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Style

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BOLD LOUD *and* AVANT GARDE

THE CUTTING EDGE OF FASHION
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MALE MODELS **C, P12**
LOSS OF ONE'S CROWNING GLORY
HAIR LOSS WORRIES **P8,9**

PHOTO: SAZZAD IBNE SAYED
MODEL: MEHRUZ MUNIR
STYLING: SONIA YEASMIN ISHA
HAIR AND MAKEUP: SHUMON RAHAT
WARDROBE: ZURHEM



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October 2021

The Brunch at Hotel Renaissance

Believe it or not, brunch is nothing new, much more than just another millennial trend or even a meal; it represents a social experience. Sure, the word brunch is a portmanteau of breakfast and lunch but it's not just yet another meal. With the right company at the right place, it can be THE MEAL of the day.

Hotel Renaissance offers a sparkling setup for Brunch on the 3rd floor at Bahar Multicuisine restaurant, one of the finest restaurants in town, where the sitting arrangement is just as colourful as the dishes themselves. The sparkling decorations overhead and the interior combined with the handcrafted hanging lamps will surely put you in a good mood as you roll up your sleeves for your meal. The only thing that can rival the soothing ambience are the dishes themselves.

Everyone has different taste in food and sometimes crave for unique combinations to satisfy their cravings. The Buffet Brunch offers you enough options to meet your every craving. Whether you want the taste of succulent seafood salad that floods your mouth with rich flavours or the savoury taste of turkey bacon, or add a little bit of chicken salad on the side, however you like your entrée to be, you can have it here.

Craving something traditional? Naan or curry, mutton biriyani or even mutton paya — just take your pick. Brunch starts at just the right hour of the day so it's not too



early to reward your tastebuds with any of these delicacies. Or perhaps some healthy choices like soups or vegetable salads?

What's truly special about brunch here is the concept of live kitchen. How do you like your eggs? Sunny side up? Just ask the chef. Some eggs benedict? Tell them how you want it served and it will be done as you please. The live stations will offer dishes that are served with such presentation that they will have your mouth water. The roasted fish served with sesame dressing is truly a sight that can't be described until you've had a bite. Or the potato gratin presented along with roasted vegetables and chilli chicken looks just as scrumptious as the counter leads you to yet another surprise — a live chotpoti station.

If you are not overly enthusiastic about savoury dishes or just a natural sweettooth,

then you could always go for desserts. Rice pudding, pea and almond tart or the toothsome looking red velvet cake; even assorted croissant is all available right beside the fruit salads and juice corner.

With the pandemic in consideration, you will be offered a pair of gloves for the food stations to ensure your (and everyone else's) health safety.

Hotel Renaissance's buffet brunch is available on Fridays and Saturdays from 12-4 PM. With the running offer, you can buy one and get two free with selected bank cards so it could be a perfect hangout opportunity.

For more information, visit their Facebook page at: www.facebook.com/RenaissanceDhakaGulshan

By Ashif Ahmed Rudro



Kay Kraft's Sharodiyo Collection

Mandala art holds a special place in Hinduism, as the geometric designs feature imageries of the faith. This Puja season, Kay Kraft takes cue from mandala art to create their Sharodiyo Durga Puja Collection.

A wide range of attires, from saris, shalwar kameezes, long kurtis, tops, to panjabis, shirts, and clothes for children. The selected colour scheme reflects the festive mood of the Puja, and the fabrics are a choice keeping the sultry autumn season in mind.

The Sharodiyo Collection is available at Kay Kraft brick and mortar stores, and their online shop, kaykraft.com.



Special offers are available for online purchases using selected cards. During the month of October, one can also avail free delivery across the globe for purchases equivalent to USD 100 or more.

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INTERPRETER OF MALADIES

NIGHAT ARA
Psychiatrist, Counsellor,
and Therapist



Men's anxiety and other mental health issues



Scientific studies report that anxiety disorder is more common among women than in men. There are gender specific social teachings that contribute to mental health problems in both men and women. "Fear" is the master emotion underneath anxiety. Suppressed emotions result in unthwarted energy (nervous energy) which tends to bubble up from time to time for an exit point. Anxiety can manifest in different forms such as generalized anxiety, phobia, social anxiety, panic attacks, obsessive compulsive behaviours, somatization (physical manifestation of psychological/emotional conditions) etc.

