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Star

# LIFE

Style

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## a GIRL'S gotta have CHOKERS

GIVING BACK P4  
FOR A HUMANE CAUSE  
CHANGEOVER ON THE GO P8  
FROM OFFICE ATTIRE TO PARTYWEAR  
BEST BAKES P9  
EXPLORING BASIC KNEADS

PHOTO: SAZZAD IBNE SAYED  
MODEL: ANTORA  
MAKEUP: SUMON  
STYLING: SONIA YEASMIN ISHA



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#PRESS RELEASE

## Geometry, the movie

The debut of filmmakers Piya Chakma and Shawon Khan — Geometry, the movie — is currently streaming on Amazon Prime in the USA and UK, and on Zee5 in over 190 countries.

In the film, the protagonist, Nadia, is trapped between her daughter's longing for attention, achieving her dream job, and uncovering a disturbing secret; she must make difficult choices with long-lasting impacts. Set in the social context of millennial subcontinental immigrants in Australia, Geometry is a story about life-aspiration and sacrifice, hope and disappointments, emotions, relationships, friendship and hidden animosity.

Shawon Khan said, the preliminary work of the movie began in December 2018. Despite time and monetary constraints, the projects advanced at a slow and steady speed. As movie theatres are mostly closed during the pandemic, the filmmakers decided to distribute the film through streaming platforms.

It received top nominations at Zee5's Global Content Festival, official selection at the List-off Session 2020, and Lift-off Global Network - First Time Filmmakers Session 2020.



## Italian food festival at Radisson Blu Dhaka

Radisson Blu Dhaka Water Garden presents 'Festa Italia,' an Italian Food Festival at its Water Garden Brasserie restaurant. Starting from 2 September until 18 September 2021, the hotel will be hosting an Italian themed buffet dinner consisting of Italian tastes, flavours and landmarks.

The Festival will have live cooking stations where experienced chefs of Radisson Blu Dhaka will be showing off their culinary skills. Guests will be able to experience Live Pizza, Seafood, Pasta, Risotto and Dessert Stations.

The authentic Italian buffet will include dishes such as Aria Secca Stile Italiano Bresaola, Beef with Saltimbocca

Ala Romano, Italian Veal Osso Buco and much more. Additionally, there will be Lamb Shank, Roasted beef Striploin, Salt Crusted Norwegian Salmon and many more intercontinental dishes to satisfy the foodie in everyone. Dessert lovers will also rejoice sweet dishes such as Tuscan Lemon and Almond Cake, Cassata Sicilian Mimosa Cake, Zuccortto, just to name a few.

Festa Italia is made healthier with Globe H2O Drinking Water and Royal Chef High Oleic Sunflower Oil. Novoair has also joined as the exclusive airline partner for this food festival. Moreover, 20 percent discount is available on payments via bKash as well as a 20 percent discount for Banglalink

Platinum and Signature users.

The price of the Festa Italia buffet dinner is Tk 3700++ per person and Tk 1900++ for children.

Buy One Get One Free offers are available on selected bank cards. Patrons will also be pleased to know there are Buy Two Get One Free offers available on any payment method.

Patrons can take part in a raffle draw where they have a chance to win a couple round-trip air ticket to a tourist destination by Novoair, a one-night couple stay at Radisson Blu Dhaka, and a couple dinner at the Water Garden Brasserie (1st to 3rd prize respectively).

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# Night regime for a relaxing sleep

After a lengthy, tiring day, a long and relaxing sleep works like an antidote to take away all the accumulated stress. However, it is quite disappointing, and infuriating to some extent, when a feeling of uneasiness sets in while trying to sleep.

Although our body, health, and mind are key factors in play in this case, we can definitely take some measures in order to sleep better. From your diet to skin care routine, everything is a contributor towards the quality of your sleep.

The quality of your sleep dictates the activeness and productivity levels of the following day. Thus, the following is a rundown of the things you must ensure before going to bed in order to delve yourself into a nocturnal nirvana.

## ORAL HYGIENE

Brushing before going to bed is as important as it is during the day. Although bad breath might not be perceptible before going to bed, avoiding this may lead to build-up of bacteria during the night. For added benefits, you may want to rinse your mouth with a mouthwash, which will wash away any lingering impurities.

Finally, complement these steps with flossing, to ensure that every nook and cranny of your mouth is squeaky clean. Following good oral hygiene before sleeping freshens the mouth and promotes better sleep as well.

## SKIN CARE

Make it a habit to cleanse your face every night before going to bed. Even if our skin looks clean on the outside, there remains impurity and dirt hidden inside. This can clog pores and make the skin appear dull. Cleansing should be followed by toning, and you will be amazed to see the amount of grime left behind even after washing!

