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ROYALLY *Romantic*

TENZING'S SUMMER FUN
AWAY FROM THE BLAZING SUN **P5**
ROMANTICISM AND ART
SHAHRUKH AMIN'S FORTE **C**
NO NEED TO MISS WEDDING FOOD
KACCHI WALA TO THE RESCUE **P11**

PHOTO: SAZZAD IBNE SAYED
MODELS: SHEILA
WARDROBE: ALMIRA - SAREE CLUB BY SHAHRUKH AMIN
STYLING: ZABIN IQBAL
MAKEUP AND HAIR: NOYON
LOCATION: INTERCONTINENTAL HOTEL



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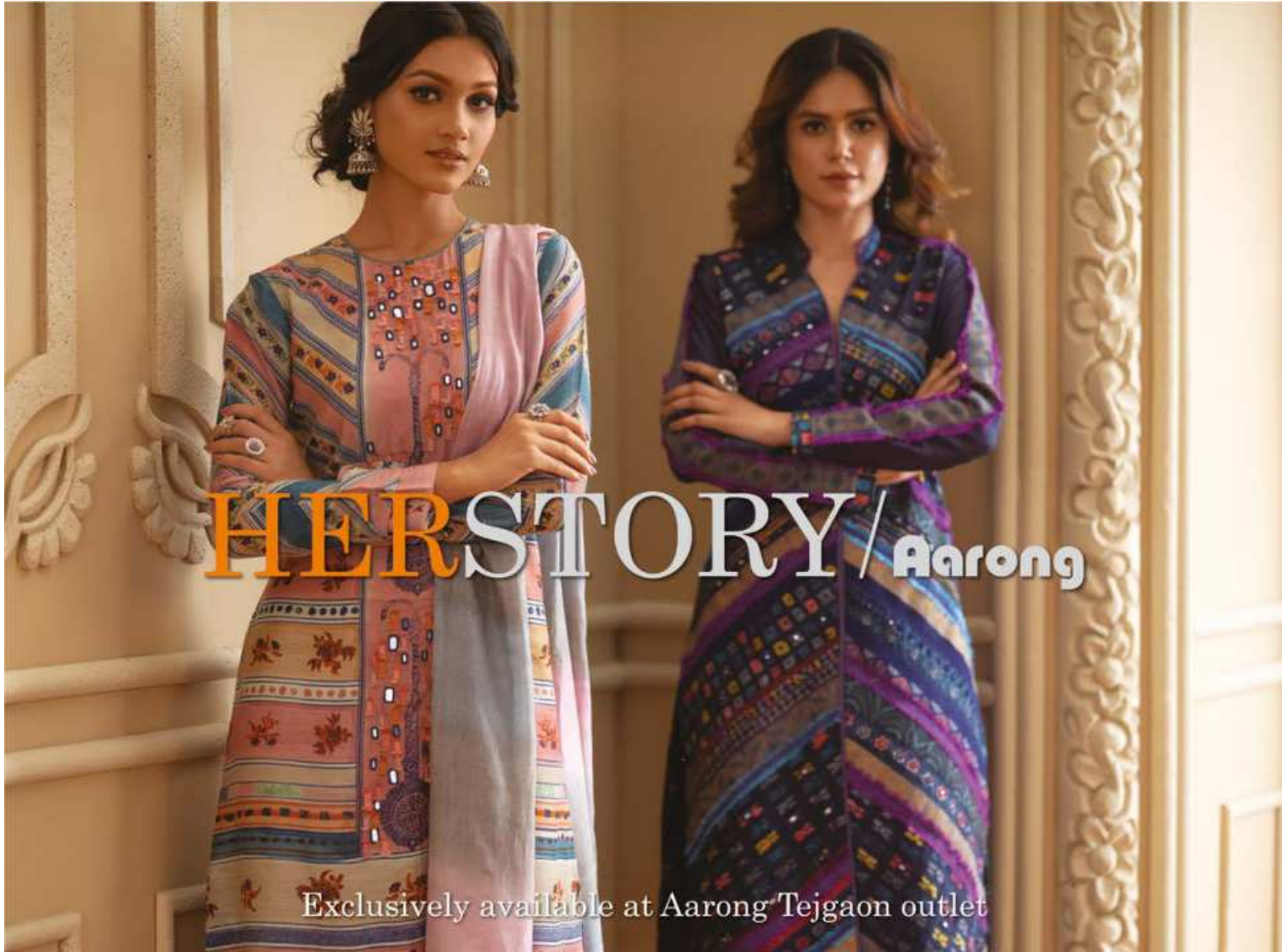
#CHECK IT OUT

PHILATELIC EXHIBITION

at Adelaide, Australia

Celebrating 50th anniversary of the independence of Bangladesh, a stamp exhibition was organised at the SAPHIL House, Adelaide, South Australia on Saturday, 27 March, 2021. The exhibition showcased the stamps issued by Bangladesh Post Office, with a focus on the issues related to Bangabandhu Sheikh Mujibur Rahman.