Before we focus on gender role contribution to male anxiety and other mental health issues, perhaps it would be helpful to shed some light on unconscious biases and how these transmit through generations if unchecked or ignored.

Research has shown that our brain uses "bias" as shortcuts because it can process only a small fraction of information it is bombarded with on a regular basis (more so in this era of social media!). This helps to shorten response time, bypass rigorous vetting processes each time (e.g., our brain automatically deducts sensory input related to anyone wearing sari as "woman"). However, these unconscious biases can become a systemic barrier to human wellbeing if it does not adapt to social changes. Static force of unconscious bias will invariably cause a friction to dynamic force of change.

Social stereotypes, myths, stigma, attitude can profoundly impact mental wellbeing. An intersectional analytic process helps us to understand complexity in mental health conditions. Gender based analysis shows how gender often plays a significant role in systemic oppression and mental sufferings of people. Besides gender, there are other social determinants like race, age, ethnicity, sexual orientation, social class etc. which can influence mental health status of a particular population.

"Gender" plays out as socially constructed gender role, behaviours, identities, and gender expression. Human physiology and psychology are often intricately interconnected in each social context. It is almost impossible to separate one from the other when we take a holistic approach to health and wellbeing. Awareness and knowledge are a good starting points for clarity on the matter.

For the sake of clarity, biological differences between men and women are not contested at all when we try to deconstruct gender. Men and women are

not the same, we can respect this difference while trying to achieve gender equity to improve mental health of both genders.

Gender is an identity factor. How strongly we adhere to any identity is a function of ego. Stereotyped gender role in patriarchal society can fuel some "male ego" but can also backfire on others. Gender role in our society expects men to be the provider, protector, rescuer, guardian, custodian, warrior, defender etc. These roles automatically fall on their shoulders as a child of destiny. Although they grow up with "male privilege" because they are destined to perform higher roles, many men fall short of that idealised male image constructed by society. Inability to live up to social expectations can interfere with self-image. Each of these roles also bring responsibilities and thereby stress and stress related diseases.

Men cannot express their normal range



of human emotions like fear, sadness, vulnerability etc. in fear of being judged as "less than" by social standards. These emotions are seen as signs of weakness and are attributed to femininity. It is normal to shed tears to mourn a loss. When we cry over losses, we grow. Social bias leads men to bottle up primary emotions and cover those with secondary emotions like anger, aggression, controlling behaviour etc. This makes them more susceptible to chemical dependency or other behavioural addictions (e.g., work, sex, porn, social media etc.). "Authentic True Self" tends to hide behind these additional layers of unhealthy ego, defence mechanisms, and coping strategies.

Social transition in gender role distribution can evoke fear in some men. Older men who were heavily invested in specified gender roles could experience

stress from mounting social pressure to adapt to this change. Unresolved identity crisis may resurface. Importance of men receiving coherent and consistent messages across the board (e.g., family, peers, media, institutions, court etc.) cannot be overemphasized to prevent role confusion and overreaction.

"Male ego" suffers from a sense of supremacy and entitlement in patriarchy. Pathological ego (detached from original source of life) defies any human limitations, resists humility, flexibility, and inclusiveness. Consequently, an ego detached from humanity and humility becomes more vulnerable and lives in fear of impending loss or doom. Heavily gendered men cover up this fear with intermittent anger, shame attacks, they berate others publicly to preserve their self-image. Ego thrives by creating division, emotional dramas and by

making enemies. Ego is terrified of being annihilated by "others," of becoming "nothing," "insignificant," "unimportant," "out of control," "not enough" etc. Ego needs are practically insatiable, and excessive attachment to ego can ultimately lead to isolation. However, during insightful moments, egoistic people also know distance between hero to zero, conqueror to loser, success to failure, and warrior to worrier, is indeed very short. This internal conflict or splitting can lead to cognitive dissonance and existential crisis, manifested in a wide range of behavioural symptoms (e.g., ego state dysfunctions, schizoid personality, borderline personality etc.).