It is also necessary to moisturise and hydrate the skin before setting off for a lengthy period of relaxation. Using a night cream or moisturiser are good options, but to earn the title of a "sleeping beauty," apply a sheet mask before going to bed and remove it before sleeping. This will not only hydrate and moisturise your skin overnight, but will make you feel very relaxed.

## COOL AS A CUCUMBER

Eyes deserve special care because they are constantly active during our waking hours. Sometimes, the stored weight in our eyes makes it difficult to fall asleep. An easy and soothing way to cool them is by using cucumbers.

Grating a chunk of cucumber and stuffing it over your eyes has benefits aplenty – it cools the skin, hydrates the eyes, helps reduce the appearance of dark circles, and provides comfort.

Apart from that, you can also dip cotton balls in cold milk and leave them over your eyes for similar benefits. If you do not want to give the effort, simply put on sleeping eye masks that come with a gel pouch to sleep like a baby.

## FROM HEAD TO TOE

Apart from your face and eyes, the

rest of your body also deserves attention. Wouldn't it be amazing if the condition of your hair and skin could be bettered overnight? Well figuratively, it can! Oiling your hair at night to rinse off the next day does wonders as opposed to leaving it on for a short while.

As for skin care, if you have cracked heels or crusty elbows, applying petroleum jelly before sleeping can benefit you. Hand cream and lotion are also great options for normal skin, which will keep the skin moisturised throughout the night.

## APPROPRIATE LIFESTYLE

For being able to sleep soundly, your body needs to be at ease. Thus, avoid doing high activities such as brisk walking, running, or exercising close to your sleeping hours. This will awaken and energise the body making it harder to fall asleep.

You should also focus on your diet. Avoid eating heavy meals late at night as it can cause bloating. Rather, drink water before

going to bed, which will keep you hydrated throughout the night and is also good for skin and oral health.

## SET THE MOOD

Apart from preparing your body, it is also necessary to create a calming environment. Making your bed before sleeping is a good habit as it supports cleanliness. On the other hand, avoid doing other activities in your sleeping spot, such as eating or working as it may trick the brain later.

For a peaceful sleep, change your attire into something comfortable and use silk pillowcases, which is also good for the hair. Lastly, reduce the temperature of your room, as it is easier to sleep in colder surroundings. You can also create a relaxing mood by adding fragrance using aroma sticks or diffusers.

**By Fariha Amber**  
**Model: Antora**



# A humanitarian cause: Chatro Somajkollan Foundation

Noble hearts trying to pursue a benevolent cause hold the power to transform the world through their unwavering zeal and dedication. Md Jafor Hawlader, Founder and Chairman of Chatro Somajkollan Foundation, set on a journey to fulfil his altruistic ambition.



Chatro Somajkollan Foundation seeks to aid the underprivileged in numerous ways. Founded in 25 March, 2021, it has been established to support the disadvantaged and needy in an attempt to ease their hardships. The actions and programmes of the foundation is a reflection of its charitable cause.

“Being empathetic, it shatters my heart to see people beg, sleep on the roads, and be deprived of basic human needs. They deserve generosity and care, and if



we do not step forward, who else will?” remarked Hawlader when asked about the foundation’s motive.

Albeit it has been only a short span of time since its initiation, Chatro Somajkollan Foundation has already helped hundreds of underprivileged people through its programmes, one of which is the clothing drive. Under its sentinel, the foundation hosts monthly clothing distribution for the needy who lack garments to wear every day.

Another altruistic programme is their



food distribution event, which is held weekly. Every weekend, a group of benevolent souls cook homemade food with love, and distribute them among the hungry, feeding approximately 200 – 300 people each time.

Apart from that, Chatro Somajkollan Foundation also aids students by funding their education and supplying uniforms to those who are unable to afford them. They also operate a school that sponsors education for children free of cost.

“Nothing brings me greater joy and satisfaction than to see smiles on their face and being able to help these people,” said Hawlader.

Despite their regular campaigns, the foundation has been the rock for people who have been struggling miserably amid the pandemic. They have helped several individuals and families by providing financial support, treatment, and groceries as much as possible within their capacity.

At present, Chatro Somajkollan Foundation is covering several areas in Dhaka and hopes to spread their generosity



all over Bangladesh. Along with that, helping marginalised people in poor regions by building homes for them and creating an orphanage are among their future aspirations.

The foundation is run by a philanthropic group of 19 people comprising of volunteers and committee members who garner donation to drive their cause and programs. Anyone seeking to contribute towards this noble cause can reach out to them at their office, via email or social media page. Let us all fulfil our individual responsibilities through this benevolent medium.