Organised by Mohammed Monirul Islam, Director (International Affairs), Bangladesh Philatelic Federation (BPF), the event was attended by Bernard Beston, President, Fédération Internationale de Philatélie — the governing body of international stamp exhibitions. Also present on the occasion were executives from the Australian Philatelic Federation, APF.



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ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

#HEALTH AND FITNESS

Nutrition and COVID-19: Q & A

Recently, there has been a surge in the number of patients infected with the novel Corona virus. Proper diet is one tool for building the body's strength against the disease. Here, we present some of the frequently asked questions, and their answers, regarding the role of diet in fighting COVID-19.

There has been much talk about nutrition as a defence mechanism to reduce the chances of contracting the Corona virus. How important is a change in our dietary intake in order to fight the virus?

The Corona virus is an unpredictable enemy for all of us, but it's been proven that a good immune system can save us from any viral or bacterial infection. So, especially in this pandemic, our utmost effort should be towards strengthening our immune system.

To boost up the immune system the utmost need is to enrich the diet with vit C (guava, citrus fruits, amlaki, bitter guard, etc), zinc (spinach, beef, nuts, milk, and milk products), vit D3 (sunlight for 10 to 15 minutes from 10 am to 3 pm), anti-oxidants (colourful fruits and vegetables), selenium, magnesium, etc.

Why hydration is considered so important?

Hydration is key in regulating body temperature. Staying hydrated also means healthy membranes. When we cough, sneeze or just breathe, membranes in our nose and mouth eliminate bacteria. Moisture helps heal the broken membrane, so additional organisms can't enter the body. And also, we need to replace our body fluid loss to make the respiratory secretion thin.

The Corona crisis has led people to unprecedented financial hardships. What would be your suggestion for people to include in their diet at an affordable price?

Right at this moment not just for economic crisis, even for those who do not want to go to the grocery shop to maintain physical distancing can depend upon sprouted Bengal gram for a rich source of vitamin C.

We can prepare khichuri (the mixture of pulses and rice) as a source of first-class proteins. We should depend upon seasonal colourful vegetables as rich sources of vitamins and minerals.

What should be included in the diet of those who have unfortunately contracted the Corona virus? Should the diet change as they recover?

COVID-19 positive patients must have a high protein diet to make the immune system stable, as well as to stop the catabolism. Also as per WHO guidelines, they need to intake minimum 2.5 lit fluid and fresh, healthy vitamin enriched foods. There is a need to restrict consumption of raw sugar, and to include at least 5 servings of vegetables and 4 servings of fruits per day.

Black cumin, ginger, honey, and turmeric have anti-inflammatory and anti-oxidant properties, so can be included in the diet as well.

Lastly, can diet alone help prevent Covid-19?

No, diet alone cannot fight against the Corona virus. Proper and balanced amount of exercise, sound mental health and to maintain all the protocols of hygiene and physical distancing are essential.



#ARTS & CULTURE

Bhumi, the picturesque story of community generated land-art in Thakurgaon

Last year, when the entire world stalled and the lockdowns were phasing in and out within the boundaries of every nation, Durjoy Rahman, the founder of Durjoy Bangladesh Foundation spent a lot more time thinking about the artisans hailing from the rural communities of our country — how they would lead their lives when practically every sort of income mechanism had been disrupted. This is when the art connoisseur decided to collaborate with Kamruzzaman Shadhin, Gidree Bawlee Foundation of Arts, to launch 'Bhumi' (Earth), a project to support creative communities of the Thakurgaon district during the COVID-19 crisis.

"I had to start somewhere, and Thakurgaon seemed to be the right place to begin such a mega-scale project, since there are hundreds of traditional craftsmen out there, especially from indigenous communities such as Santals, Rajbongshi and others who were looking for support," Durjoy elaborated.

This project catered to around 60 families with more than 250 members. The four-month long project had been developed meticulously to tackle the preliminary stages of the economic downturn faced by the resident communities, an after-effect of the sprawling pandemic.

