and Worcestershire sauce along with salt, black pepper, ginger powder, cayenne pepper, dried chives, rosemary, and thyme. Whisk these together and lay the pieces of steak inside. Coat each piece well, cover with a wrap, and let these sit for about 30 minutes.

In another bowl, combine the ingredients for the shrimp marinade to include salt, lemon pepper, Cajun seasoning, paprika powder, garlic powder, and dried oregano. Also add garlic-onion paste, olive oil, lemon zest, and lemon juice along with chopped fresh parsley. Mix all these together with the shrimp, coating each piece well and leave these aside to marinate for 30 minutes. Meanwhile, prepare the chimichurri sauce.

Crush the garlic cloves with salt using a pestle and mortar. After that, add chopped green chillies and crush them as well. Next, one by one, add the fresh herbs to include parsley, coriander, mint, and Indian pennywort. Mix these together before adding lime juice, balsamic vinegar, olive oil, dried oregano, and lemon pepper. Stir everything together and let the flavours meddle.

Skewer both ends of the shrimp before grilling them. On a hot grill pan, drizzle a tablespoon of olive oil and lay the skewers. Cook each side for a couple of minutes until they are fully cooked. Once the shrimp is cooked, drizzle in more oil to the pan and place the pieces of steak.

After a minute of cooking add in butter and crushed garlic cloves. Cook them for about five minutes ensuring all sides are cooked through suiting your preferred level of cooking. Let the steak rest for at least 5 minutes before serving. To plate up, drizzle the prepared chimichurri sauce atop the pieces of steak.

## SPICY SKIRT STEAK AND SHRIMP TACOS

Tacos are the creed of Mexican cuisine and if you like the numbing sensation lingering on your tongue after devouring something



extremely spicy, then this one is perfect for you! Retaining a strong flavour, this is not for the faint of heart. However, the cabbage slaw included within works as a flavourful soothing agent.

### Ingredients

- 8 taco shells
- 1 cup cherry tomatoes

*For the skirt steak —*

- 400g steak meat
- 1 tsp cumin powder
- 1 tsp salt
- 1 tsp black pepper powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika powder
- 1 tsp cayenne pepper
- 2 tbsp oil

*For the shrimp —*

- 400g shrimp (peeled and deveined)
- 1 tsp salt
- 1 tsp lemon pepper
- 1 tsp Cajun seasoning
- 1 tsp garlic powder

- 1 tsp onion powder
- 1 tsp chilli powder
- 1 tsp chilli flakes
- 2 tbsp oil

*For the slaw —*

- 2 cups shredded cabbage
- ⅓ cup diced red bell pepper
- ⅓ cup diced green bell pepper
- ⅓ cup diced yellow bell pepper
- ¼ cup chopped coriander
- ½ cup curd
- 2 tbsp lemon juice
- 1 tsp lemon pepper
- 1 tsp salt

### Method

Begin by preparing the steak rub. Combine 1 teaspoon each of cumin powder, salt, black pepper powder, garlic powder, onion powder, paprika powder, and cayenne pepper along with 1 tablespoon of oil. Rub these all over the steak meat and let them meld for the time it takes to prepare the shrimp.

Add 1 teaspoon each of salt, lemon pepper, Cajun seasoning, garlic powder, onion powder, chilli powder, and chilli flakes along with a tablespoon of oil. Coat all the pieces of shrimp well with this mixture and keep this aside.

Meanwhile, heat up 1 tablespoon of oil in a grill pan and gently lay the steak – you should hear a sizzle right away. Cook each side of the steak for 2 – 3 minutes. Once done, let the steak rest while you cook the shrimp adding another tablespoon of oil to the hot pan.

To prepare the slaw, combine cabbage, a mix of colourful bell peppers, chopped coriander, along with curd, lemon juice, lemon pepper, and salt and incorporate everything together. Next, cut the steak into long, slender pieces before assemblage.

To assemble the tacos, first spoon in the slaw, then sliced steak meat along with the shrimp. Finally top them off with halved cherry tomatoes for a pop of colour and burst of juiciness. Serve these immediately while the taco shells are still crispy.

