

VOLUME 21, ISSUE 12, TUESDAY, SEPTEMBER 14, 2021
BHADRA 30, 1428 BS

Star

LIFE

Style

E-mail
64-6

Publication of The Daily



Bringing the traditional *to* MODERN FASHIONISTAS

FUSION WITH THE TRADITIONAL
THE SIX YARDS STORY WAY P3
SOME MORE LOVE FOR JAMDANI
KARUTANTRA PASSIONS C
AMIDST GREEN, ABOVE THE SKYLINE
THE COSY IMPETUS LOUNGE P12

PHOTO: TANVIR ALI PHOTOGRAPHY
MODEL: ANAMIKA SARKER SHANCHARY
WARDROBE: KARUTANTRA
JEWELRY: 6 YARDS STORY
MAKEUP AND HAIR:
SHAREEF ARTISTRY BY
SAFA SHAREEF

BERGER
Trusted Worldwide

BERGER LUXURY
Silk
শুধু
প্রয়োজন
দেয়াল নয়
আত্ম
সৃষ্টি আঙিনা

BERGER
LUXURY
Silk
Hygienic Coating

Lifestyle_BSD_21



#HEALTH & FITNESS

Treenayana: Life enhancing products from Satori Meditations

Amidst the busy and crowded Dhaka city, a calming oasis is what describes Satori Meditations, where the Satori Foundation has launched a conscious lifestyle brand, Treenayana.

At Treenayana, the products have been modelled to make meditative activities more conducive, for instance, the meditation chair at Treenayana elevates the practitioner's meditation practice by bringing the comfort of sitting on the floor and providing the feeling of being grounded.

Additionally, comfortable and portable meditation mats available here can accompany anyone on the path to conscious living—or even better, a pure copper bottle offered at Treenayana can also be brought along to integrate the magic of ancient medicine into the mundane activity of drinking water.

To brighten our life with energy, Treenayana is also providing dry fruits and nuts such as almonds, cashews, black raisins, Sakura plum, dried figs etc.

We often tend to get swept by the busyness of our lives and seldom stop to think about the quality of our lifestyle— about whether we are

mindfully connecting with ourselves and mother nature.

"Satori Meditations started with my own personal transformation; when I first tasted the silence within through meditation— then, immediately, I decided that I needed to share this," said the founder, Rusaavaad. And now, Satori Foundation has launched its third venture Treenayana, along with Satori Meditations offering



transformative practices and Zobra Kafe promoting conscious eating through cruelty-free vegan food.

Treenayana rightly aligns with its name as it promotes a simple and conscious lifestyle. Taking inspiration from Eastern meditation practices, the brand has been designed to facilitate a number of meditative activities.

"We can never incorporate life-affirmative practices into our daily



lives until we start practising them," Rusaavaad said, adding, "And so Treenayana will be helping us in our inner journey along with promoting conscious and simple living."

Treenayana is essentially focusing on the products that facilitate different meditation practices — more precisely, to create a bridge between body and mind easily and integrate comfort in meditation exercises. And the products are earth-friendly and life-affirmative, so one can effortlessly connect with nature while enjoying such a simple yet reviving practice like meditation.

Many more life-enhancing products namely plants, journals, meditation outfits are also available at the Treenayana store located at Satori Meditations.

The products can be purchased on-spot at Satori Meditations, or for more information and address visit:

<https://www.facebook.com/treenayana/>

<https://www.facebook.com/SatoriMeditations/>

Contact: +8801906300300

By Ayman Anika
Photo: Treenayana

#PRESS RELEASES

Berger Paints and Shakib Khan team up

Country's leading paint solution manufacturer, Berger Paints Bangladesh Limited (BPBL) has recently teamed up with celebrity actor Shakib Khan as its new brand ambassador. A closed door signing ceremony was held in this regard recently. According to the agreement, the reputed actor will now take part in various campaigns, engagement sessions, and other promotional activities for Berger Paints for the next two years.

AKM Sadeque Nawaj, General Manager, Marketing, Berger; Sayed Shorif Russel, Category Manager, Berger; Ahamed Najeed Rahman, Brand Manager, Berger; Muneer Ahmed Khan, Managing Director & Creative Chief, Unitrend Limited; Romim Rayhan, Co-founder, Dhaka Talkies and actor Shakib Khan himself were present at the signing ceremony.

"I am really glad to work with such a reputed company like Berger. I look forward to a memorable partnership with some engaging campaigns," Shakib Khan said.

AKM Sadeque Nawaj, General Manager, Marketing, Berger, said on the occasion, "It indeed is an honour to have such a celebrated persona to promote Berger's brand objectives," adding, "We will definitely be coming up with some unique ideas to merge Shakib's charisma with our promotional works and customer engagement events."