"We planned on the project to help the community of artisans 'up-north' and make their craftsmanship identified and celebrated, to the entire nation. But somehow, luckily, our works surpassed the boundaries and became a worldwide sensation, with popular news outlet CNN featuring our story to the global audience,"

said Durjoy.

And true it was, the drone shots of the seed bed by renowned nature photographer, Firoz Al Sabah made several rounds on social media, with praises pouring in from all corners of the world for the remarkable flair of the agricultural farmers. The project also highlighted the works of the jute artisans for their



innovative scarecrow construction, the bamboo artisans, the distinctive fabric weavers, and the satranji (handcrafted rug) weavers of the district.

"We took the virgin (never-been-farmed) land on lease, to grow vegetables on a designed seedbed, with 'zero use' of modern-day technology or any sort of harmful pesticides. The seedbed had been shaped in the form of a buffalo and then when we took a drone shot, it turned out to be a huge sensation, with incredible representation of the ancient farming methodologies. My personal feeling is

that I have been associated with a huge number of artists over the years, but Bhumi educated me in ways that are beyond comprehension. And I am glad to have been associated with such an auspicious project from the planning stage."

"I also want people at large to know that DBF (Durjoy Bangladesh Foundation) does not believe in abandoning a community after a project work is completed; we keep regular contact with the artisans associated with Bhumi till date, and help them through every means possible, whenever necessary," he said.

Inquired about the future prospects of similar projects, Durjoy revealed that he always wants DBF to be associated with similarly industrious and inspiring projects.

"Art is existent everywhere, in every form in every place and bringing that art to the forefront is our duty. DBF wants to inspire people. My dream is to establish DBF as a platform, where young, rising artists with impeccable talents can come and connect with ease. We are here to represent Bangladesh in its truest form, from the peripheries to the urban cities," said Durjoy.

At the end of our rendezvous with Durjoy Rahman, we had one question placed in front of him.

How do you want people to remember DBF in the long term?

"Just as an institution that is trying hard to make an impact on human lives via art and culture," reflected the art connoisseur.

**By Mehrin Mubdi Chowdhury
Photo: Durjoy Bangladesh Foundation & Gidree Bawlee Foundation of Arts**

#CHECK IT OUT

Boat parade in Bangkok on the golden jubilee of Bangladesh's independence

With large flags waving on top of masts, patriotic renditions playing at the background — a wonderful sight took shape at the banks of the Chao Phraya River. The colourful naval procession started from the Siam Pier, in the heart of Bangkok, on March 26, 2021.

Organised on the occasion of the birth centenary of Bangabandhu Sheikh Mujibur Rahman and the 50th anniversary of independence, this boat ride of different dimensions caught the attention of people from all walks of life in Bangkok.

Anisul Haque Chowdhury Shohag,



Managing Director of Mermaid Eco Tourism Limited, was the initiator of this boat parade. Speaking of the occasion, he said, "Bangladesh is now a wonder of the world. This is our effort to spread the glory of Bangladesh all over the world." Samiha Alam Bristy, Director, Mermaid Eco Tourism Limited said, "We want to present Bangladesh to the world as a progressive country wherever we are in the world."

Rad Hossain, Chief Executive Officer of Mermaid Eco-Tourism Limited, assisted in the execution of this initiative.

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ARIES
(MAR. 21-APR. 20)

You should be promoting your ideas. Exercise will be effective. You may find yourself interested in more than one person. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Make changes. You are ready to blow up. Your stress level has gone into over drive. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Entertainment should include sports or physical activities. Try not to argue about trivial matters. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)

Real estate investments will be profitable. You may be upset if someone has borrowed something. Your lucky day this week will be Monday.



LEO
(JUL. 23-AUG. 22)

Spend your day trying to get things completed. Put aside any decisions concerning your position at work. Your lucky day this week will be Saturday.



VIRGO
(AUG. 23-SEP. 23)

Take time to make physical improvements. Your irritability may drive your loved ones crazy. Your lucky day this week will be Friday.



LIBRA
(SEP. 24-OCT. 23)

Don't let someone you work with put words in your mouth. You might want to spend some time by yourself. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Take time to complete domestic chores. Do your own research and be prepared. Try to slow down. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Spend a quiet day with loved ones. Changes to your self-image will be beneficial. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Time is money. You may be a tad frazzled by all the rushing around. Work diligently on domestic chores. Your lucky day this week will be Friday.



