

Star

LIFE

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The Imperial Summer

BE CAREFREE DAY CARES
ARE HERE **P3**
EATING RIGHT IS ALWAYS RIGHT
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THE PERFECT TABLE MANNERS
FOR THE GUEST AND HOST **P5**

PHOTO: MEHEDI RAHMAN EHAB
CONCEPT: SUMAYA KHAN
VISUAL ARTIST: FATIMA ZOHRA
MODELS: PREJUAL CHAKMA,
ROZA BARI, NUSRAT SHAHRINA
MAKEUP: NAUSHEEN NAWAR
HAIR: AMINUL ISLAM
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Five ways to ease into decluttering in 2021

Decluttering, along with habits such as eating healthier and reading more, tends to find its way into resolution lists without possessing the privilege of being crossed off. While most of the others are never fulfilled due to the commitment it requires, decluttering is much less of a hassle if you know what you are doing. With that said, here are some ways to ease into decluttering without letting yourself get overwhelmed.

Overlooked expiry dates

While we are extra cautious about the expiry dates of substances entering our body, we are negligent about the things that touch our skin. Like many of us, you may also be storing away face masks and citrusy lotions for special occasions, only to be used once a month at best. To ensure that a beauty product is still safe to use, check the expiry date along with the 'Period After Opening' date which is usually printed inside a jar icon on containers.

Like with like

One of the most effective ways to declutter

is to tackle the source of it all, the habit of cluttering itself. Storing similar items together will not only help you cut back on future purchases which do nothing but take up space, it will also make it easier to find things you would usually spend hours looking for, such as paper clips or batteries.

Someday traps

One of the biggest obstacles to decluttering is the 'someday' fallacy. Everyone has vases and chairs they plan to fix one day, but fail to ever get around to repair. Set personal deadlines. If the coffee mug you once

adored has been fragmented for over six months, it is time to throw it out. If the used wallpaper you got attached to with the earthy tones has been waiting for years to be useful again, it is time to recycle it.

Hidden storage

Labelled baskets can be put under the sink in bathrooms to store products used sporadically in order to free up vanity space. Racks can be mounted on the back of pantry doors to store extra spices. The empty area below beds can be used to store clothes only worn during winter.

Baby steps

Lastly, remember that it is more beneficial to slowly incorporate decluttering habits into your lifestyle instead of going overboard with it just to burn out. Instead of deciding to declutter your entire bedroom in a day, leave just one cupboard in your to-do list. Alternately, you may choose to only declutter and discard a specific type of item at a time, such as disposable utensils.

By Tasfia Ahmed
Photo: Collected



us on f /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

The advertisement features a woman with long dark hair wearing a gold and white traditional Indian outfit. The background is a warm, golden bokeh. On the right, there are two bars of Sandalina soap, one yellow and one pink, with their respective boxes. The Kohinoor Chemical logo is in the bottom right corner.

#MOTHER & CHILD WELFARE

Children's Day-care: MOTHERS MOVING FORWARD

Mothers tend to their children 24/7 and working mothers are challenged with doing so while balancing their work-life. Many of these ambitious working women end up sacrificing their careers and are held back by their duty to their brood.

Parents have a strong say in making decisions for their children. Starting from their children's meals to applying first aid, the parents are always kept in the loop and confirmed with before any action.

The children are put into a routine, engaging them in fun activities. The Little Ducklings provides a play zone with unique toys allowing the children to interact amongst themselves. The teachers also assist the older children in finishing any schoolwork they might have.

Samiya Tasmeen, the programme manager of The Little Ducklings says, "Children can socially interact with other children here."

Mitali Mallick is confident that her children are exposed to a better environment at Pushpita, which

for each child within their preschool and other fun activities focusing on language and communication, cognitive, social and emotional intelligence.

WeeLearn, founded by Canadian Early Childhood Education expert Jamila Haq and philanthropist Shaheen Ara Azam, stands for making children self-dependent and focuses on maintaining an age appropriate development curriculum. Haq says, "We provide activities for cognitive and fine motor development and for acquiring daily life skills, highly encouraging independence among children."

Mental health and parent-child relationship being emphasised, these day-cares provide some counselling and therapy as well. In CCD, parents are counselled on their children's problems and, if necessary,

service organisation, Iftikhar Ul Karim, chairman of CCD, illustrates the lack of proper regulations and procedures to obtain a day-care license.

"There is still no centralised regulatory body for child services. Institutionalised day-cares are mandatory, but there is no policy specifically stating how these day-cares ought to be run," he elaborates.

His concerns are shared by WeeLearn's founders. Jamila Haq states, "I noticed a lack of day-care childcare services in Dhaka for our working mothers when I visited in 2009. I decided to help my people with a Canadian curriculum-home based day-care with trained staff of international level beginning our 10-year journey of serving our private and corporate clients, along with our army and

To combat this particular issue, institutionalised day-care centres and preschools around Dhaka are trying their best to provide working mothers with reliable and safe places for their children during work hours, along with providing the children with fun activities and basic early foundation.

A primary concern for leaving children in day-cares is their safety. To earn the parents' trust, day-cares like The Little Ducklings, Care For Child Development (CCD) and WeeLearn provide live CCTV footage access to the parents at any given time, weekly reports, and arrange regular parents' meetings.

Pushpita, a day-care for private commercial banks in Motijheel, chaired by Mirza Elias Uddin Ahmed and coordinated by Raquiba Khan, open to their employees' children, has earned a trustworthy reputation.

One of the mothers taking the services of Pushpita, Mitali Mallick, who works at Pubali Bank, has no fear in leaving her 6-year-old and 2-year-old in the hands of the nannies and teachers. She appreciates this day-care due to its good monitoring.

"My children have been here almost three years and I never worry. I have access to the CCTV footage; however, I barely look through it. I know I will be informed if anything goes wrong," she says, smiling.



contributes to their socialisation and overall development.