Berger has remained at the top of the paint and household maintenance solutions market in the country. It has collaborated with numerous iconic figures over the decades, and its latest partnership with Shakib Khan is also anticipated to add another promising dimension to Berger's long-lasting consumer goodwill and trust.

Decorate your home with Hafele

Hafele is one of the leading brands in building premium kitchen and home décor with world-class materials, and currently has 40 authorised dealers or distributors in Bangladesh. Notable products from Hafele include appliances, kitchen fittings, furniture fittings, Blanco sink and faucet, sliding foldings, etc.

They have introduced burners and hoods for ensuring better cooking in lesser time. In order to distribute heat evenly, Hafele burner and cooker hoods are designed in a special manner. Their appliance range also includes microwave ovens, electric ovens, deep fryers, baking, grilling and barbecue equipment, all of which will give consumers a great experience.

Recently, they have also come up with 'digital home security solutions', which includes digital door security system print, keypad, RAID and mechanical keys.

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ

রূপচর্চার আভিজাত্য...

#FASHION & BEAUTY

Shining Bright with 6 Yards Story



No outfit can be complete without the right jewellery accentuating it—an edict clearly demonstrated in the success of 6 Yards Story since its initiation few years ago. Zerin Tasnim Khan, the founder and designer at the famous jewellery house gives us a glimpse of the brand's upcoming Puja Collection.



with the traditional Jamdani.

"Suppose you have an informal evening party to attend and you do not want to look formal, these fusion pairs would be the perfect way to show people that you are somewhere in-between," said Khan.

Looking through the collection, we were fascinated and that's only befitting for the famed jewellery house, because there is never a boring day at this place. It feels like 6 Yards Story comes up with new designs every other day.

Khan flashes an eager smile, "Wait till you see our upcoming Wedding Collection!"

Of course! We are all waiting.

By Fashion Police

Photo: Tanvir Ali Photography

Models: Antara Sarker Arthi, Anamika Sarker Sanchary, Synthia Afreen

Wardrobe: Karutantra

Jewellery: 6 Yards Story

Makeup and Hair: Shareef Artistry by Safa Shareef



"This year I am obsessed with toe rings and you would get to see a lot of it in my collection soon enough! Plus, there will be range of *polas* to choose from," informed the designer.

While browsing through her collection we stumbled upon a number of *katai* pieces that looked regal enough to suit Mughal princesses.

Khan was amused with our observation, "This particular collection is very close to my heart. Recently we have seen many jewelry houses recreate the traditional designs and pair them with Jamdanis,



but somehow the *katai* work has been missing out in most of the exhibitions. That's when I decided to work particularly on the authentic design to recreate a glimpse of our beautiful past," said

Khan.

As if this collection was not enough to make the fashion aficionados drool, 6 Yards Story had more in store: fusion jewellery, which looked exquisite and up-to-the minute trendy at the same time.

The jewellery designer also had few styling suggestions for us, "You see, these fusion jewellery look best when paired





#LIFE & LIVING

MANNAN MASHHUR ZARIF

Senior Subeditor,
The Daily Star



Spending like in the days of the pandemic

If there is one lesson that I can take from the COVID-19 situation, apart from appreciating good health, is my new learnt experience of being thrifty.

I live in a not-so affluent part of Dhaka city; an area mostly inhabited by tenants who decided to pay the hefty rent for a middle class simply for the comfort of being close to their offices, or for the ease of the children attending a nearby school. That's your basic 'middle class problem.'

Lucky, for us, we live in our own apartment and so even in the grim days of the pandemic, did not have to think about how the rent will be paid.

I have witnessed neighbours move to other parts of the city; every apartment building in the area now depressingly post 'to-let' notices. Some have even decided to welcome a 'paying guest' to share the burden of the rent, plus the service charges.

Although such an act was unthinkable



for most in the prior to the global pandemic, even 'snooty landlords' are no longer objecting to the idea, fearing the loss of a good tenant.

I was fortunate enough to work from home for almost a year and some months via online, but that was just me. My wife on the other hand had to attend office even during the lockdown. But all in all, as a family, in the last one year, we have been able to save a

little bit of money.

Most offices have re-opened. Schools are on the verge of commencing a new session, and life is expected to get to as normal a situation as possible. Traffic congestion is back, and is expected to get worse once the educational institutes open.

This will mean a hike in daily transportation costs. Add to this the daily expenditure for lunch and snacks. The occasional movie date, and the sporadic shopping.