AQUARIUS
(JAN. 21-FEB. 19)

Try not to be too harsh with loved ones. Put your thoughts on paper. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Hassles with your boss are sure to erupt. Interaction with colleagues will only be upsetting. Your lucky day this week will be Sunday.

#IDEAS

Sun baked fun and picnics

With summer weather already here, most of us are longing for the nostalgic picnics of the good old days. However, the saddest update is that the pandemic has not quite left us, and our stay-at-home order has been extended. So, does that mean that we have to miss-out on the fun times completely?

On the contrary, a little bit innovation from our ends could turn things around. After all, isn't this what the pandemic has taught us? That we can, and must work with whatever options we are given.

Yes, we are speaking about an easy alternative, such as the replica-grass laden veranda, or the hand-crafted rug placed over the concrete on the rooftop. We can have our mini picnics right at these spots, at the comfort of our very



homes, with our loved ones around.

A mini basket full of home-baked goodies, fresh fruits and lots of iced tea would enhance our experience. To this, we can add calm retro music or some soothing jazz tunes, especially to match the mood of the afternoon.

Few scrambled ideas for the entire day could be to turn the environment into a mini courtyard fit for the queen and the king. Strings of paper lanterns can be used as decorative elements, a splurge can be made out of cushy pillows, decorative furs and a karaoke microphone for singing out loud our favourite tracks.

At Star Lifestyle, we never miss out on the fashion and the styling suggestions, which we believe, is one of the most integral part of any get-together. This year, try wearing pure-cotton dresses in check prints or the plain khadi for these 'stay-at-

home' picnics. Indigo tie-dyes also look brilliant when aesthetically imprinted over the ivory white dress. Make sure you wear a fashionable hat or a matching scarf to match the sensibility of the occasion. Both kitten heels and flats go wonderfully well with the occasion and the loose — flowy, pure *deshi* cottons that we suggest you should be wearing.

If an occasional pigeon comes now and then, to enjoy your picnic alongside your immediate family, consider your hard-work a success.

By Fashion Police
Photo: Salek Bin Taher
Wardrobe: Sozpodor by Tenzing Chakma
Models: Junjuni Chakma, Prejual Chakma, Bristi Dewan, Upama Chakma, Marisha Rahman





A look back in time *with* SHAHRUKH AMIN

It does not come as a surprise that designer Shahrukh Amin is a romantic at heart. His designs can almost always be connected to a dreamy novel of the '20s through to the '70s. Featuring a plethora of crystals, pearls, sequins, zardozi, beads and vintage lace-inspired saris, it takes every woman through a starry-eyed journey that is exhilarating.

Even the colours evoke a sense of nostalgia, with soothing hues such as ivory, beige, ocean blues, greens, and corals to sizzling hot blood reds and wine, he has every colour for the differing moods of women. But it is his personalised couture, especially his regal evening wear and bridal wear, that gives away his true nature as a romantic.

THE ELITE VINTAGE

The vintage-heirloom inspired pieces at Shahrukh Amin's are meticulously hand-crafted, with many connections to history. If you were ever a fan of the Tagore household and loved the way women wore their saris and wanted to replicate the same style, Shahrukh Amin's collection of vintage saris is your pick. Each sari has a separate story to tell, with heavily embroidered blouses, *paars* and *anchals* telling the medieval stories of the royal ladies, it is as if history comes back to life with each of his creations.

To make every look more authentic and a pure recreation of the past aristocracy of our nation, Amin encourages his fans to pair every design with traditional jewellery, maybe even heirloom jewellery and

antique bags, if possible.

"I love playing with jewellery with all my designs, the beauty is farther enhanced with a beautiful pairing," said the designer.

Finally, all be said, the regal, vintage collection by the renowned designer will take fans from the times of a greater India, to the present-day aristocratic Bangladesh. It will take the enthusiasts through a rainy day in Old Dhaka to the streets of Sonargaon. Even a stormy night in Dhaka looks romantic through the rose-tinted view of his vintage creations.

"I want my clients to fall in love with the sari in general. I want to tell everyone that it is simply not just a traditional wear, but much more. Sari is a part of our heritage, our past and each piece should reveal a story that it worth telling," the designer concludes.

By Fashion Police

Photo: Sazzan Ibne Sayed

Models: Sheila, Jessica

Wardrobe: Almira - Saree Club by Shahrukh Amin

Styling: Zabin Iqbal

Makeup and Hair: Noyon

Location: Intercontinental Hotel



Heritage in the threads

The true essence of Bengali heritage can be discovered in many places, including arts, culture and of course unique cuisines of the region. But pondering deeply about the subject matter, we wonder which of these make the most impact in the world. What is the one thing, that has helped make an identity for Bengal throughout the ages?