"I wouldn't be able to give my children what they get here. They get to play and talk to children their own age, learn and experience their culture. At home, they would probably be consumed by their devices," she explains.

Most of these day-cares come with a preschool. Pushpita caters to teaching basic writing and language skills, while The Little Ducklings has an objective of educare at its heart. Their state-of-the-art preschool is open to the children of their day-care as well as outsiders. CCD provides an individual education plan

advised on positive parenting methods and other aspects to better their child's development.

WeeLearn has a child psychologist, Anuja Begum from Bangladesh Protibondhi Foundation, for quarterly visits for child counselling.

All of the centres follow the safety protocols and WHO guidelines in ensuring the wellbeing of the children and provide some form of counselling. Starting from extra set of clothes for wearing indoors for both the children and employees, to wearing masks and routinely sanitising the centre, no safety stone is left unturned.

In terms of running a child welfare

air force day-care centres."

With a lack of proper guidelines as to how these day-cares ought to be run, these centres resort to international guidelines while making changes and adapting to our society. These day-cares are essential for a child's overall growth and for women to pursue their careers and establish themselves financially. At the end of the day, these women and mothers will stand as the modern-day inspirational figures in paving a path of independence and success for women in every household.

By Puja Sarkar
Photo: Pushpita

Post-COVID nutrition

When our body is fighting an infection, it needs more energy and fluids, more building blocks (from protein foods) to support the immune system and help repair our body tissues during recovery. Vitamins and minerals help these processes along.

This is true for COVID-19 infection, particularly because studies have shown that even mild symptoms of it can cause damage to the heart, lungs, and the brain. We may notice some weight loss or our muscles getting smaller and weaker. Respiratory difficulties add an extra layer of complexity, preventing patients from eating effectively.

A number of patients require assisted ventilation, making it difficult to provide food and oral supplements. People might not be able to eat enough food to meet their nutritional needs during recovery, contributing to further loss of lean muscle — which could occur in ICU at the rate of up to 1 kg per day.

Nutritional recommendations will depend on physical activity and disease-related symptoms, and upon other comorbidities. For these patient groups (with comorbid condition/with other diseases), nutrition is extremely complex. It is difficult to keep these patients in a stable condition, and what makes the difference in this balance is appropriate and timely nutrition support.

Muscle wasting is the most common complication of critical illness, occurring in up to 50 percent of patients, which can seriously lengthen recovery times, impaired immunity, increase infection risk and cause the development of wounds and pressure ulcers. Even those who did not need any hospital support, mostly got effected by

severe weakness even after being COVID negative due to high catabolic condition at the tenure of virus attack. This infection is likely to reduce our appetite, and affect our ability to taste and swallow. So, to follow some dietary rules are very important.

Get enough protein

Energy and protein rich nutrition according to the condition must be supplied.

Protein requirements: 1.2 to 2.0 g/kg of actual bodyweight. A protein-rich diet can help repair damaged body tissues, make up for the muscle loss, boost the immune system and overcome post-disease weakness. Protein-rich foods, like pulses, legumes, peanuts, milk, yoghurt, cheese, custard, rice pudding, sola, soy, eggs, fish, chicken, beef, and organ meat could be

part of the meal.

Nutritious food preference

Having COVID-19, or any other infection means that our immune system has taken quite the beating. Replenishing the vitamins, minerals, polyphenolic compounds, phytochemicals and antioxidants our body needs is therefore an integral part of your recovery diet.

Include plenty of fresh and seasonal fruits and veggies, as well as nuts and seeds in our diet. Also, get 15-20 minutes of sunlight every day for vitamin D (1000 to 2000 IU per day for adults).

Vitamins and minerals requirement are determined by 100 percent RDA, unless there are indicated deficiencies or increased requirements. For COPD (chronic obstructive pulmonary disorder) patient calcium requirement is 1000-1200 mg/day. Frequent consumption of corticosteroids as well as immobility contribute to osteoporosis risk. Getting enough vitamin and minerals we need to eat with the rainbow; different colours provide different vitamins and minerals

Calorie-dense food

More calories mean more energy to fight off the infection and the ability to recover faster. So, include calorie-dense foods in diet but make sure they're healthy carbs. Option for whole grains, potatoes, bread, pasta, rice, milk, dates, jaggery, and chickpea. Supplement drinks can be useful if there is less intake of food due to poor appetite, breathing difficulties, or fatigue. Add dried fruits and food to improve the calorie intake.

Stay hydrated

Set yourself a target to drink minimum of 2 to 2.5 litres of fluid per day. But avoid

fluid intake at the time of main meal to prevent vomiting. Potentially use a short straw when drinking if there are vomiting tendencies.

Our body would have lost a lot of fluids due to the infection and fever, so you should get plenty of them to speed up your recovery. Try drinking at the end of the meal — drinking before or during a meal may cause us to feel too full.

Some tips

Try eating little and often, for example, choose smaller meals plus snacks rather than three larger meals. Eat slowly, take smaller bites, and breathe deeply while chewing. Eat while sitting up and choose foods that are easier to chew or softer to make it easier to breathe. The soft foods and liquid can be less taxing for those that suffer from fatigue.

Appropriate spreading of nutrition across the day/increase the frequency of meals. It is preferred that every meal contains 25g protein. Routinely, approximately 6-8 times per day, consume smaller-sized portions to prevent an empty stomach.

For a dry mouth, try sucking on fruit sweets, mints or chewing gum as these can stimulate saliva production. Introduce the largest meal of the day at the best moment of the day for the patient and ensure proper rest prior to meal. Gradually increase your activity levels back to what is normal for you.

Such a recovery diet would not only help you get your strength back but also boost your immune system and keep other infections at bay until you are fully back on your feet.

Photo: Collected



HOROSCOPE



ARIES (MAR. 21-APR. 20)

They may serve you for a change. Heed the advice given by loved ones. Focus your efforts. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Mingle with those who have similar interests. Minor health issues can develop. You will find their philosophies worth exploring. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Groups projects will pay off. Control your anger in the relationship. Avoid any financial investments this week. Your lucky day this week will be Saturday.