For a large number of people from the middle class, pay cuts had been a pandemic reality. Many have lost their jobs. Many were using up whatever savings they had made over the years. But resources are drying up.

With every effort of everything getting back to normal, one fears additional costs to bear. Add to it the desire to breathe a little after a while, take that vacation, eat out at your favourite restaurant — all improbabilities during the pandemic.

Looking at the countless shopping centres in and around the cities, the once buzzing restaurants, one thing is clear — we have become collectively conscious of our spending.

For almost four centuries in a row, the world has gone through a global pandemic every hundred years. This has been the experience of our generation. It is too early to say whether we have survived the pandemic, but for many there seems to be light at the end of a dark tunnel.

With every passing day, the COVID-19 situation seems to improve; daily positivity rates are going down. One must however not bask in the success of successfully 'surviving' a pandemic. The fall out of COVID-19 is far from over, and in all probability, the need to be thrifty is still on.

By Mannan Mashhur Zarif

Photo: LS Archive/ Sazzad Ibne Sayed

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Communication will be your strong point. Your boss won't be delighted with your work. Your enthusiasm will be infectious. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Explore different philosophies. Don't let your emotions interfere with work. Secret affairs will lead to heartache. Your lucky day this week will be Tuesday.



GEMINI
(MAY 22-JUN. 21)

Keep communication open with loved ones. Pushy people will get on your nerves. Work on new projects. Your lucky day this week will be Wednesday.



CANCER
(JUN. 22-JUL. 22)

Sign up for lectures or seminars. Deal with the right individuals. Spend quality time with children. Your lucky day this week will be Sunday.



LEO
(JUL. 23-AUG. 22)

Spend some time with family. Opportunities may come up at prestigious affairs. Get yourself out of arguments carefully. Your lucky day this week will be Sunday.



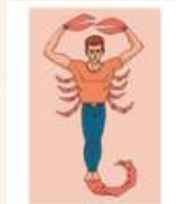
VRIGO
(AUG. 23-SEP. 23)

Think about starting your own venture. Opportunities for new relationships will be present in groups. Be cautious while traveling. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Residential moves will be favourable. Promote your own interests. A romantic infatuation from your past may surface. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Broaden your horizons. Best results will come through business trips. Have a childlike approach this week. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Make changes to your home. Don't start anything with unreasonable people. Disappointments could lead to broken friendships. Your lucky day this week will be Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

Catch up on your correspondence. Make your own contribution to society. Avoid emotional confrontations. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Take time to remember those you love. Work hard to close pending deals. Don't let anyone upset your routine. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Comfort is a necessity. Check your motives. Work quietly on your own. Your lucky day this week will be Thursday.

#CHECK IT OUT

Next Generation of SMART Televisions from RANGS: Toshiba a Unique and an Immersive Viewing Experience

A customised entertainment option is increasingly gaining favour with modern customers, and people have a wide variety of selections when it comes to watching television.

They are now more open to the dynamics of worldwide entertainment streaming services like Netflix, Amazon Prime Video and many more local apps that have an extensive libraries of high quality feature films, documentaries, TV shows, anime, award-winning original movies, and much more. So what are you searching for? Watch as much as you want, anytime you want!

With all that in mind, a television, combined with a large screen and latest technology, only the need of the hour. As users we have a boundless wish-lists when it comes to choosing a television for our families, because it's just not a TV, it's more like a friend with whom we can spend plenty of time, even on week days.

With that backdrop, Japanese brand Toshiba has introduced the Toshiba REGZA series of smart and ultra-high-definition (UHD) televisions. The Toshiba V35, C350 and U7950 series will be available in 32" | 43" | 55" | 65" as an all-encompassing entertainment device providing an immersive viewing experience at an affordable price. Toshiba has gained worldwide appreciation, acceptance, and love from its customers with innovative technologies that strove to make lives easier throughout the decades. Toshiba is also a very popular brand in Bangladesh market since the early nineties.

RANGS has recently introduced the Toshiba REGZA series of android televisions in the Bangladesh market. RANGS

Industries Limited is one of the pioneers in retail consumer electronics and takes pride in being associated with leading world class brands like Toshiba, Samsung, Hitachi, Hisense, Panasonic and many more. RANGS, with outstanding electronic retail experience, is guaranteeing the best products in all their authenticity with world class after-sales services. With a business heritage of 42 years, RANGS has a range of LED TVs, refrigerators and freezers, air conditioners, washing machines, microwaves and other small appliances necessary with 300++ SKUs for functional and comfortable living.