Reach out to them via:

Address: House 09, Block B, Road 4/5, Section 12, Mirpur 11 1/2, Dhaka 1216  
Email: chatrosomajkollanfoundation202@gmail.com

Facebook: <https://www.facebook.com/Foundation26>

By Fariha Amber  
Photo: Chatro Somajkollan Foundation

## ◆ HOROSCOPE ◆



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

You will have issues with your partner this week. Expect sudden changes at work. Expect temper tantrums at home. Your lucky day this week will be Friday.



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

Act whenever possible. Make plans with friends. Entertainment should include physical activities. Your lucky day this week will be Monday.



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

Romance can develop through group endeavours. Be careful with your belongings. Channel your energy into work. Your lucky day this week will be Sunday.



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

Don't force your opinions on others. Pay close attention to children. Focus on your actions and their ramifications. Your lucky day this week will be Thursday.



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

Don't be too harsh with loved ones. Work diligently behind the scenes. Organise your time better. Your lucky day this week will be Thursday.



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

Visit friends who are unwell. Social events will be plentiful. Start sending out your resume this week. Your lucky day this week will be Sunday.



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

Purchases will be well worth it. Focus on your job and family. Emotional matters will be difficult to handle. Your lucky day this week will be Monday.



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

Take care of issues at hand. Don't spend too much on luxuries. Don't let personal problems interfere with work. Your lucky day this week will be Saturday.



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

Your reputation will be affected. Your original ideas will bring recognition at work. Ease any disappointment by making amends. Your lucky day this week will be Saturday.



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

Business will be highly successful. Doing odd jobs around the house will be appreciated. Keep all legal documents in order. Your lucky day this week will be Saturday.



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

Outbursts of passion will cause grief. Group endeavours will be entertaining. Keep hard feelings to yourself. Your lucky day this week will be Monday.



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

Discuss your ambitions with your partner. Make plans to travel. Keep an open mind when dealing with youngsters. Your lucky day this week will be Monday.

#FASHION & BEAUTY

# The story of The Lost Garden with Grace by Haneef



One of my favourite e-commerce platforms is the Go Deshi site on Facebook. This particular site promises to never to fail you. Once you think you are done browsing and you have seen everything there was to see in the world of fashion, there pops up a certain brand that makes you want to rethink your decision to scroll elsewhere.

The same thing happened to me a week before, right when I thought I was done searching for trendy floral design posts, entered Grace by Haneef, a brand that immediately took my breath away. For a moment there I was thinking it was probably not local because of the uniqueness in the outlook (a very international vibe was being emitted).

Then a hurried squint and a much closer observation proved me wrong, because the designs were undoubtedly local, and that too made with killer precision. And at that very moment I was attentively looking for



the name of the designer, which popped up a moment later: Hanif Kaiser, a professional designer by occupation, residing in Bangladesh.

I knew I had to dig deeper to find out about this talented individual and the story behind the rare and intricate floral prints titled: The Lost Garden.

"I am a student of fashion designing currently employed in an export oriented garments industry," said Hanif. He continued to fill in, "While working here, I have realised the immense potential of our home-grown fashion industry. And that's when I came

about establishing my personal brand 'Grace by Haneef', in an attempt to show the world that international standard work is also achievable in our country," opined the designer.

"Many people have this wrong notion that local work is substandard and they go on promoting foreign efforts, when similar and sometimes even better quality designs can be availed right here in Bangladesh. I

wouldn't blame the customers for making such uninformed choices. I believe it is our fault (the manufacturers and designers) for we have failed to correctly represent our achievements in front of the masses," revealed the ace designer.

Even though the brand's presence has been short, maybe a few years since 2015, it has already received many accolades including a chance to take part in the Asian Designer Week, and get valuable recognition for disclosed designs.

"I have the willingness to take part in many more international platforms to showcase our *deshi* work. My personal hope is to see the home-grown fashion industry perform extremely well on global runways and become similarly renowned as our ready-made garments industry," explained Hanif.

With numerous interesting plans up his sleeves, like experimenting with indigo and churning out associated prints, the designer has what it takes to make it large, someday. While we are extremely proud of his undertakings, all we can do at the moment is promoting local brands and craftsmanship and support our countrymen in their venture to represent Bangladesh in the world wide arena.

Good Luck to all the effort makers!