CANCER (JUN. 22-JUL. 22)

Don't overspend on luxuries. Emotional deception will cause friction at home. Don't give up personal information too easily. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Your partner may push you out of your comfort zone. Take time to relax. Joint financial ventures can be risky. Your lucky day this week will be Saturday.



VIRGO (AUG. 23-SEP. 23)

You are in the mood for socialising. Deal with superiors carefully. Your partner may not agree with your stance. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Opportunities for new relationships will arise from groups. Invite friends over. Lack of interest in your partner is a problem. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Don't be too quick to voice your opinion. Avoid yielding your position completely. Do things that involve children. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Use your better judgment regarding matters at home. Make new friends this week. New romantic encounters are likely. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Avoid making large purchases. Do not let others exhaust you financially. Make changes at home. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Keep your emotional thoughts to yourself. Do your work on time. Sign up for seminars that will enlighten you. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Cutbacks at work will cause tension. You will not impress others with foolish generosity. Don't keep secrets from your partner. Your lucky day this week will be Thursday.

#GUIDES

The dining etiquette

Sometimes, table manners can be quite challenging when you are about to eat with someone whom you have never known before, that too, in a professional environment.

But worry not because this week, we will be discussing how to master dining etiquette rules which will have a decent and playful impression over your clients.

Hosting etiquette

Choose a place of absolute serenity; a noisy atmosphere might distract your guests from discussing confidential matters with you. Your guest deserves the best seat. Your guest should be able to get the best view from their seat so that they can capture the overall outlook of the place. Open the door for your guest. It really doesn't matter whether your guest is male or female, but keep in mind that the person is your guest, so you cannot leave any opportunity to make them feel valued.

Order your food according to your guest's preference. But if your guest tell you that he or she would like to have whatever you will order for them, then remember, as a host, it's your responsibility to ask if your guest has any food restrictions such as if he is diabetic or any kind of food allergy. This will help you either customise the food according to their preference or order something new.

Make sure you are dressed in a proper outfit. Your attire will speak a thousand words. Make sure your turnout is simple and formal. Being decked out for business purpose is a complete NO! Finally, do not constantly make phone calls to your guest to ask why he or she is late or how long it will take them to arrive.

Guest etiquette

If you reach before your host do not order anything until your host arrives. When your host chooses a place, do not criticize their decision. They will show politeness and will obviously tell you to choose whatever you like. When you show up, surprise your host with a simple gift like a flower bouquet, a gourmet coffee, a perfume or some chocolates.

As a guest, you cannot just simply handpick the expensive food item even if you insanely love the food. Try to select food which shows economic value in the menu book. If you do not like your food or want to make any changes, make an eye contact or beckon to the waiter to come over. Once the waiter appears, with a soft voice, simply ask to change the plate, instead of addressing the waiter in an awful tone.

Once you are done with your meal, do not get ready to immediately leave the place. Stay for a few more minutes and enjoy your valuable time with your host. Take time to know each other outside the business world because before you crack a million-dollar deal, it is important to know your client in and out.

Table manners

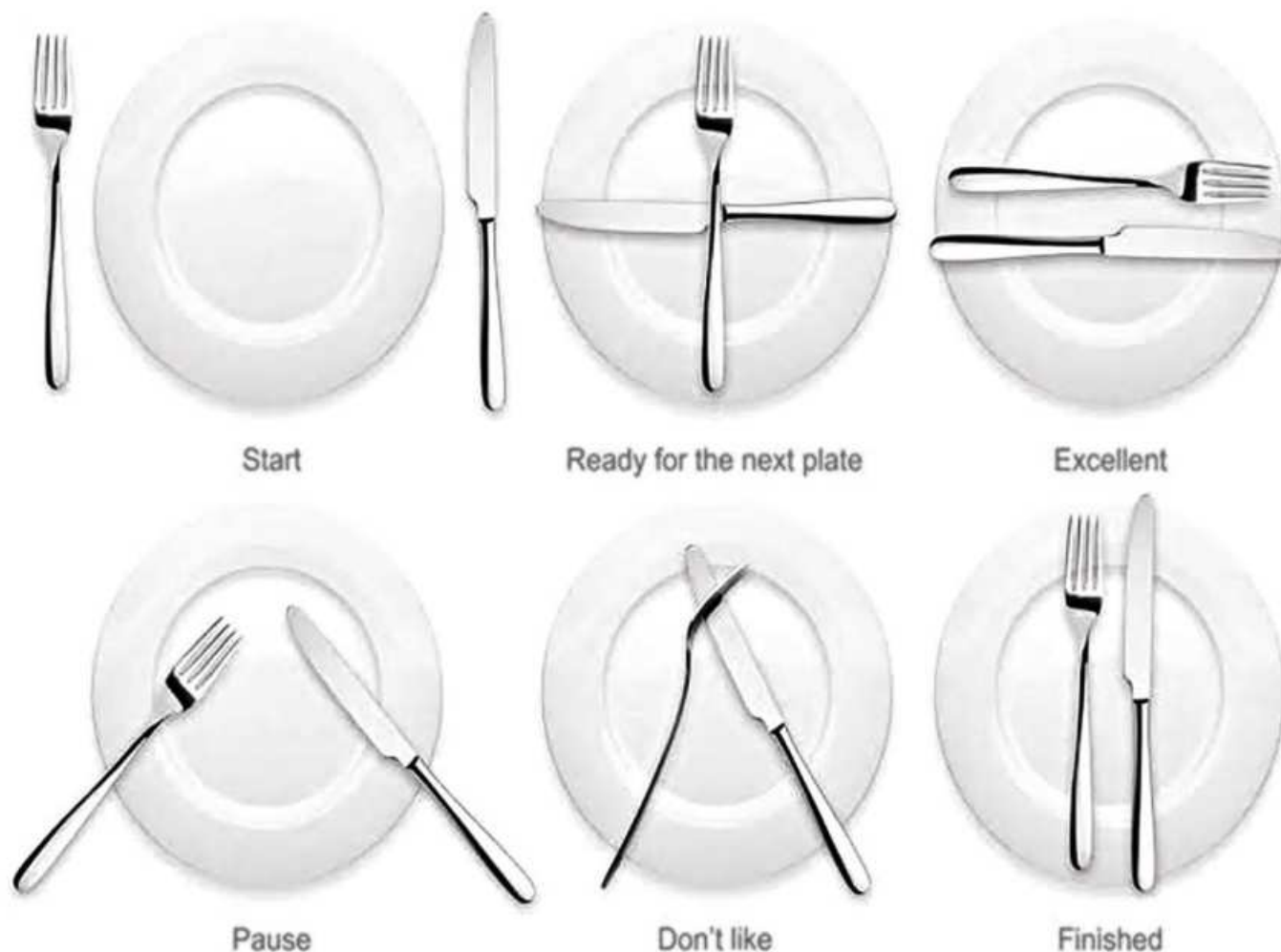
Do not hunch your shoulder or roll in your chair. Your posture will be eye-catching the minute you are seated. Try to be seated in an upright posture with your elbows off the table, but yes you can put your elbows on the table while having your meal only when