Toshiba TV offers crystal clear views and static-free audio, which are indispensable for watching our favourite movies or

spending a great weekend. In this regard, the Toshiba LEDs meet every criteria and surpass expectations. Similarly, with ultra-essential PQ technology, the series has options to create special screen brightness and colour accuracy that makes watching movies and shows more vibrantly immersive. It also has striking 4K clarity for clean and clear visuals providing a theatre like live experience. The DTS Virtual allows for a more mesmerising audio experience, and clear Dolby Audio along, watching favourite shows and spending precious moments with families and close ones become memorable.

Gamers can also benefit from Toshiba LED televisions. In game mode, the 4K ultra HD display extracts the maximum potential of making game graphics appear more natural and lively. Optimised with FIFO memory control technology, it minimises input latency to create a competitive gameplay experience.

The smart features of new Toshiba televisions are endless. Toshiba LED includes features like Live View Picture-in-Picture, starting from voice recognition, making casting photos, videos and streaming all the more convenient and downloading games from Google Play, to switching between phones, tablets, and the television. The Toshiba LED TV is the embodiment of productivity and convenience.

With its extensive features, minimalist style and slim design, the Toshiba LED TV is simply breath-taking. Instead of standing out in the room and being a bulky addition, the television is sleek and brings in a dimension of elegance to the room. With all that it offers, the innovative line of Toshiba smart televisions is exquisite in ensuring a superior viewing experience while elevating any room's aesthetic appeal and sophistication. Its internal and external features make it the most suitable television for any household. Toshiba is now exclusively available with exciting introductory offer at all RANGS showrooms, RANGS eMART and all authorised dealers across Bangladesh.



By Tahsina





TOSHIBA TV is Back ...
WITH POWERFUL **REGZA** Engine




www.rangsindustries.com

#FASHION & BEAUTY

KARUTANTRA

Where fusion fashion finds a PLACE WITH JAMDANI SARIS



When the term sari pops up in our conversations, we are usually speaking about a particular draped and untailored textile of about 6-yards in length, worn mostly by women in our region. But when this conversation delves into the stretch of the elegant Jamdani that's when the conversations truly become interesting because there's so much more to revel in. Jamdani craftsmanship is one of the most unique works by our local fabric artisans. It has a rich history complete with worthy stories, and Nusrat Marzia, the Founder and CEO of Karutantra specialises in just that – churning out magnificent pieces of Jamdani for her clients!



Star **LIFE** Style

Karutantra and its endeavours

The story of the Jamdani, however regal it maybe, has been unable to reach the height of its former glory in the 21st century. And Marzia, mostly blames a handful dishonest tradesmen for the descent in the trade.

According to the entrepreneur, unscrupulous salesmen have been misleading their clients regarding the quality of their end products, in order to earn some quick cash up-front. Marzia wants to be 'the knight in the shining armour,' to put perspectives back into their rightful place by teaching the masses about real Jamdani, its high-quality finishing, intrinsic value and sophistication.

"Dishonesty regarding the trade has off put interested clients from seeking-out authenticity in the craft. My determination is to change all that and introduce the trustworthy, high-quality pieces back to our clients. Jamdani is no less of an exclusive art piece and I want everyone to realise that," she said.

Based on her confidence, one might easily presume that Marzia has already achieved strong alignments with the world of entrepreneurship. We were only surprised to find out that it was on the contrary! Marzia delved into the trade, only a year back in September 2020, when the pandemic was at its peak. This she did solitarily out of her intense love for the unique fabric, its craftsmanship and enthralling past legacies.

"My journey with Karutantra has been very short so far. I started working with the brand only after the pandemic hit. Even though my passion was mostly behind the

basis they still prefer fusion wear over the traditional sari. My idea is to bring back the legacy of the Jamdani in the fusion form so that it is more attractive to the current generation and they can easily relate to the fabric," she said of her vision.

And this practical decision making perhaps doesn't come as a surprise from a brand that already plays with attractive and modern colours on its traditional pieces.

All is well that ends well

After speaking to Nusrat Marzia, we were confirmed on at least one fact, that no matter what the future held for the business or the brand, the initiatives were certainly praise-worthy.

And we can only hope that it helps the masses fall back in love with the regal Jamdani and support the trade on its 'way back' to regaining its formal glory.

Essentials:

To view exclusive pieces interested individuals are encouraged to contact Karutantra at 01311357317

Email: karutantra@gmail.com

Social Media Link: www.facebook.com/karutantra

By Fashion Police

Photo: Tanvir Ali Photography

Models: Antara Sarker Arthi, Anamika Sarker Sanchary, Synthia Afreen

Wardrobe: Karutantra

Jewelry: 6 Yards Story

Makeup and Hair: Shareef Artistry by Safa Shareef



initiation of the business, there was also the knowledge that Jamdani artisans were struggling, which encouraged me to put an extra effort behind the project. I wanted to help the Jamdani artisans earn their livelihoods for themselves instead of living their lives completely dependent on charity," said Marzia.