Being an airline professional for the past two decades, I had the opportunity to travel around the world, learning about places and people belonging to unique and diverse cultures. Spanish architecture, Arabic attire, European languages—I have been lucky to have witnessed them all and based on what I have personally experienced, every culture told a unique story of its own.

And similarly, whenever I returned to my homeland after the travels were over,

I often asked myself about our 'very own, unique story. One that we could proudly announce to the world with zero inhibition and one that we could own completely as a part of our ancestry.

While on my journey to find an appropriate answer, I discovered there were countless stories to share. But I wished for an exclusive scoop, one that belonged to my past generation as well as to the present. And remember how I stalled you in the first few lines? The answer to my quest

and your questions lie in Jamdani alone.

Each thread and weave of the beautiful sari has a billion stories to tell. Stories from the ancient times when the majestic garb used to be worn in the royal courts of the Mughals to the beautiful brides that still don the blood red variant of the complex threadwork on her most important day – the wedding. If we take time to indulge into more stories we'd also learn about the extremely artistic craftsmen and their months of labour that go behind the fabrication every single sari.

The Jamdani is certainly a work of pure art that takes dedication, patience, creativity, and precision. For generations, every Bangladeshi woman has adored Jamdanis. In the Golden Jubilee year of our Independence, and as a free and progressive woman of Bangladesh, I wanted to celebrate our heritage.

It is time to cherish and protect what we inherited from our ancestors, come see the Jamdani in all its glory, at My Heritage!

By Abeeda Rehman

Photo: My Heritage by Abeeda Rehman Essentials:

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#SPORTS

Sports as a life-style brand, featuring LOTTO

For any emerging athlete, apart from raw talent, the correct guidance and tools are key to gaining and maintaining fitness and health. A large element of sports involves the use of one's feet, be it for running, football, jumping or even playing tennis or badminton. Each athlete has different requirements from their kit, depending



on their individual bodies and foot shape, and correct footwear can be tricky to find, especially if you also want the shoes to be washable. That is, unless you visit LOTTO stores in Bangladesh. The company has more than a 100 retail outlets and similar numbers of franchisee outlets in the country. It also employs more than 1500 people, and as a testament to people's trust in the brand, enjoyed growth in demand even during the pandemic hit economy.

Founded in 1939, LOTTO Sports is an

Italian sportswear manufacturer producing and selling sportswear since 1973. Currently it operates in more than 110 countries, including Bangladesh.

Here, LOTTO has positioned itself as one of the most successful Italian sports footwear brand. The company entered Bangladesh in 2012 and has been serving Bangladeshi consumers ever since. In a span of 9 years, the company has opened standalone LOTTO outlets all over the country. The growth in the number of stores is due to the rising demand and



subsequent love for the brand from loyal patrons helping to make the special footwear brand, a key player in the retail shoe category of our country. It has helped the Bangladeshi licensee of Lotto become the fastest growing in its cohort, with the greatest turnover per capita globally.

The technology behind the footwear

The shoes provide maximum cushioning and stability during thrust movements while on a run, making them the ideal tennis and soccer shoes. Rubber inserts additionally help keep the foot on a neutral plane distributing any sort of impact, uniformly throughout the feet. This year, the brand is focusing on promoting their **Adapt to Memory Foam Technology** and **Breeze Light Technology** as an added feature to maximize the benefits of the sports shoes. Their existing lines offer different kinds of support for the differing needs of individual athletes, starting from complete breathability, extra and appropriate cushioning as well as lightweight material.

More about Breeze Light

The Breeze Light sock liner grants complete air circulation for an ever-dry sensation. The Breeze Light variants are comfortable, lightweight, infinitely fashionable shoes with new uppers, materials and lacing.

More about Adapt to Memory Foam

It provides maximum comfort from the first use. These shoes are also machine washable at low temperatures. Also offering a polymer compound with particular density for greatest comfort and lightness. The Adapt to Memory foam shoes instantly adapts to the shape of your feet and helps heat sealing along the insole perimeter for maximum resistance over time.

Finally, reasons to indulge on a pair of LOTTO sports

The brand has launched into all forms of sports categories such as basketball, volleyball, track, field, and even soccer while being a leader in the professional tennis and football footwear category.