**Food and Photo: Fariha Amber**

**BEOL | adani wilmar**

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#PERSPECTIVE

# Millennials doing it right!



As we advance in life from being toddlers to adolescents, then teenagers and adults, and once we finally embrace parenthood, we begin to decipher the circle of life. Although the stages every individual goes through remain the same, the process is in a constant state of modification as we transition from one generation to the next.

Among the various differences that are prominent between millennials and boomers, putting the spotlight on parenting accentuates our progress as parents. However, no matter which generational cohort we belong to, there seems to always be a constant barrage of critique from the other generations.

Emphasising on this, boomers are blamed for never being satisfied enough with the achievements of latter generations, and reasonably so! We all know about that one boomer uncle or aunt at every family gathering, shaking their head in disapproval, questioning, "What will happen to this generation?"

But is it really justifiable to attribute millennials for the so-called generational malaise they are blamed for bringing forth? Regardless of such negative remarks, among numerous other things, millennials are parenting right in more ways than you can imagine.

#### Saying no to punishment

Hangers, metal spatulas, leather belts, sandals and wooden utensils – if these were only everyday objects for you, then you must have had an amazing childhood! For the rest of us,

these were equivalent to missiles fired by our parents to rectify our behaviour. In hindsight, we can all agree that this supposed corrective measure did more harm than benefit to most of us.

Millennials, realising its debilitating consequences, are stepping out of the dogma of corporal punishment. Rather, they seem to be more emotionally invested towards their children and are open to help them learn and heal from their mistakes. Millennials, unlike boomers, believe in providing reasonable explanations rather than stating outright what is wrong and right.

This sentiment is echoed by several millennial parents including Sabiha Khondoker, a homemaker and mother.

"With all due respect towards my caregivers, I wouldn't treat my children the way they treated me in some aspects. I think raising a hand on children not only leaves a mark on their body, but creates a deeper, and sometimes irrevocable mark on their psyche," she feels.

#### Normalising taboo topics

Reminiscing our childhood, we may recall those instances of confusion, which often led to frustration as we had plenty of subjects to figure out by ourselves. On a more direct note, most girls had to understand the mechanism of menstruation from that friend who got it first, rather than their mum.

Adding to that, most of us did not have "the talk" until it was time for our marriage (maybe not even then!). Although it seems funny now, we secretly yearn for a greater

degree of attachment and friendliness with our parents — a mistake millennials are not repeating.

Millennial parents are making the effort to be fully transparent with their children, so that they feel free to discuss any and every topic with them, which ranges from taboos that we were told to be silent about to major life choices that come in tangent with the freedom of making a decision.

#### Technology: good or bad?

Boomers often dislike change, because of the need to acclimatise to new practices, and this is one area where millennials excel. Technological advancements have opened

when they discover a new device. But it is possible to filter out the content and be responsible enough to restrict screen time," stated Tawsif Arefin, an entrepreneur and father of two.

#### Ditching superstitious beliefs

We all must have faced that embarrassing moment where our relatives, friends, and even parents laughed at our childhood photographs that had a huge black spot marked on our forehead. We also secretly decided never to create such a situation for our children once we are parents!

Well, the tables have turned, and the time has arrived when millennials are finally disregarding such superstitions in their way of upbringing. Rather than blindly following such beliefs as instructed by boomers, millennials tend to look for logical explanations before performing or restricting any activity.

"Living in a joint family, I am bound to abide by some suggestions given by my in-laws, although I may not agree with them. In case of superstitions, I was pleasantly surprised that many of them are actually backed by scientific data! It's just our parents never bothered to find out but we do," remarked Shagufta Islam, an educator and mother.

#### The way forward

With the change in time, the style of parenting also continues to change. Despite the plethora of parenting advice boomers have to offer to their millennial kids, there is evidently no right or wrong style of parenting.

"Children should be raised to become free spirits — let them explore, let them grow and learn on their own," said Mehnaz Khan, a mother and final-year university student.