That's how the business began, and Marzia didn't find herself alone in the initiative because her family including her two brothers helped her actively with Karutantra.

"I could never make it this far without their support and I am proud to inform everyone that both my brothers Tasnimul Khalid Khan and M Shoaib Kamal are directly involved with the brand as Co-founders," informed the budding entrepreneur.

A futuristic approach

We have mostly seen the Jamdani motifs on saris, or the exquisite 84 count cotton pieces in the form of the seamless six yards of fabric. Marzia being her usual self, a bold and innovative entrepreneur, wants to take the attempt at innovation to make the fabric more attractive to the Gen Z.

"Let's be honest here; today's generation love the sari but maybe just as an exclusive wear. On a day-to-day





#FOOD & RECIPES

Flour power!

I was not the one who considered baking as a passion even three years ago. In high school when someone asked me what my passion or goal was, I would say, "become a makeup artist."

I was never the studious one and I knew that I wanted to do something out of creativity. I loved doing make up with a passion, I was also good at applying henna and I really thought once university is over, I would do something in the makeup industry. But now I do not know if I would say the same.

At a younger age I would bake a basic brownie for get-togethers and I showed a strong interest in cooking. When I went to Canada to pursue my studies, I soon realised I was not the person who enjoyed partying and going out too much (I went in winter and it used to be -20 on an average).

One day, a very close friend of mine, Tahmid said in a conversation about desserts how he was craving Nutella cheese cake! I remember making it for a *dawat* and I immediately said "Yes! I'll make it for you, but I don't have the necessary equipment."

The next day, he got me an electric beater as a gift and asked me to make him a cheesecake. I was at it, and I remember all my friends relishing it. The compliments motivated me even more and I started making brownies, cookies, and beginner level desserts.

Soon I baked on people's birthdays and I tried different flavours every single time.



By now I was already getting comments such as "You should really have a baking business." Most of the time I would laugh it off, because maintaining a business overseas, all alone and with university pressure—I could not do it for sure.

My best friends from back home would ask me to make cakes on their birthdays when I return to Dhaka and I remember when coming back just before lockdown, my suitcase had more baking ingredients than clothes.

During the lockdown in Dhaka, I opened an Instagram account, Flour power, but just to keep a portfolio of everything I made but with no intention of a business. I posted a picture of every dessert I made.

One day a girl messaged me saying if I take orders, and I got super excited and

considered talking to my father. In a moment he agreed as he never stopped us from pursuing anything that we enjoyed to do.

He helped me get the most exclusive packaging and one of my best friends, Nuzhat Minhaz, made my logo which was pink and floral and that represents me!

This is how Flour Power began.

When I make cakes, I try to incorporate a little touch of me in every each of them. My cakes and cupcakes mostly are pink in colour with a touch of floral. I do not like imitating cakes made by others, but rather create something with my own imagination. When clients send me pictures, I refuse to imitate fully but rather ask for their choice of colour combinations and theme.

Baking cakes have not only been my passion since last year but it's also a form of stress relief and self-satisfaction. In my kitchen, regardless of helpers, I work on my cakes from scratch, even up to tying the

ribbons on my boxes.

Flour power is super close to my heart and everything I bake is made with love and care. I have big dreams with Flour power and want to grow big with my passion project, and someday by sending out my cakes in every corner of Dhaka city.

For now, baking cakes have become a passion from just a hobby and I can't wait to achieve milestones with my little home bakery. I am glad to be able to use this lockdown to discover myself and do what I love the most.

By Ashra Ramaisa Khan

Photo: Ashra Ramaisa Khan

Essentials —
<https://www.instagram.com/flourpower19>

<https://www.facebook.com/flourpower1998>



#LIFE & LIVING

A fresh abode: Getting rid of unwanted smell

It has been scientifically confirmed that each house has a unique scent much like fingerprints. Unfortunately, this scent is not always a good one and it is not uncommon for your room to exude odour. However, if you follow a few simple steps, you can keep your room fresh.

The first thing you should do is to find out if there are any specific sources of bad smell that are creating the stench. Once you figure out the source (It could be a wastebasket or a pile of leftover food), remove it. Otherwise, no matter how many different things you try, the smell will keep coming back.

Make sure there are no dirty laundry left in a pile in a corner of the room. Dirty laundry will emit bad smell tainted by sweat, dust, smoke and who knows what else. This smell can be quite strong and they only get worse with every passing hour. The trick is to get your laundry done in time and if you must leave them for a day, try not to leave them in the bedroom.