*Essentials: Go Deshi is an online, e-commerce platform highlighting local creativity and entrepreneurship to the masses. To enroll into the active site please contact Go-Deshi at its Facebook platform.*

**By Fashion Police**  
**Photo: Grace by Haneef**  
**Facebook: <https://www.facebook.com/gracebyhaneef/>**



We have seen celebrities don them and we have watched society's elites flaunt them. Today, it has left the boundaries of high society to mingle with the youth of every culture. Digging a little deeper, we find that what started as necessity for the niche clientele has almost become cult fashion for the masses. Here's how the elaborate story goes for the world-famous CHOKERS:

# The story of the magnificent CHOKER jewellery

Many sources claim that the chokers were first seen during the French Revolution. History states that females of the upper class French society used to wear 'blood red', neck-hugging, jewellery almost similar to the modern day chokers as a symbol of tribute to the martyrs who had lost their lives at the guillotine.

But few jewellery experts beg to differ. According to the professionals: Anne Boleyn, the mother of Queen Elizabeth I, is seen to be wearing a choker around her neck in one of her portraits; her fashionable necklace was made out of pearls and had the letter B hanging as a pendant, probably resembling her family title – a Boleyn.

Chokers were re-popularised during the Victorian era, where many ladies of the court wore it to the enthralling dances and get-togethers. There are several portraits of the illustrious Queen Victoria, wearing the statement jewellery around her neck.

Next came the era of the fashionable Princess of Wales Alexandra, who often wore the specific item, making it a trend for the society. But historians claim that Alexandra wore chokers for a reason, especially to hide a scar from a previous operation that occurred during her childhood. Nonetheless the famous Princess made the choker so popular that it became a 'must have' jewellery piece, especially for the wealthy ladies of the Victorian Society. Many of these choker pieces were embellished with expensive metals and stones.

The trend of the choker roared through the 18th century into the 19th century where even

the illustrious characters of books, like Daisy Buchanan from *The Great Gatsby* was made to wear the dazzling choker to elevate her character.

In the late '40s and early '50s, chokers made a comeback in a unique form, especially in shape of a 'dog collar'. At this time the chokers were also being made out of different materials like the lace, ribbon, pearls and even diamonds.

In the late 1990s, chokers again came to the limelight once again, after a brief period of obscurity and many celebrities started wearing them, including the infamous tattoo choker.

And since the famous trends of the '90s are on repeat again in 2020-2021, there's no hiding from the chokers this year either. Today's chokers are brilliant pieces that are a combo of materials, colours and expressions. These chokers are also worn in combination with regular necklaces and even bulky traditional jewellery.

Fashion items often repeat itself over the years, some gets lost in time while others step into the new era with the rest of us. Chokers have a majestic history that has lasted for more than 600-700 years, proving to us once again that it is a permanent fashion item and a must-have jewellery piece for the wardrobe.

**By Fashion Police**  
**Photo: Sazzad Ibne Sayed**  
**Model: Antora**  
**Styling: Sonia Yeasmin Isha**  
**Makeup: Sumon**



# Business by day, Party by night: switching between office and party wear



Imagine a day when you are tired to the core after 'back-to-back' presentations at the office, but you also have to make it to a party after the excruciating hours, all because it's your best friend's bash and she is ecstatic about it. There is always the option to bail out but then again you were never the type to break hearts! A huge dilemma presents itself in all this, where you have to literally struggle to maintain peace at every end. This basically makes you wonder 'How do the Pros do it?'

The hack is actually pretty laid-back and here we will be sharing few tips and tricks with you.

## First: Stay calm and breathe

After a long day at the office, make sure you have stayed hydrated throughout. This will in turn make sure that you don't have the tired look imprinted on your beautiful face. Our easiest hack is to have a cup of chamomile tea or a nicely brewed cup of coffee to change the moods from formal to casual before prepping yourself up, for the

## Makeup: Hacks you need to know

Nude Makeup is best makeup style for the workplace, but when you have to go to a night-time party it might make you look a little worn out and dull. So what do you do? Easy! Keep makeup wipes handy. Use it to mildly blot your face to remove residual grime and dirt and then put on an extra layer of BB cream over your day-makeup. Darken the lipstick with suitable night-time colours like wine or maroon red and put on some eye shadow and a matching blush. There you go, you are almost done.

## Accessories: Change the game

Keep these in an extra bag and then watch yourself switch from a plain office-going lady to Cinderella! Carefully keep your studs away and replace them with danglers. Put away your ballet flats and change into funky stilettos with a matching clutch. You are good to go anytime when the alterations have been made.

## Hair Flare: Curls are next level party essentials

You want to look 'ravishingly hot' at the party! There's just a little bit of effort that you need to put in. Sleep in your curls the night before, tie them properly into a braid or bun for the office and then let it go afterwards. You just need to keep a suitable hairbrush with you all the time to detangle the unruly curls if need be.

The basic point in all these suggestions is that there is no need to worry when daily routines seem too hectic. We just need to plan ahead and prepare for things earlier and everything else will fall into place.