If you are carrying a large bag, kindly put them on an empty chair or place it on the floor. In case you are carrying a small bag such as a clutch, you may place your clutch on your lap, but never keep bags on the table.

As soon as the food starts to get served, place your napkin on your lap. The food must be served on your guest's plate first. This is simple courtesy. Let your guest order the food first. Don't order the opposite of what your guest orders. If your guest orders pomegranate juice because they are diabetic, then you may order apple juice or orange juice or anything similar. You can surely adapt

as it shows how presentable an individual is in his or her life but unfortunately, many lack the basic knowledge of how to place the utensils on plates.

Your fork should be placed on the left and your knife on the right of your plate; indicating that you are about to begin your course. When you are ready for the second plate, place your fork above the knife, similar to a plus (+) sign. If you want to give a positive message about how the overall food experience was, then keep your fork and knife horizontally, indicating the excellency of the food. Leave your knife and fork forming a pyramid shaped angle. This



you are about to have a conversation with your guest.

You can either continue your conversation by leaving your hands on your lap or simply prop your wrist on the table so that your hands are always discernible to your guest.

People love to communicate with hand movements, so this might make you more comfortable in front of your guests.

Keep your phone, wallet, keys or anything handy off the table. Keep your phone on silent mode and keep it in your pocket because no one enjoys a loud random music blaring across the room. Also keep your smartphone usage to a minimum as your guests should not feel like you are giving your virtual friends more attention than the ones sitting right in front of you.

to a little change of taste for a while. Some of us hold the wine glass by the bowl of the glass and trust us, this is not at all attractive, so always hold your glass by the stem.

Tip well. When you pay the bill, make sure you tip well, but not beyond your means. Once done, you can gently blot your lips with your napkin; don't rub it.

If you want to greet someone or intend to visit a restroom you can stand up and place your napkin on your chair. This will be a sign that you will be back on your seat. When you are done with your meal and are about to leave, you can place your napkin on the left side of your plate; you do not have to fold that napkin the way it was decorated previously.

Cutlery knowhow

Well, cutlery etiquette is equally important

will indicate that you are not finished yet, but are taking a break between your meals to have a conversation with your guest. If you don't like the food or if your meal does not meet your expectations, then leave the fork and knife angled like a pyramid but this time, the knife should be positioned between the prongs of the fork which indicates your level of dissatisfaction.

Lastly, once you finish your meal, you may place the fork and knife vertically, facing North.

These dining etiquettes are principles that make an individual disciplined in a dining area. In order to leave a good impression about ourselves, it is essential to master these simple etiquettes.

By **Fatema Tuz Zohra**

Photo: **Fatema Tuz Zohra**

#FASHION



Sumaya Khan Couture continues to CREATE MAGIC with the Festive SAGA SERIES

Sumaya Khan, the Creative Head and Owner at Sumaya Khan Couture, is a huge fan of art, fashion, and aesthetics. Wearing multiple hats during the day including that of a lawyer and an entrepreneur, the evenings help her contemplate couture in a fresh and modern way.



With so many couture designers making a name for themselves in the local arena of our kings and queens, how they focused on each detail of the outfits they wore, their hand made jewellery, those beautiful Islamic architectural patterns, ancient palaces and their authentic craftsmanship behind their furniture.

To understand her design concepts better, we decided to have a tête-à-tête with the designer herself.

You always opt for seasonal collections, this time you have something different. What is special about the festive collection?

Sumaya Khan Couture turned two this summer. For the past two years, we have created Spring/Summer and Autumn/Winter collections, along with one bridal collection called Pakeeza in winter 2019. Even though it is a very short span of time to establish oneself as a recognised designer, I have been extremely lucky because of the enormous support, love, and appreciation from my clients.

While developing seasonal collections for Sumaya Khan Couture fans, I also realised that Bangladesh has quite a number of festivals to celebrate, we simply are a nation that loves to rejoice. Besides the 'many' religious festivals, we also have the traditional Bengali wedding that has so many layers of celebration including a mehndi, holud, nikah, sangeet, walimah, etc., and people need stylish clothes for all or many of these occasions.

The Festive Saga — 2021 collection is a series of exclusive couture collections, which particularly caters to this need. Customers no longer have to wait for Eid or the wedding season to view the exclusive Sumaya Khan Couture collections.

Where did you get the inspiration for your latest collection – The Festive Saga? Honestly, I breathe fashion and art! Since

childhood, I have always been fascinated by our cultural heritage, the lifestyles of our kings and queens, how they focused on each detail of the outfits they wore, their hand made jewellery, those beautiful Islamic architectural patterns, ancient palaces and their authentic craftsmanship behind their furniture.