Cleanliness has to be maintained if you want a fresh room. Whether you use blankets or sheets, try to make your bed after you get up in the morning. Beddings left in a pile will start to smell pretty soon. There is no winner if you leave your bed untidy.

For rooms with carpets and upholstered furniture, dust them as often as possible. Carpets can be the main culprit for bad smells during rainy season. If humidity starts to build up in your room, it will soon elevate every other culprit that gives out an odour and magnify it. If possible, use a dehumidifier to keep the humidity in control.



Open the doors and windows so that plenty of natural light and air can flow freely in your room. This will not only freshen your room naturally; it will also remove the trapped air that was starting to make the room smell. If your room is adjacent to the bathroom, you should check for mould (a type of fungus) every now and then.

You might hear useful tips like- 'light

a candle' from here and there. Candles will help in some cases but most of the time they only mask the original odour and if you do not get rid of the source of the smell, it will come back soon after the candle has gone out. Try not to rely on the candles for they are a temporary solution and a safety risk.

If it had to be summed into one simple advice: it would be to keep your room

clean and the smell would be under control. Using an air freshener can be a quick solution when you are in a hurry. Combining air freshener with a neat and clean room will elevate your mood; something surely to be desired.

By Ashif Ahmed Rudro

Photo: LS Archive/ Sazzad Ibne Sayed/ Nazneen Haque Mimi

Spring
Air Freshener

লেমনগ্রাসের
রিফ্রেশিং ফ্রেগর্যান্সে এখন পাচ্ছেন
স্প্রিং এয়ার ফ্রেশনার

সুবাসে হোক বসবাস

Spring
Air Freshener
LEMONGRASS

SQUARE TOILETRIES LIMITED

#LIFE & LIVING

SANIA AIMAN
Sub-Editor, Lifestyle
The Daily Star



The back to school business

A couple of weeks ago I woke with a start, fresh from a nightmare of rushing to school but missing the bus. Except, I have not been a school student in at least a decade and a half. Perhaps, this helps me relate to the kids better in that I still carry some of the stress from my time there, and being late was just one of the things.

As schools the world over gear up to reopen after periodic shutdowns due to the coronavirus pandemic, Bangladesh has kept educational institutes closed for over a year and a half, since March last year. In light of the country's insufficient health infrastructure, it seems like a sensible decision, even if a bit overcautious. Many children have missed out on the big-leap exams like SSC, HSC, O Levels and A Levels, and higher education students have been ruing the loss of potential work years as their lack of certificates held them back from applying to various jobs.

But now, as a fresh government directive could be opening up schools for real, how will it affect the numerous individuals whose lives will again see a great change?

The first stakeholders in this are obviously the students, and true to their nature, the reactions are mixed, depending on age, schooling level, and also individual personalities! The youngest of the lot, who are more concerned with the cute little chairs and toys and colours at school, have nothing but excitement. But as you go up the age groups and ask about how children feel about going back to school, it reveals a mixed scene.

From grade 5 onwards, even as most children feel lonely and isolated, many of them got used to the more relaxed vibe of the online classes, and the gentler rigour of the online school day.

A student of class seven said that they have slept more in this year than they slept in the seven years past, as there is so much pressure that most kids only manage to get 4/5 hours on weekdays. Another in class 9 said that they relish being able to sit back and do classes and not be forced into awkward interactions with teachers and fellow students.

One child said the imposed social

distance had cut down the drama from their lives, and they stayed in touch with only those who care about each other.

On the other hand, some children cannot wait to go back to school to meet their friends, play during tiffin time, and get away from the confines of their homes. The prolonged confinement has been torture, enough to cause them tremendous pain, and the idea of school is just relief. Little and cute concerns about school uniforms being too small and early mornings being difficult also abound.

The other stakeholders are parents. While many of them worry about safety and the health of their children, most are happy to expect some normalcy back into their and the children's lives.

A dear friend, mother to two children, said that for online school where just tasks were assigned, she had to do a major part of teaching herself, and it was difficult as working mother, to manage that extra time.

Many parents have hopes that schools will put in extra effort towards pandemic protocols, and perhaps introduce rotational

classes where the large batches are broken up with only a small number going to class each day. Others feel that even if school open, children should be eased into the concept, with one or two days of physical classes and the rest of the days remain online.

As teachers, most of us like to see our children up front, and it is easier to gauge a child's reaction, attention and understanding when they are sitting right in front of our eyes. It is also easier to bond with, and nurture each child according to their specific style and requirements.