And that's why the women carry such big purses, you know! Especially the Pros. Why do you think the Birkin Bag is so big?

Yes! Now you finally know the secret. Women carry their world in their bags.

## By Fashion Police

Photo: Sazzad Ibne Sayed

Model: Nazia

Styling: Sonia Yeasmin Isha

Makeup: Sumon



get-together.

## Dressup: Don't fret too much on what to wear

If it's an informal get-together, you needn't worry at all! Just change your top into a sleek satin shirt or a sheer chemise over your inners or anything that looks a bit informal and then match it with your formal work pants and leave office for your next destination.

## When it's Formal: Plan ahead

If the party pre-arranged is a bit formal and you are expected to wear a glitzy sari or maybe even a lehenga, you still needn't fret. Because there is always the option to plan ahead and prepare a separate bag with extra clothes and jewellery and bring it to office. Just change when everyone has left and then attend like any other busy person who is full-time employed.





#FOOD & RECIPES

# Basic Kneads – your new go-to specialty food shop



This can safely be regarded as the most hyped bakery in town right now, and for good reason. The name may be deceptive because the flavour locked in their array of delicacies is far from basic. Mainly popular for their baked items, Basic Kneads is much more than that.



Launched in April 2021 by a group of food enthusiasts, coming from diverse backgrounds such as engineering and accounting, it is the sheer love for food that brought them together in order to start a specialty food shop. What started as a cloud kitchen after a prolonged process of product development through trial and error rapidly gained vast popularity.

The primary motive of Basic Kneads is to provide good quality food at an affordable price, which is why they ensure consistency in maintaining a high standard of quality. From sourcing to production, strict quality assurance protocol is safeguarded at each stage of the process.

Croissants are one of the most coveted offerings of Basic Kneads, which are available in a diverse range of sizes and flavours. Apart from classic croissants, they come in a box of four known as the Medley Box. And just like the seasons, the items in this box alter every two months so that customers are always in for a surprise!

If you ever miss munching on French baguette and croissants from a boulangerie, a bite into their buttery

and light croissants will surely satiate your cravings and bring back fond memories.

After all, the three-day procedure that includes mixing, chilling, folding, laminating, and cutting is the result of pure labour of love.

Each item is freshly baked which is why it runs on a pre-order basis. The model of Basic Kneads is built on food curation and is a continuously evolving process in order to be able to introduce new and innovative products ever so frequently.

Apart from croissants, Basic Kneads also offer delicious tarts – you don't want to miss out the rich, crumbly texture of their Hokkaido Cheese Tart and Spinach and Feta Quiche. Sweet lovers can opt for Brownie and Basque Burnt Cheesecake or Palmiers and Assorted Sacristains for more savoury notes.

They also have an impressive line-up



of breads including focaccia, sour dough, bagel, shokupan, and baguette along with basic milk and brown bread among others. Pair these up with

their lip-smacking pesto, toum, and honey mustard dips to experience food from all over the world.

Along with these, Basic Kneads meets the needs of home cooks by offering a variety of sauces and condiments, including marinara, bulgogi, and teriyaki along with unique, hard-to-find spices such as sumac and za'atar. In the near future, the specialty food shop aims to add more products in their menu and support other local businesses.

Basic Kneads cater to home deliveries and corporate orders, currently delivering all over Dhaka and offering selective items in Chittagong. Spreading all across the country and overseas, and introducing a selection of home-grown fresh herbs are among their future aspirations.

*Essentials:*

Facebook: [https://www.facebook.com/basic.kneads.bd/?ref=page\\_internal](https://www.facebook.com/basic.kneads.bd/?ref=page_internal)

Instagram: <https://www.instagram.com/basickneadsbd/>

**By Fariha Amber**  
**Photo: Basic Kneads**



**MEALS OF MEMORY**  
SYEDA NAFISA AHMAD

# Elevating the usual lunch and dinner menu

**ALOO SABZI**

*Aloo sabzi is an all-time favourite. It is a simple recipe made with basic ingredients available at home. This potato recipe goes well mainly rooti, paratha or rice.*

**Ingredients**

1 kg boiled potatoes  
1 large onion  
1½ cups tomatoes  
1 tbsp ginger  
1 tbsp garlic  
Salt to taste  
1 tsp cumin seed  
1 tsp red chilli powder  
1 tsp turmeric powder  
1 tbsp coriander powder  
1 tsp all spices  
1 tbsp kasori methi  
1 cup fresh green coriander

**Method**

Heat 3 tbsp oil, add cumin seed, onions, and salt. When onion turns golden brown, add ginger-garlic paste, sauté 2 minutes. Add red chilli powder, turmeric powder, coriander powder and tomatoes puree. Sauté for 2 minutes. Add kasori methi. Now add boiled mash potatoes. Mash the potatoes and mix them well. Cook for 5 minutes. Add chopped coriander leaves and turn off the flame.