Incidences of gender violence is often linked to gender status and disparity in power and control arising from social structure. Men who are aggressors,

abusers, bullies, perpetrators etc., are often condoned by family and society as men being men or absolved for having testosterone as an excuse. Consequently, they learn not to take responsibility of their behaviour. Parenting styles and family dynamics play a big role in shaping human psyche. A culture that promotes loud gender expressions also encourages men to make derogatory comments towards women. Historically, there has been negligible consequence or resistance to gender violence, macro and micro aggressions like condescending comments, eve teasing, negative stereotyping of women, rape, gang rape, sexual harassment etc. Anger management courses, correctional services, social skills training etc. might be helpful to many men who demonstrate these behaviours.

Men's anxiety of becoming a victim in gender violence is also a reality. Proportionate attention and appropriate measures should be taken to ensure gender equity. Establishing equity requires identifying specific vulnerable groups and addressing their needs to empower them. Equity is about creating level playing ground for everyone to access equal opportunities for the sake of social justice. Criminal-minded people, irrespective of gender, try to abuse gender sensitivity to achieve their personal goals. Sexual exploitation, character assassination of men should be condemned and punished by law.

Human dilemma is, we cannot function without ego while an unchecked ego is source of misery and sufferings. Connecting consciousness and conscience to ego is absolutely essential.

Collective ego (us versus them, men vs women etc.) is far more dangerous than individual egos. Collective ego operates through gender, race, extreme nationalism, religious extremism, politics of division etc. It looks for differences and ignores commonalities. Collective ego strives for supremacy of one group over the other. It is important to keep collective ego in check for the sake of humanity.

Finally, it is not easy to change the hard-wired programming of human brain but small steps in right direction can make a difference. All humans deserve freedom from slavery including slavery of our own mind, ignorance, and harmful unconscious biases. Egalitarian societies create room for diversity and show more strength as a society by becoming more flexible and inclusive.

Photo: Collected

#FASHION & BEAUTY

A candid conversation with Mehruz Munir

Zurhem is Mehruz and vice versa; if you have had the chance to visit the atelier earlier, you have already had a first glimpse into the glitzy lifestyle of the genius designer.

Many of Bangladesh's most engaging fashion shows — the ones creating the hype, the ones with the most clicks and energy have two things in common: Zurhem and Mehruz Munir, the Creative Director and Co-Founder at the famed fashion house.

In today's world, when it's all about creating an entire world around the brand and leaving the audience feeling ecstatic, Munir seems to always be a step ahead in time with team Zurhem, and we definitely wanted to know how.

Insight into the life of a brilliant designer

We meet with the artist at Zurhem's Banani atelier, where Munir is dressed in a navy-blue shirt, white jeans and spiked shoes. He shows us around the atelier which is bright, welcoming and proudly hung-up on being glitzy and golden!

Munir realises our amusement and admits, "I am all about being glitzy, glamorous and out there, and

frankly speaking Zurhem is all about my obsessions." He adds to impress, "If you aren't 'over the edge' and experimenting, then what have you been doing is my question!"

The first impressions that should naturally come to mind after the introductions: Controversial? Daring? Challenging?

"I have always been controversial. But if I cared, I wouldn't be anywhere close to where I am today. So, people can keep on wondering whatever they want to and I will keep on dazzling them with unparalleled designs as long as I am alive."

Munir seemed annoyed for a millisecond and then he changes his demeanour, "All the negativities in my life actually give me inspiration." He laughs, expressively. "I say, channel those negativities towards something positive."

Our next question was whether Munir was a pseudo-intellectual or a prodigy designer.

Munir had to consciously choose one between the two.

His discreet smirk gave away the answer. "Choose for yourself, let me just say how it was before I became the Creative Director at Zurhem. I was always a quiet child, and preferred to stay at home rather than go outside and play with friends. I stayed back and painted for hours. And most strangely, when kids my age (6-7 years) were attempting to replicate cars, houses and perhaps candies, I was drawing and painting human figures and their attires. With time, these drawings just got more detailed. By 12-13 years, I was putting in coordinated shoe-strings and embellishments on my designs. This was when I realised for a fact that I was into Fashion Designing and it was definitely meant for me," confessed Munir.

But the stereotypical South-East Asian thought process would have him stalled for a little longer and Munir would finally graduate from Business School.