I also look up to how our grandmothers and mums dressed up with so much grace and elegance.

I am a very traditional person and I believe one must remember their roots to move further and that is the only way we can pass it to our next generations. The Festive Saga – 2021 collection is a mix bag of all my thoughts put together, there are many things I look up to whenever I design and each day, I learn something new about our history which helps me focus on my current designs.

I also look up to how our grandmothers and mums dressed up with so much grace and elegance.

What will we get to predominantly see in this collection? Where is it available?

The Festive Saga – 2021 collection is a traditional and luxury couture collection; hence, it screams Sumaya Khan all over! This collection is very close to my heart, as I have created it using all my favourite fabrics, starting from Jamdani, raw silk, velvet, chiffon, georgette, and Muslins. I did

not use Benaroshi this time because my first bridal collection was all about Dhakaiya Benaroshi lehengas.

Most of these outfits took over 160 labour hours to make. If you see the details and quality of my work you will know, and only a true couture outfit lover would value such craftsmanship.

This collection is perfect for any festival or weddings. I would say even a bride can easily wear it herself on many of her special occasions; all they need are the right jewellery and a perfect shade of red lipstick to complement the look.

Due to the global pandemic and current lockdown in Dhaka, the Festive Saga – 2021 collection is available through our Facebook and Instagram pages. Once things are better, we will take limited appointments.

Anything else brewing at Sumaya Khan Couture?

Sumaya Khan Spring/Summer 2021 collection is ready to hit the market, but due to the lockdown we are waiting for the right time to launch. We are currently working on the fashion catalogue on our website for the customers to view the products. This is not an e-commerce website; all our outfits are made to order like any other couture brand.

By Fashion Police
Photo: Mehedi Rahman Ehab
Concept: Sumaya Khan
Visual Artist: Fatima Zohra
Models: Prejual Chakma, Roza Bari, Nusrat Shahrina
Makeup: Nausheen Nawar
Hair: Aminul Islam
Accessories: Sparkle Essentials
Sumaya Khan Couture
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Eateries of '60s

A walk down memory lane

The decade of the '60s was the time when we were turning into young adults — curious, adventurous and eager to experience new things. We roamed around the city and tried the various gastronomic delights it offered.

Dhaka those days was still a small town. It was old Dhaka centric. The train station, the river traffic terminal, the main trade and commercial activity and important government offices were in old Dhaka.

The new Dhaka was sparsely populated and was just coming up. Only a few people lived in Dhanmandi, Gulshan, and Banani. Motijheel commercial area had only two or three big buildings like the EPIDC building, DIT building and the Adamjee Court. So naturally, most of the interesting places to eat were in old Dhaka.

The restaurants were popularly called "hotels." As a young child, I saw eateries called "pice hotel." These were cheap places where one could literally eat for a few paisas! That is how these places got the name of Pice Hotel.

Until the mid-sixties, there were floating restaurants on boats on the Buriganga River in Sadarghat. The clientele of these were mainly the poor litigants who came to the Dhaka Court. There were separate



arrangements for Hindu and Muslim customers. The cheap shanty restaurants in launch terminals catered to the travelling public. Restaurant visit by a family was extremely rare.

The former Jinnah Avenue, now Bangabandhu Avenue, had most of the high-end establishments. Kasbah, La Sani, Chu Chin Chow in former Jinnah Avenue, belonged to this category. One restaurant, called Myrander, opposite the Court House, was also a high class eatery. They had proper cutlery and linen.

The Sakura Restaurant cum bar was located in front of the Intercontinental Hotel. The big hotels like Shahbagh and later Intercontinental and Purbani had their own in-house restaurants. The Chambeli Room of Intercontinental Hotel was a classy restaurant. You had to go there formally dressed in a jacket and tie. They even had occasional floor shows featuring exotic belly dancers.



Another great place to eat, though strictly not in Dhaka city, was the Rocket steamer. They served a fine dinner, specially the smoked hilsa. The cheaper eateries were spread all over the city. Other more popular places in Jinnah Avenue were Sweet Heaven, Salimabad Hotel. Nawabpur Road had Delhi Hotel, Aminia, Amjadia, etc. There was a restaurant called Shanti Hotel in Rathkhola, where you could have a full Bengali meal at a nominal price. Two more places, Popular and Hasina restaurants in Bakhshi Bazar, were very popular, especially among the students of engineering and medical colleges.

In the '60s, the go-to place for kebab was Rex in Jinnah Avenue and Darul Kabab or Shalimar on the Airport Road.

Rex was a good quality restaurant with comfortable sitting. Darul Kabab, a cheaper eatery, used to stand on stilts in the jheel across present Sonargaon Hotel. Being cheaper, this was probably the most popular kebab house in the city.

BEOL | adani wilmar



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For Chinese food, you had Chu Chin Chow or Cafe China to choose from. Chu Chin Chow was the first Chinese restaurant in Dhaka, located in the Gulistan Cinema Hall building. By the end of the decade, many more Chinese restaurants like Canton, Hong Kong, Yi Fa, etc. came up.

For tehari, or biriyani, you went to Shainu Pahlwan or Hajir Biriyani shops. The iconic Beauty Boarding was the haunt of Dhaka literati. It was frequented by the budding stars of the Dhaka literature world like Shamsur Rahman, Syed Haq and others and was normally avoided by the general public.

Chittagong Restaurant opposite Dhaka College or the tea stalls of New Market were popular with students. There was a better type of restaurant called Liberty in New Market, tucked away in the corner among photograph studios.

The University of Dhaka had Madhu's Canteen, which was the hub of all kinds of student activities. Here, one could spend hours over a cup of tea, a shingara, while talking about all kinds of issues.

The Sharif Mia's canteen beside the university library served nice cups of tea and buttered toast biscuits sprinkled with sugar. Here, you could have a half plate tehari costing only eight annas. During the late '60s, the TSC cafeteria was opened. Here, one could have snacks or lunch. Although the ambience was better, this was not as popular as Madhu's canteen.