In my perfect world, long after the Coronavirus is a distant memory, in crowded cities like Dhaka where commute is so difficult, all school that are capable would continue classes with an ideal combination of three days on campus and two days online, so that all involved can cut out the painful commute for two days and use that time more constructively.

See you back in school!

By Sania Aiman

#LIFE & LIVING

The Sorry Tale: Apologies in a relationship

A serious relationship is difficult because it's not about just you, it's about putting your ego aside for the sake of the relationship to achieve something that matters to both of you. You might feel like saying sorry makes you seem vulnerable and weak in the relationship.

Would 'sorry' have made any difference? Does it ever?

It's just a word. One word against a thousand actions.

Some think that apologising is degrading. In reality, an apology is the indication that you care about the relationship more than you care about your anger and contrary to



what you have been led to believe, it's not degrading.

Admitting your mistake means that you recognise what you did wrong and you are willing to work on it to improve yourself. Which is a very admirable quality.

In many ways, a relationship is like a bicycle. Just like a bicycle needs two wheels running at the same time for it to move forward, a relationship needs two people working on it for it to move forward. And just like you do not learn to ride a bicycle properly without falling down first, your relationship is not solidified till you have had your first fight. And with a fight, comes the next part — an apology.

Bill Burr, the comedian who is known for his controversial stand ups knows this. As he pointed out in a heated special — "How are you gonna solve it if you don't figure it out?" If Bill Burr can figure it out, you can do it too.

Miraj Ahmed, a graduate student was reminiscing about his long-distance relationship as he pointed out how not saying sorry led to his breakup.

"It was never symmetrical. First it was me who only said sorry. Then we were broken up for a while and when we got back together, it was only her saying sorry. Then we broke up again and it was me back to me apologising constantly. Looking back at it, it was always one sided and that's why the relationship

didn't last," said he in a gloomy tone.

Sumaiya Parvin on the other hand, had a very different experience. After dating for four years, she recently got married.

"We've had some very ugly fights over the years. Fortunately, we are both silly enough to come back and apologise. I guess that's why we managed to end up getting married," she said jokingly.

"In normal fights it was mostly him saying sorry in the earlier days, we've moved on from that and now it's both of us," she added after pondering for a moment.

While most men complain about having to say sorry, some have it the other way around. Rasel Hasan, an engineering student was rather annoyed because his partner was always apologising.

"It gets annoying after a while. Even when it's not her fault, she apologises and that's not how it should be." He said recognising that some people just have the habit of saying sorry as a personality trait.

Saying sorry is much more powerful than staying silent. Remember what everyone says while giving you advice? Communication is key. This is true not just for relationships, but in every aspect of your life. While it is true that some people claim to have clairvoyance power and mind reading abilities, most of us are just regular people who will not know what you are thinking if do not tell us. So even if you do believe in telepathy, we recommend communicating with your partner in clear words to make your relationship work.

By Ashif Ahmed Rudro
Photo: Collected

#LIFE & LIVING

WARA KARIM

Writer, painter, gardener, content creator
Website: <http://www.scratchingout.com>



Back to school after more than a year

Schools are opening across the globe. And with this comes the threat of a new wave of COVID transmission. Wara Karim writes about her experience living in the USA and how authorities are planning to cope with the situation as children start attending educational institutions.

This fall, schools around the US are welcoming children for face-to-face instruction despite a new COVID-19 surge.

My daughter was six months into her first grade when a state of emergency was declared and our schools were closed down. From her bedroom, my daughter completed her first grade, began her second grade, and finished that, too. Now after one-and-a-half years at home, she has gone back to school to start her third grade. She could not contain her excitement when I gave her the news of school reopening in person!

If you are a parent, you know how much you and your child are waiting for schools to reopen, because being away from school and their friends has been tough on our children — the pandemic has left their little world in a disarray. Many children, who have started school in this pandemic, do not even know what a school really is.

"I can't wait for the COVID-19 to go away! My son, who is in playgroup, attends his school online. He does not even know what an actual classroom looks like," said Tasnuva Azim, a banker in Dhaka.

Starting a new school year is always an exciting affair, because it marks a new beginning for any child. We have bought new school uniforms, stationery, book bag, and most importantly, new face masks to start in-person school after more than a year.

Yes, there is excitement as we get ready for school every morning. I am happy to see the return of some amount of normalcy to my child's daily life. However, if you ask me whether I am anxious about my child's well-being now that she has started attending



school in person, my answer will be, yes, I absolutely am. Having said that, I also know that her elementary school staff are trying their best to keep her and her friends safe.

No matter where you reside, schools will reopen sooner or later. As parents, we have to do our part to make this transition from virtual learning to face-to-face learning as smooth as we can for our children.