**LEMON STEAMED FISH****Ingredients**

4 thick slices of fish (boneless)  
3 tbsp Lemon juice  
Salt to taste  
1 inch ginger piece  
4 cloves garlic  
2 pieces spring onion  
½ medium stalk celery  
1 lemon  
½ cup white wine (optional)  
10-12 pepper corns  
2 bay leaves

**Method**

Clean and wash fish fillets. Marinate with

one teaspoon of lemon juice and salt to taste and keep aside. Peel ginger, wash and thinly slice. Peel and wash garlic. Wash and trim spring onion, cut into round slice.

Separate onion rings. Wash and cut celery into small dices. Wash and slice lemon into roundels. Mix white wine with sliced ginger, whole garlic, peppercorns, diced celery, spring onion roundels, bay leaves, lemon slices, salt and half a cup of water. Soak fish slice in this marinade and



refrigerate for half an hour. Transfer fish slices gently into a flat oven proof dish and pour the marinade over this. Cover with a tight-fitting lid or aluminium foil.

Cook in a preheated oven at 220°C for twelve to fifteen minutes until the fish slices are cooked. Alternatively, it can be cooked in a steam pot for ten to twelve minutes or microwave over for four minutes on HIGH (100 percent). Serve immediately with the cooking liquor, garnished with shredded cabbage, tomato and capsicum.

**SOFT AND JUICY SODA MEAT BALL****Ingredients**

3 cloves garlic  
1 onion  
500g ground beef  
4 tbsp breadcrumbs  
1 tsp mint  
1 tsp black pepper  
1 tsp thyme  
1 tsp cumin

1 tsp cinnamon powder  
1 tsp red pepper powder  
5 g baking powder (baking powder)  
2 tsp salt  
5 tbsp mineral water  
1 tbsp 10ml of vegetable oil

**Method**

Chop onion and garlic, squeeze them to remove excess water. In a bowl add minced meat, add chopped onion and garlic, bread crumbs, chopped mint, crushed black pepper, thyme, cumin, cinnamon, baking powder, salt, water. Mix them well. Let it sit in the refrigerator for at least 1.5 hours. Make hands wet. Shape them in the size of an egg and press a little. Lay parchment paper on the tray, transfer the meat ball into the tray, and some tomatoes cube and green chilli. Brush oil on vegetables. Preheat the oven 220 degree Celsius on the top shelf of the oven. Cook for 7 minutes. Let's turn the other side. Cook for 7 minutes



more. Serve immediately and enjoy.

**CHICKEN WRAP****Ingredients**

*Tzatziki Sauce* —  
300g Greek yoghurt  
1 cucumber  
1 tbs salt  
2 tbsp white vinegar  
1 clove garlic  
2 tbsp olive oil  
¼ tsp salt

¼ tsp pepper

Dill

*Chicken filling* —

600g chicken thighs  
1 tbsp coriander seeds

1 tsp salt

½ tsp pepper

2 tbsp smoked paprika

½ tsp chilli flakes

1 tbsp dried thyme

1 clove garlic

Zest of 1 lemon

Juice of ½ lemon

60 ml olive oil

*Sandwich wrap and salad* —

½ onion

1 tomato

2 leaves of lettuce

2 flat bread

**Method**

Peel and grate the cucumber. Add 1 teaspoon salt and 2 tablespoon vinegar, mix well, and leave for 10 minutes. In a bowl add Greek yoghurt, ¼ tsp salt and pepper, 2 tablespoons white vinegar. Blend 1 clove garlic, 2 tablespoons olive oil and add them into yoghurt and mix well with spoon. Squeeze the liquid from grated cucumber. Then add the cucumber into yoghurt mixture. Mix them well. Chop the dill and add it into the yoghurt mixture. Keep aside.

Cut thin slice of chicken thighs. Marinate the chicken with crush coriander seed, salt, pepper, smoked paprika, chilli flakes, dried thyme, and 1 garlic clove minced, 1 lemon zest, half of lemon juice, and olive oil.

In a fry pan, fry the chicken pieces without oil. Fry them perfectly. Take two flat naans, spread Tzatziki sauce over the bread, add lettuce, chop onion, sliced tomatoes, and half of chicken pieces. Assemble the filling inside the bread and wrap them nicely.

Enjoy this delicious chicken wrap.