By LS Desk
Photo: LOTTO

Ground-floor and Rooftop of
Gulshan Pink City Shopping Center

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Immunity boosters

CLEAR VEGETABLE SOUP

Some of the basic vegetables used in this soup are green papaya, carrots, cabbage, cauliflower, long beans and mushrooms. You can use any other vegetable you prefer like broccoli, snow peas, peas, baby corn and so on.

Ingredients

2 cups of vegetables, large slices
1 cup boneless chicken
½ cup sliced mushrooms
2 tbsp sliced garlic
1 cup large chunks of onions
6 cups of hot water
2 chicken bouillon cubes
2 tbsp oil
Salt and pepper — according to taste

Method

In a pot, heat 2 tbsp of oil, add sliced garlic and fry till golden brown and fragrant. Add onions, mushrooms and



chicken.
With a pinch
of salt sauté for a minute.
Add hot water and boil for a few minutes.
Add the chicken bouillon.



One by one add the vegetables starting with the one that requires the maximum cooking time, and ending with cabbage. Do not overcook the vegetables, they should be slightly crunchy.

Add salt and pepper according to your taste.

SPICY VEGETABLE NOODLE SOUP

For this soup eliminate the green papaya and long beans and instead add Bok choy, Chinese cabbage, green onions with other vegetables.

Ingredients

2 cups of large sliced vegetable
1 cup sliced boneless chicken
½ cup quartered mushrooms
2 tablespoons sliced garlic
1 cup large chunks of onions
6 cups of hot water
2 chicken bouillon cubes
1 tablespoon onion powder
1 tablespoon garlic powder
2 tablespoons of oil
Salt and pepper — according to taste
Noodles of your choice and quantity
Add-ons: Chilli oil, sesame oil, soy sauce (optional)

Method

Make the soup following the steps from the clear vegetable soup. Adding onion and garlic powder with the bouillon cubes. Right before taking the soup off the heat, add the green onions. Boil noodles of your choice according to the instructions on the package. In individual bowls, place noodles in a heap in the centre. Ladle hot soup in to the bowls. Drizzle on ½ Tablespoon of sesame oil, and chilli oil.

Chilli garlic oil —

Take chilli flakes in a heat resistant bowl. In a pan heat oil and add garlic. Pour the oil on to the chillies. Be careful as this will sizzle and release fumes. You can also add Szechuan pepper to this for more heat and flavour.







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#FOOD

Kacchi Wala

Rarely has a restaurant been more celebrated by its patrons and new customers within such a short time. Since opening its doors to the world in 2019, this authentic kacchi serving restaurant, Kacchi Wala, has been celebrated throughout Uttara, and the surrounding areas. This monumental success led to the opening of the second branch at Elephant Road in late December of 2020.

The new branch provides catering and rental services for all types of joyous events, with a capacity for up to 200 guests. The restaurant is open from noon to eleven in the evening. Due to its strategic location, comfortable arrangement, homely



kacchi that is sure to bring customers back. The restaurant has kept the menu very simple, serving polao, beef rezala, chicken roast and jali kabab, besides its signature dish.

The restaurant has an onsite coffee shop, parking for customers and is situated across the street from a mosque. During these trying times, cleanliness is a focal point of the wait staff, in addition to providing high quality customer service with a never-ending smile on their faces.

Each steamy serving of this kacchi will take you through a savoury journey of culinary evolution from the royal courts of Persia, through the royal kitchens of the Mughals, and into the streets of Old Dhaka.

If you consider yourself lavish and extravagant in taste, a connoisseur of rich, complex and sumptuous recipes along with a riot of colours and fragrances, be sure to visit one of the locations closest to you.

Uttara location: Lotif Emporium Complex, 2nd floor, Plot #27, Road #7, Sector #3, Rajlaxmi, Uttara, 1230.

Elephant Road location: Prince Tower, 135/A, Elephant Road, Bata Signal, Dhaka 1205.

environment, excellent customer service and above all delicious kacchi, tables are rarely free during dining hours. Even amid the great surge in kacchi selling restaurants, Kacchi Wala stands out due to its uncompromising taste.

The hand-picked chefs are some of the best in the country and serve a brand of



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Slogans for FREEDOM

Celebrating the 50th anniversary of Bangladesh's independence, The Daily Star, proudly presents a theatrical performance focusing on slogans that stirred the various movements of Bangladesh between 1952 and 1971.

Follow the link to watch the audio-visual presentation:

<https://www.facebook.com/dailystarnews/videos/776234073266255>



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