The Provincial Restaurant and Islamia Restaurant of the stadium market were favourite places for those who were sports minded and frequented the stadium area. The Mughlai paratha of Provincial was very popular.

There were no burger joints in Dhaka at that time. The closest to a burger we had was a piece of deep-fried chicken in a bun at a place called Purnima Restaurant in Jinnah Avenue.

Ruchira restaurant, located in the municipal market at Luxmi Bazar, also served good Mughlai parathas. For sweetmeats, there were the good old dependable Maranchand and Kalachand shops. They did not offer many fancy sweets and the choice was rather simple and limited. There was rasogolla, chamcham, kalojam, sandesh, balushai etc.

Sweet curd from Maranchand was another great attraction. Bakarkhani and

During those days, the street food like fuchka, chotpoti had not attained the respectability of being prepared or served at home. It was mostly available in front of the Ramna Park gate, under the big tamarind trees or just behind the Gulistan Cinema Hall.

The first regular restaurant to serve these delicious items was Flamingo Restaurant in Purana Paltan. Flamingo was also the first to introduce bhel puri to the Dhakaites. For exotic food, there was the famous Paglaar Gelassy near the Lion Cinema Hall. It is still a mystery as to why it was called gelassy! This was a specially cooked mutton preparation eaten with roti. Supposedly very energy giving, this was popular with the body builders and wrestlers. This is now an extinct delicacy.

For ice cream, there was the Baby Ice Cream Parlour in Jinnah Avenue across Gulistan Cinema Hall. In late '60s, another nice place for ice cream called Igloo Gentu came up in Topkhana Road. This place had the first jukebox in town! I will fail completely if I do not mention the Chawk Bazar Lassi. This was a very popular drink which came in sweet and savoury tastes.

Eating in Dhaka in the '60s will not be complete if I do not mention the DU residential hall food during those days. I used to stay in Jinnah, presently Surja Sen



shuta kabab from Lalbagh Kellar Mor or Chawk Bazar were always a welcome snack. Some restaurants like Jal Khabar offered breakfast of luchi with bhaji or halwa.

In the old town, there were nameless places which served paya or nehari with tandoor roti in the morning. The Light Confectionary shop in New Market was the place to go for a nice beef or chicken patty. It also offered a cupcake with bright pink icing on top called Queen Cake and Cream Roll. The other two confectionery shops were Olympia and Capital Confectionery. The better variety of such delicacies available at Shahbagh Hotel or Purbani Hotel was naturally out of our reach.

Hall, during my DU days. We paid less than Tk 40 as mess charge per month which covered two meals a day with an "improved diet" of pulao and half chicken roast every fortnight and a "feast" of pulao, full chicken roast, sweets and a coke every month.

We were students on a budget, but even one taka took us a long way. During breakfast, I used to have two buttered toast or parathas for 4 annas, omelette of two eggs for 8 annas, and a cup of tea for 2 annas. Total cost was less than a taka. It sounds like a fairy tale, but two people could have a decent Chinese lunch or dinner for 5 or 6 takas!

Dhaka was never the same after the '60s. Perhaps today, the number of restaurants in Banani alone will be more than all such establishments in Dhaka of the olden days.

Nowadays, we have restaurants offering cuisines of many different types from all corners of the world. While the people of my generation certainly enjoy the food scene of modern Dhaka, the taste of the 1960s food still lingers and leaves us feeling nostalgic.

By Sajed Hussain
Photo: LS Archive/ Sazzad Ibne Sayed



My thoughts on our young adults

It's been 20 long years since I've been dealing with young adults on a daily basis. As a result, I've become more than familiar with their sources of both happiness and agony. Even though it was difficult at first to teach a classroom full of children in their early '20s, I've grown to love them, understand them, and respect them as individuals.

BE THE EXAMPLE

A child learns from what they see their parents doing, not what they are taught. A child wouldn't want to read books if they see their parents looking at screens all the time. "Ordering" children to do things wouldn't bring about changes parents would want to see – live and let live.

Let us teach our children the difference between right and wrong, and let them learn how to make decisions on their own and face their consequences. What we as parents can do is guide our children into making the "correct" decision, but what may be correct for us may not necessarily be correct for them – they belong to a completely different generation; although accepting change may be difficult, evolution is inevitable.

RELATIONSHIP WITH PARENT

The relationship between a child and his/her parents is the most sacred. Us, parents, are the closest people in our children's lives. Although it is a part of our responsibility as parents to discipline our children, we must also be their friend. Children aren't perfect, and neither are we. What we as parents can do is treat each child as individuals so that in case, they do something wrong, they wouldn't be scared to come to their parents and end up lying to us.

Instead, we must develop such a relationship with our children where we would be the first people they go to and ask for help – this sort of healthy relationship would not only strengthen our bonds with our children, but may also prevent them from getting the "wrong" kind of help or making "wrong" decisions on their own.

Additionally, although friends are important, children should also understand that friends may not be their "ideal" and peer pressure is not something they should give into – having bad company can very easily create messes in lives.

IMPORTANCE OF PEACE AT HOME

What is also a vital factor in children becoming confident and having less complexes is the relationship between parents.

Often times, I've seen that children remain very upset because of uncomfortable situations at home due to their parents not having a



good a relationship. When parents fight amongst each other, it negatively affects children more than they can imagine.

Many students have come up to me and said that their state of mind is not good at all since there is "no peace at home." Children who are comfortable in their own skin will only come from homes where parents have respect and love for each other. Even if parents live separately or aren't married anymore, it is extremely important for them to create such an environment around their children where they wouldn't feel unsafe or uncomfortable for them to grow up without any complexes.

DON'T COMPARE

Each child is unique. Even if they're twins, EACH CHILD IS UNIQUE. From 20 years of experience as a teacher dealing with young adults, the most common reason why I've seen them not reaching their full potential, or be as confident as they could've been, is because they're compared – compared with siblings, cousins, peers, etc.