Raising a child is like painting a blank canvas, and it is upon the painter to decide what colours and techniques will be best suited. Albeit according to boomers, millennials will always possess traits of being inept and irresponsible, when it comes to parenting, they are ready to roll up their sleeves and do what's required to provide the best for their children.

By Fariha Amber

Photo: LS Archive/ Sazzad Ibne Sayed



a wealth of resources for parents. With the availability of baby monitors, development trackers, nutrition guides and the like, technology has ample contribution in contemporary parenting.

However, it does come with its fair share of drawbacks — imposing risks on exposure to inappropriate content, harming the eyesight and addiction to screens, to mention a few. But with the energy to constantly adhere to new methodologies, millennials have learnt how to overcome all these problems.

"It is difficult to suppress a child's curiosity



# MATERNITY LEAVE

## is a basic worker right

A woman becomes a mother not only because of her own right, but also because this keeps the ball rolling for family, society, and the nation. From the day a child is conceived to the time it is born, the development of the child is not the sole responsibility of the mother. Then why are women still being forced to sign away their right to motherhood while seeking a job?

What is most interesting is that we make our best efforts to 'celebrate motherhood.' Every year, on special days, mothers are honoured at our workplaces. On Mother's Day, motherhood is deified in various ways at offices. But it is ironic how the same workplace does not even accept the pregnancy of the same mother. In fact, in a manner quite opposite, every effort is made to ensure that rather than seeking what is rightfully hers, a pregnant mother quits her job. It is because of this adverse attitude from employers that many women and expecting mothers suffer anxiety while planning a family.

Maternity leave in Bangladesh is

The Government of Bangladesh is underscoring its convictions towards ensuring gender equality and stressing the need to ensure maternity leaves, and the issue has been a significant point of discussion at the global level too.



often only a clause on paper, with no real implications for many women. According to the Labour Act 2006, article 45, a female employee is entitled to 120 days of leave, with full benefits. But how much of this is being implemented in the workplace? Can a pregnant mother truly enjoy all the rights the law allows her?

Maternity leave is a privilege enjoyed by a selected few. We are all aware how women are being deprived of their rights at the workplace, especially when it comes to maternity leave, despite them being a driving force in the development of the country.

Many offices are now dependent on their female workforce, like the country's biggest forex earner—RMG. In that very sector, many women have been dismissed from their position, forced to resign, or forced to re-join only 60 days after delivering their babies. In many instances, from the fear of reprisal from foreign buyers, women in the RMG sector are given maternity leave, however the salary is deducted from their account for the said period.

Apart from the few non-government

organisations, and big corporate houses, very few offices provide their female employees the right to maternity leave, despite it being a binding legal obligation. While the government tried to reduce workplace inequalities due to gender, sexism still remains a big issue in most jobs.

According to the Labour Force Survey (2016-17), the total workforce of Bangladesh is approximately 58.3 percent, of which 65 percent are men and 35 percent women.

Among the total workforce, 31.7 percent of the workforce are youth, and of this special workforce, some 70 lakh, or 11 percent, are women. We should be thinking more about this large female workforce. Are they thinking of continuing their jobs while they become mothers in the future, or are they planning to give up on being mothers for the fear of losing their jobs and having to compete with men?

The Government of Bangladesh is underscoring its convictions towards ensuring gender equality and stressing the need to ensure maternity leaves, and



the issue has been a significant point of discussion at the global level too. In order to ensure women empowerment, women have been encouraged to rearrange their familial duties and get involved in matters of socio-political importance. In the workforce, employers must ensure an environment that encourages female involvement by providing day care facilities, and provisions for rest during the pregnancy period.

The UN Sustainable Development Goals 5 mentions bridging the gender gap and

empowerment of women. The International Covenant on Economic, Social and Cultural Rights (ICESCR) also ensures women the right to actively participate in the work place. However, despite being ensured of such rights in local and international forums, how much freedom is a pregnant employee enjoying in real life?

The very purpose of maternity leave is to ensure that a woman can provide the necessary care to the new born child, free from work responsibilities. When a healthy mother returns to her work, she can devote herself fully to her responsibilities.