**Photo: Collected**

**BEOL** | adani wilmar

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#PERSPECTIVE

# Good prevails

It was a long day on the road. Before getting out, I had not envisioned such an arduous journey to visit someone who lived 15 kilometres away. On a normal day, it may have taken about 35 minutes by car. It ended up to be a journey of more than two hours.

I wished I knew knitting, so that I may have used this time to knit a muffler for someone. After the lockdown was lifted in this teeming city of millions, it seemed to me that the people have come out on the streets with a vengeance.

For such a country as ours, we have far too many cars on the roads, and the roads themselves are almost giving way at the huge mass they are supporting. The foundations must be moaning at the excessive weight of so many different kinds of vehicles. My visit to my loved ones turned out to be more of an expedition than a simple car ride.

After reaching my destination, I got out of the car, quite stiff and my hinges creaked as I gathered my packages and parcels and walked towards the elevator. It was only a flight up, but I thought I should not take a chance and fall on my face with my different sized packages of food and other things, burdened with my oversized



handbag. (I am one of those women who can never carry a small purse. Too many things to lug around!)

As I waited for the contraption to come down from the 12th floor, a young girl and boy walked towards me and stood by. All three of us looked up at the descending red arrow, in anticipation.

Suddenly, I heard, "Please, may I carry one of those? They look heavy." Surprised and taken aback as Covid restrictions had almost obliterated random conversations with strangers, I looked at the girl as she extended her hand towards me.

I said, somewhat sheepishly, "It's only to



the first floor, I can manage. Thank you." She still insisted, "Please, may I?" How could I refuse?

I handed over a big package and wondered if my hair looked greyer than other days? She must have seen my oversized handbag dangling at a precarious angle and I must look pretty distraught!

As the elevator doors opened just then, we stepped inside and the young boy was kind enough to press the button on my floor. The girl was pleasantly forthcoming.

"You live in this building, don't you?" I said, "No, I am visiting my son and daughter in law. We all used to live here before this was turned into apartments."



I asked her name and she said she was Zoya and her brother was Zahran.

As the flight up was a very short one, the doors soon opened and she handed me my packet and gave me her apartment number. She said I must visit them the next time I came over. I thanked her profusely and said it was indeed my pleasure to have met them. I promised to pay them a visit.

I was rather bemused as I bustled into my son's place and as he relieved me of my packets, I told him about the nice encounter I had with the young people on the elevator. I was so happy to see such well-mannered young people and I knew they were being brought up in a very humane way.

As I sat enjoying my tea and I let the conversation ebb and flow around me, a distant memory drifted into my mind.

A rainy day, long ago. I was a teen and had gone with my mother to get groceries at a nearby shop. The rains had let up. The shop was not crowded but apart from the shoppers, there were a few people who had come in to shelter from the rain.

We waited our turn at the counter. It was pre-POS days. People paid in cash and the person at the counter counted the money and gave out change. There was a lady, in her mid-fifties, who had finished her shopping and was in a dilemma as to how she was going to carry all the bags out to a waiting rickshaw.

I noticed her and offered to help. She must have been a striking beauty when she was young. She gave me a very sweet smile. I took two bags and led her out of the shop. I made sure she was seated on the rickshaw and then I placed the bags in such a way that they would not slip out and fall. She was very grateful and thanked me heartily. I bade her goodbye and went back into the shop to help my mother. I thought nothing of it. It was in my nature to be a bit more caring than the average person.

The words "what goes around, comes around" had never been so heartfelt till now. I had always been an advocate of doing small things in a hearty way. I had always insisted on my children on doing the same. Zoya and her brother, Zahran restored my faith in humanity. I always liked helping people but today, I was helped and in such a simple and sweet way that my heart overflowed with blessings for those two children. The world is in a good place. When you do good, it comes back to you in such unexpected ways that you are taken by surprise. I was surprised, pleasantly!

By CR Ahmed  
Photo: Collected

এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে  
১ টি ৫৭০ লব্ধীসোপ ফ্রী!

Fast wash  
DETERGENT  
POWDER  
১ টি ৫৭০ লব্ধীসোপ ফ্রী!

KOHINOOR  
CHEMICAL

#PERSPECTIVE

# WE ARE DALI WHY NOT VELASQUEZ OR WARHOL OR PICASSO?

*Money Heist* has become one of Netflix's most popular non-English shows airing in May 2017 with its new season premiering on 3 September. Some trademarks of the show include the song *Bella Ciao* by Manu Pilas and of course, the iconic red jumpsuits and the Dali masks. So what do the masks and red jumpsuits mean?