Comparing them to someone else is extremely detrimental to a child's confidence and mental health, and would only have the opposite effect of what parents are trying to "achieve."

ACADEMICS IS NOT WHAT THE WORLD REVOLVES AROUND

Having said that, another common problem I've seen amongst the young adults I've dealt with is their academic success. We, as parents, pressurise our children too much to "achieve the highest possible grade" because it would apparently "guarantee success" in life.

It is important to do well in studies, yes; students who do well academically have very important qualities like discipline, focus, responsible, etc. But, as a professor, I've seen that academic excellence has got little to do with success in the professional world. Although academic success is important to an extent, it is not the most important factor.

Two truths I've seen from my experience is that professional success does not equal happiness, and success and happiness are subjective, i.e., the meaning of success and happiness differ from person to person. So, instead of pushing children to be better at

is understandable too. In that case, they would have to groom themselves in such a way where they are able to compete amongst the locals, and still find the happiness they need to live a fulfilled life.

If they do decide to go abroad, they have to go through all the battles very competently and upgrade themselves according to the standards of the international market; they have to survive in this cruel world, facing all global challenges. They cannot expect to have their "success" ready for them, they have to create their own success by working hard and smart, not by taking shortcuts and expect everything to work out exactly according to their plans in the end.

DREAMS MAY NOT ALWAYS COME TRUE

Children also have to understand that although it is absolutely okay to have big dreams, they may not materialise for some people, so they also have to prepare themselves to deal with failure.

NEVER LOSE YOURSELF IN THE PROCESS

I am so proud of the newer generations. They are smart, focused, confident, independent and have a bright and promising future ahead of them. If there had to be one thing they could learn from this piece of writing, I'd want for them to never give up. On anything.

Life is a long journey and often times, things may not go as you planned them. But that doesn't mean that it's the end of the world – never stop moving, growing, learning and dreaming.

Remember, dreams without goals are just dreams. To achieve your goals, discipline and consistency are vital. There are no shortcuts in life, so, never stop working hard, even if it seems that things aren't going your way. Don't worry, they will; your time will come.

Reach for the moon; even if you fail, you'll land among the stars. But most of all, never forget to enjoy the process. You only have one shot at life, enjoy to the fullest and never regret. I wish you all the best of luck in whatever you do!

Aditi Sonia Mansur

Senior Lecturer
School of Business and Economics
North South University

We must develop such a relationship with our children where we would be the first people they go to and ask for help.

studies, push them to be better people.

Qualities like confidence, loyalty, honesty, politeness, generosity, integrity, etc. may take someone places where textbooks may possibly never reach. A well-rounded human being will always succeed in whatever they choose to do in life, and at the same time, make the world a better place. Each child should have the vision to conquer the world, be happy in life and be at peace.

BRAIN DRAIN

On another note, what I've also noticed in the young adults is that they usually settle abroad. Although I do admit that there are more and better opportunities there, it is also important for them to realise how detrimental it is for their own country.

Children settling abroad contributes to 'brain drain,' where intelligent nationals leave the country, whereas they could have stayed back and contributed to the economy. However, many students would still want to go abroad in search for experience, which

#PERSPECTIVE

Life after lupus

Teens is supposedly a fun phase of life. Enjoying a greater degree of freedom, finally beginning to fathom the essence of education, partnered with an added sense of responsibility and often times, a rebellious attitude are the definitive characteristics of a teenager.

Being a teenager, what more do you have to worry about other than your grades anyway, right? Wrong. Life is not a level playing field and the circumstances presented to everyone are not the same.

Imagine being thrown into the face of such adversities that the only thing you desire during your teenage is to rest in peace. Now before you assume this is just another ordinary rant, let me assure you it is rather the gist of the life of someone who is chronically ailed.


During my carefree stage as a teenager, I survived dreadful nights suffocated by my own thoughts wondering if I would make it to see daylight, followed by tardy days that would make me want to crawl out of my own skin. This was when I was diagnosed with lupus.

Lupus, short for Systemic Lupus Erythematosus (SLE), is a rare, chronic, autoimmune disease that damages the body's immune system to the point that it starts attacking itself. Unfortunately, there is no cure for it yet, and as counterintuitive as it may sound, the only possible remedy is to suppress the body's defence mechanism and try to live with it.

Late-teen is an important stage of life where major decisions need to be made sensibly. Evaluating your choice of educational doctrine, pondering over myriad options of subjects you may study and being able to finally apply to your desired university abroad – it sounds no less than a dream come true.

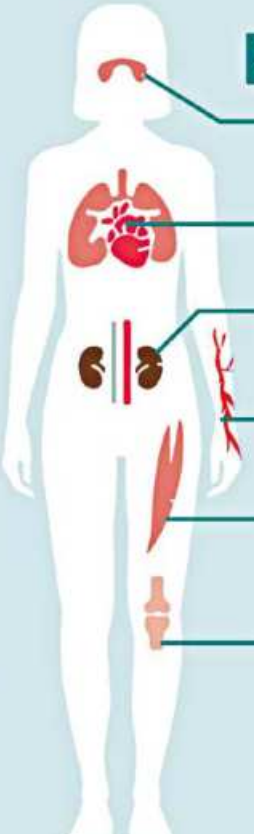
At this stage, being held back by a disease is not something anyone would want. Lupus has always been that impalpable force that has inexorably moulded all my major life decisions, from my choice of university to my

LUPUS

- Autoimmune disease
- Commonly diagnosed between age 15 and 44
- 90% of patients are women

- Black people have a higher risk
- Treated by a rheumatologist
- Most people test positive to an ANA blood test
- Hydroxychloroquine is most common medication

CAN AFFECT:

- SKIN
- HEART
- KIDNEYS
- BLOOD
- MUSCLES
- JOINTS



selection of subjects. I was on the threshold of a bright future but was dealing with something far more precarious than I could handle, and yet had no time to sit and cry.