Prepare your child

Your child could be nervous before starting school in person, because after all, they are going back to school after more than a year. Under stay-at-home conditions, many children have lost their social interaction skills, so they could be nervous at the thought of going back to school; one year is a long time for young children.

At the same time, they are also aware of the fact that we are in the middle of a pandemic when thousands are falling ill and dying every day. Many of them have seen their family members suffering from and succumbing to the disease. Therefore, children feeling anxious about leaving home and attending school in person is

only normal.

Therefore, before your children return to in-person schooling, spend time with them, talk to them, and fill their hearts with positivity and encouraging words while at the same time reminding them of the safety measures they must always follow at school. Talk to them about the bright side of in-person schooling! Adjusting to face-to-face instruction could be challenging for children at first simply because they are out of practice. However, do not lose hope. Keep working with your child and her teachers.

Many children's lives have become unstructured after having spent more than a year at home. Before your children return to in-person school, make efforts to bring back routine to their lives, especially to their bedtime and meal times.

Parents need to prepare as well

Parents are out of practice, too. After having spent more than a year without the morning rush hour characterised by preparing breakfast, packing lunch, asking my child half a dozen times to finish her food quickly — I have suddenly woken up to a new

reality. It was stressful under stay-at-home conditions, too, but the nature of the stress was different. Back then, I knew that my child was safe and at home, but now I am having to send my child to the outside world and certainly, I am a little panicky.

In the USA, parents have been instructed to do a daily 'health screening' so we only send our children to school when they are in good health. The school staff members do the same when children arrive at school.

At school, children are spaced with three-feet distance whenever possible. All students, teachers, and staff members wear a mask while indoors and on the school bus. Parents have been asked to send their children with two additional masks in their book bags every day. Disposable masks are also available for children at school. Children are only allowed to take their masks off at the cafeteria and outdoors.

Sanitising and disinfecting surfaces is now the new normal in all business settings. Schools are not any different. My daughter's school encourages its students to wash or sanitise hands regularly. The school staff also sanitise and disinfect high touchpoint surfaces (door knobs, stair railings, bathrooms, office counters, etc.) periodically throughout the day to reduce any possible spread of the virus.

Unlike before, parents are not permitted inside of the school. By allowing fewer visitors into the school building, they can mitigate any possible spread of the virus.

While I am worried about my child's well-being. I also know that our children needed some amount of normalcy in their lives to fare well physically and psychologically; our little men and women have already lost a chunk of their normal childhood to this pandemic.

By Wara Karim
Photo: Collected

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
১ টি ৫৭০ লব্ধী সোপ ফ্রী!

KOHINOOR CHEMICAL

Fast wash
DETERGENT
POWDER

১০ POWER WASH



#FOOD & RECIPES

Impetus Lounge: Your getaway within the city!



As much as we fancy, it is not always easily possible to leave the hustle and bustle of Dhaka and spend time 'far from the madding crowd'. But Impetus Lounge offers the next best thing — serenity, good food, and good times. Even though it is in the middle of the madding crowd, it does so by rising above it, being aptly located on the rooftop of the towering Impetus Center situated on the link road of Gulshan and Tejgaon.

And so, towering over a big chunk of the city, the lounge overlooks it, providing picturesque views of the city around. The breath-taking views are just the start. With plantations providing plush greenery, a cosy and sleek décor perfect for an evening out with your loved ones, and a swimming pool, Impetus Lounge is a perfect getaway from the worries of the day.

And of course, there are mouth-watering dishes to indulge in. From salads and savouries to burgers and sandwiches, the options are aplenty, so you are sure to find something or other that will suit your palate.

Be it their steaks or pastas, lobster or fish, the menu promises you a delightful treat.

One should also try out the lounge's special or signature platters. The generous serving and the diversity of

the assortments ensure there is something of choice for everybody, thanks to the intelligent way the platters have been curated.

The Mixed Grilled Platter, for example, includes a fish fillet grilled to perfection, BBQ chicken, mini steak, and grilled prawns, along with a number of sides.

And with their selection of drinks — from a range of mocktails, shakes, etc., you are in for an overall amazing culinary experience.

Perhaps one of the things that set Impetus Lounge apart, is the overall



experience they offer. So, it is not just the food. How many eateries in Dhaka can you name where you can enjoy breath-taking views of the cityscape? How many lounges with so much greenery? And even more so, how many with the luxury of a pool in which you can swim?

If you are scratching your head for answers, then stop and pay a visit to Impetus Lounge!

For more information -- be it regarding reservations or using the swimming pool -- visit <https://www.facebook.com/impetuslounge> or call 01714056240.

By M H Haider
Photo: Impetus Lounge