Leading international organisations are now thinking of extending the maternity leave to 6 months, along with increasing other benefits. We are however, lagging behind poorly. Our employers believe that allowing the stipulated 120 days of maternity leave will cause losses for the company. If this attitude prevails, it goes without saying that they will be discouraged to employ female employees, and those who have already joined the workforce will continue to fall behind their male employees.

If women are faced with a constant battle to access what is lawfully theirs, the participation of women in the workforce will reduce, and it will be impossible to achieve development goals without the wholehearted participation of women.

I would like to end by sharing a personal experience. It was 25 years ago, I had just had my baby, and was looking for a job. At an interview, the employers expressed his grievances over employing females in the workforce because of the liability of ensuring maternity leave etc. I was so desperate to get the job that I said that I had already had my first child, and did not plan to have a second child in the next five years.

Truth is, I am still the mother of a single child. The authorities concerned however now allow maternity leave, but in most work places the situation has remained unchanged, for the last 25 years!

**By Shahana Huda Ranjana**  
Senior Coordinator, Manusher Jonno Foundation  
Translated by Mannan Mashhur Zarif  
Photo: Mere Maternity Wear

# SLOGANS FOR FREEDOM

The Daily Star celebrates 50 years of Independence

On the occasion of the golden jubilee of Bangladesh's independence, The Daily Star presents a theatrical, audio-visual production featuring slogans that were chanted during various movements up to the Liberation War.



Produced by Star Lifestyle, the video is now available on The Daily Star's digital platform. The audio-visual production has been directed by Goutam Koiri, and sponsored by Tradesworth Household Limited.

## QRIUS celebrates Golden Jubilee of Independence

QRIUS, a fusion lifestyle brand, observes the 50 years of Bangladesh's independence as they arrange their interior with a completely new aesthetic outlook inspired by the nostalgic 'Letters of 1971'. As you step foot in their outlet, you cannot help but feel you are from a nation born out of strife and turbulence. Taking a glimpse of the letters would take you down the memory lane and feel the tension and pressure heightened on the eve of the Independence Day.

The idea of embedding the outlets in such a fashion was generated by the chairman of QRIUS himself M Shahadat Hossain Kiron. Whereas the concept and design were beautifully implemented by none other than Chandra Shekhar Shaha; a notable pathfinder in modern crafting and textile design in Bangladesh.

In few words with Chandra Shekhar, he remarked, "...most of the designs are embedded in white which is an attempt to bring the effect of spirituality other than materialism. As white is the colour of light,



colour of spirit. And the materials used are kept transparent as Souls are."

This exquisite concept does not limit itself within the interior, but equally complemented in all the products they offer. Each of QRIUS masterpiece is designed to stand out as it brings an array of avant-garde fusion-based lifestyle collection. Paying a visit would bless your eyes with showcasing of enormous unique designs from clothing to home decorations with utmost quality.

Traditional in thoughts and modern in appearance — their collection of "Aesthetic

Complexity" is crafted to provide you with the most unique outlook. Each piece is stitched with meticulous attention and the highest quality of fabrics so that you can wear your heritage with pride. Anyone would desire an amalgamation of ethnic design on a modern attire.

Their aesthetic designs are infused with soothing colours. It draws inspiration from various tapestry and patchwork; stitched to create unique wearable art. So, experience the finest when it comes to fashion and lifestyle. Pay a visit to treat your eyes and find your rhythm with QRIUS.

Essentials:

1. Banani Outlet: Platinum Center, Plot 58, Block F, Road 11 Banani C/A. Cell: 01841477487
2. Mirpur Outlet: Sony Square, Road 2, Block D, Sector 2, Mirpur. Cell: 01844250706

By Tahmid Azad Sohan  
Photo: Qrius

স্বাধীনতা থেকে আজকের বাংলাদেশ  
প্রাপ্তির গল্পে নারীর অবদান নিঃসন্দেহে অনস্বীকার্য

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- মুক্তি এসএমই লোন
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By Tahmid Azad Sohan  
Photo: Qrius

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