Twenties is a confusing phase of life. Just when you think you have overcome the troublesome stage, you are riddled with a major reality check. After four years of robust education, you are left more confused than ever regarding your career options. Adding to that, you also find yourself in a race to secure a continuous and healthy flow of income.

Lupus is the cherry on top to this

undesirable cake of uncertainty. The combination of the constant fatigue that accompanies me and the weakening of my system day-by-day makes accomplishing every task no less than a new challenge. Yet, being born in an era where the world is developing at a pace faster than we can possibly keep track of, I have to keep going.

Life has not been the same for me ever since my diagnosis. It is a thrilling roller coaster ride where I can never tell what comes next. Six years down the line, it took me three years to understand what happened to me

and a further three to accept the truth. It will take me a lifetime to adjust to this mess.

As I recollect these events and pen them down, in my mind, I also prepare myself to face yet another day, another battle. Fighting a disease that follows me like my own shadow that I cannot get rid of is the reason we are called lupus warriors. To every other person battling a chronic ailment, you are literally one in a million, and you are not alone.

By Fariha Amber
Photo: Collected

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#GUIDES

Choosing the right career

Freshers, job seekers and sometimes, even professionals find themselves in a fix when choosing the right career. Like all others, I too faced the same issue at the start of my career path. Being part of a management team, while serving at one of the largest training houses and e-recruitment sites in the country, I always tried to explore the factual way and time to choose one's right career. Finally, after a decade, I ended up with an elucidation.

In most cases, after completing bachelor's or honours, freshers tend to start their professional life. After graduation, most freshers day dream of working for an esteemed brand and later on, get settled in life. In reality, things are bit more complicated.

If a fresher is blessed with good reference, it becomes easier to ensure an entry level job. Freshers and job seekers who are unlucky in this regard, often struggle to ensure an entry level job. University brands, grading, and degrees have very little impact on ensuring an entry level job. Therefore, competition begins right at the start of a career. As a result, much by force and not by choice, a fresher has to choose a job they never planned for.

In most cases, they have to continue said job till they find any better opportunity. Here, opportunity does not necessarily indicate their desired career, but rather it means more zeros in remuneration.

Factors like lack of recognition at work, working more than the actual work hour, and working at a forcefully accepted job result in demotivation. Later on, after working for three to five years, most professionals get the feeling that they might not be on correct career track.

Gradually, productivity decreases and professionals start to work only to save their jobs. A few of these demotivated professionals leave their job and return to their home districts, while the rest tries to start their own businesses.

So, what is the right career to choose becomes the burning question which needs to be answered. According to my modest



track after SSC/O' Level or at HSC/A' Level. But once they have chosen Business Studies or Arts, they hardly have any options left.

Students who are scared of mathematics and critical calculation, blindly chose business studies over science, thinking more about a passing grade than thinking about their future career choice. Students with business backgrounds mostly end up with Bachelors in Business degree. As a result, number of students in bachelors in business studies increased by a tremendous amount.

The main vision of a BBA certification is to create business graduates, hoping to turn them into an entrepreneur, but the ugly truth is that a major portion of these graduates have almost no expertise or core competencies. With these demanding BBA and MBA degree, students still struggle to ensure a sound career path.

As a result, fancy degrees result in burden and students choose jobs just to ensure their living standard. On the other hand, students with science background have a number of good options, like doing a job or business or sometimes both, side by side. Major portion of doctors, architects, engineers and scientists are involved in such dual careers i.e., job and business. As a result, science students have more options to choose from their career path, whereas business students can either go for BBA or ACCA, which is a very narrow window to choose from. Arts students, in a majority of cases, end up with a teaching career or a lawyer.

With the existing national education policy, the country is producing graduates who are the most valuable resources but without any unique abilities. This will put an adverse impact on economic development of the country, ultimately resulting in a downward sloping economic growth.

Updating national education policy by merging three groups — science, arts and commerce — into one general group, like foundation courses, can open up opportunities to choose a desired career path for students. It is better to be involved in a desired career path as early as possible, maybe from the age of 15 or 17. It might sound insane to choose a career at 15, as students hardly know anything about a career at that age. But it is smarter to decide this while still in college, where there is still adequate time and energy to make any changes should they be needed.

So, one critical question arises; what can be done to motivate these college students to think about their future careers? In this case, the answer is pretty simple. Either parents or teachers, or elder brother and sisters are the key mentoring personnel.

Instead of forcing them to choose a career their parents dreamed of, they should only guide their kids, let them know what is good or bad, what can be done to solve obstacles and let their kids choose their own path, and only then can we stop this current problem at the source.

By Mr Struggler
Photo: LS Archive/ Sazzad Ibne Sayed

experience and limited knowledge, I found that the right question should be what is the right time to choose a career instead of what is the right career?

Being a business graduate, I belong to a mass population who have to choose between two options; either job or business. Almost one third of the fresh graduates are from wealthy families. This group of graduates, who are financially sound, chose their career from two broad classes. Either they look after their family business or they just start a new business. Rest two third of the graduates belong to mid or lower income class families.

A major portion of such group is not blessed with such certainty. As a result, straightway, they are forced to be a supporting hand for their family.

Getting a job becomes their main concern rather than a career-oriented job. Like all other uncertain graduates, I also

found it difficult to choose a proper career path while already employed. So how do we avoid this?

After going through some observations and career analysis of a few individual things, three key motivational factors work for an individual choosing his or her right career path. Choosing a desired career largely depends on these three motivational factors i.e., national education policy, guardians or parents, and home tutor or school teachers.

This group of factors plays the most vital role in shaping one's right career and life. With existing national education policy, at ninth standard, students have to choose their group from three broad options; science, arts or business studies (commerce). Once they have chosen a track, it is then almost impossible to change back.

In most cases, students with science backgrounds have options to change their