Revolution and resistance are key themes in the show. The heists are symbolic of resisting the money-centric institutions and making a statement against a capitalist regime. The Salvador Dalí masks are symbolic of resistance and national pride which resonates throughout. Dalí is undoubtedly the most prominent figure of the early 20th century's Surrealist movement, a movement which sought to disrupt the norm. His work and use of symbolic motifs, unusual techniques seeking inspiration, signature flamboyant dandy dressing style, rebellious academic career, are some attributes of artists which had disrupted social norms and conventions. Dalí also often articulated opinions which caused provocation — when he expressed an unusual infatuation with Adolf Hitler, the far left leader of the Surrealist group Andre Breton, quickly expelled him from the society. Being involved in further scandal, Dalí was soon a social outcast and rejected by his family like our bank robbers.

**But why Dalí and not any other artist?**

Although the Surrealist movement is usually associated with France, Dalí himself was Spanish and had spent quite some time living in Spain. Like all Surrealist art, Dalí's work was inherently rebellious in that it delved into the metaphysical realm of art and the human consciousness. His audacity and rebellious attitude towards art and politics set him apart. Just like the robbers and their red jumpsuits in *Money Heist*, Dalí has become a symbol for revolution.

The red jumpsuits in *Money Heist* are also heavily symbolic. The colour red is bold and often associated with resistance. Being the color of blood it also bears symbolic connotations of violence and passion. Red flags are also commonly associated with revolutionary movements in real-life and in fiction — for example, in *Les Misérables*. In the series, the professor, the mastermind who calls all the shots, states in season 1 that the group is not merely targeting the Royal Mint for the money but it was

an act of "resistance" against "the system." From the very beginning of the show, the robbers' ethos has always revolved around an element of revolution and resistance.

The colour red also bears national weight. The Spanish identity is a compelling aspect of *Money Heist* which makes the series appealing to international audiences. Red is associated with Spain for a myriad of reasons — it is one of the country's two national colors. Folklore suggests that this red in the Spanish flag comes from its national sport of bullfighting. Red is also the color of Spain's signature spices, saffron and paprika. Taking all these connotations into account, the red jumpsuits celebrate the Spanish identity but also stand against the unequal capitalist system.

With the previous season ending on a cliffhanger, part one of *Money Heist* season 5 begins at a breakneck pace, packed with heart-thumping action, shock and awe. If the entire



season keeps the same flow, the finale season of the show is bound to be explosive. In the world of *Money Heist*, time has not only slowed down, but also appears to be frozen. The shots fired in season 4 are now reaching their targets.

Though the first two episodes do not really reveal much about Alicia's motive for pursuing the Professor, we should expect some major surprises. The women are receiving more space in the series with Lisbon now calling all the shots. We still do not know how the new characters — Berlin's son Rafael, Sagasta who is leading the attacking army, and Tokyo's dead boyfriend Rene, will weave into the story. With our bank robbers now more professional and confident, part two releasing on 3 December will only bear more dimension and action.

By Puja Sarkar  
Photo: Collected



#WOMEN EMPOWERMENT

## Enough with the sexist remarks!

Sexism in a patriarchal society is scattered in amounts, large and small, which eventually create a profound impact little by little. It is like that unwanted drizzle of rain on an otherwise perfectly sunny day.

Incidents of sexism occur unexpectedly, in an instant. But that one moment, one comment, is enough to build agony in a person's mind, which eventually translates into spite. Women are burdened with this negative energy that continues to build up unless channelled out.

It is often difficult to resonate with these statements unless one has been in the receiving end of such remarks.

Unfortunately for women, it something we tend to face every other day in any given setting — at the bank, at the doctor's chamber, at the airport, and the list goes on.

Sharing a recent incident where I was going about my day and expecting to receive my hard-earned pay-check from an international source, I called the bank to know the reason behind its delay. In an instant, my excitement turned into anguish as I was questioned, quoting Mr Banker, "Who sends you money from abroad, does your husband reside there?"

What gives the right to an unknown

serviceperson to go forward with this unnecessary query? Under what rationale does he expect me to answer this question? Why does he automatically assume that women are typically reliant on their partner for finance? Aren't women capable and independent enough to earn on their own, especially in this era?

This incident may seem trivial, but it is just one drop in the ocean. Women everywhere are thrown into the face of such situations more often than we can approximate. It is not the matter of just "one incident," but that last straw which finally breaks our bubble of positivity and

politeness.

We are captivated in a spiral of toxic masculinity that pervasively resides in our ecosystem, where the more we try to dodge such adversities, the more they chase us, constantly challenging our patience. And several women alike echo this sentiment.

While we unanimously dream of a day where we can call sexism a thing of the past, alongside, we work collectively towards enervating dogmatic stereotypes of female subjugation deeply embedded in a patriarchal society.

By Fariha Amber