"I was able to finally convince my parents about Fashion School after graduation, which is when I went to London School of Fashion to fulfil my childhood dreams."



After learning about the humble beginning of the creative genius we wanted to know more of the hard-hitting truths: the current standing of creativity in Bangladesh.

For someone who has met Munir only on print, it is usual for them to presume the designer to be very calculative, always saying the right things to impress. When in real life, it's interesting to notice how stridently he speaks; remotely fluffy when it comes to his beliefs.

"I personally believe there's a lot of scope for us to improve in the world of designing. Things are definitely moving forward but to make it better, designers must be less focused on the commercial aspect of the art form and more attentive to the experimentations and the creative flair."

This brought us to our next question, Zurhem's future.

Munir was his usual 'calm and bold self' while answering, "It is about time Bangladesh had its own global fashion brand and we are thinking BIG with Zurhem. The pandemic definitely forced a big gap in the process but hopefully things will

get back on track soon enough," conveyed Munir.

Our mistaken opinion, assumed a little early: With Zurhem we had seen it all, from tiger prints to grunge suits, it would only take the inexperienced (fashion-wise) to be taken aback by flashier styles.

Munir flinched, "Wait a minute, you can never be unamused at Zurhem. We always have something for you at our atelier to keep you interested," said the designer.

Then he went about to show Zurhem's

latest accessories collection including bracelets, tie pins and pocket squares. "You must wait for more, we have plans for an exclusive line of shoes, bags, wallets and what not!"

Oh My God! The future is definitely bright with Mehruz Munir at the steering wheel.

Seat belts are a must! We are waiting Munir. Dazzle on!

By Mehrin Mubdi Chowdhury

Model: Mehruz Munir

Photo: Sazzad Ibne Sayed

Styling: Sonia Yeasmin Isha

Hair and Makeup: Shumon Rahat

Wardrobe: Zurhem



Creative mind behind Zurhem

Breaking down stereotypes about THE MALE MODELLING INDUSTRY

Please don't confuse regular people doing random stunts with professional models working strenuously 10-12 hours a day and representing valuable brands of the country and beyond. We are extremely dedicated people living healthy lives. The media is so keen on tainting our names, that every time someone breaks the law, the word 'model' has to come up! If this negativity goes on any longer, the profession will collapse like a house of cards!

MODELS AT THE CELEBRATORY SHOOT WITH STAR LIFESTYLE

Like every other profession in the world, being successful is the most sought-after goal in the modelling industry. But the catch lies elsewhere — who is to decide what success actually means?

Few of the top models in the country portray 'success' to be as straightforward as being enlisted in the extremely limited top runway shows of the country and securing exclusive contracts with high-end fashion brands. However, they also echoed one fact: the 'entire process' was scandalously short-lived and that before anyone could raise a glass to make a toast, they had every possibility to fall flat on their faces.

In this year's Exclusive Men's Issue, we particularly focus on the most recognisable male fashion models of our country and try to disclose how difficult it is for them to pilot through the fiercely competitive world they call their own.



NIBIR ADNAN NAHID

"It all began with me borrowing clothes from my friends and trying to look chic and sophisticated," said Nahid, exuding the strength of a man who has gotten used to seeing his dreams come true.

"I won't say the journey wasn't rough at the beginning, but since I had the passion for it early on, the rest of the process became rather easy. I just knew I had to make it big."

The Dhakaite seemed confident in his proclamation and why shouldn't he be when Nahid had already mingled with the Big Stars of international repute.

"I worked both in Delhi and Mumbai and stars like Disha Patani belonged to my Agency: TOABH Talents."

"I trained with Samir Jaura, personal trainer of Farhan Akhtar for the movie Bhaag Milkha Bhaag.... So, I have met most of them — the stars I mean! These down to earth people helped me gather my pieces together and embed enough confidence within me to make me believe that I was able to achieve everything I ever wanted," said Nahid.

But the pandemic did disrupt the perfectly set out life of the reputed model and he wasn't too happy about it.

"What the pandemic taught me is patience. Maybe I was sky-rocketing with my life. And it was time to slow down a bit. But for what it's worth, I did get the time to reflect back on my life and would favourably try to make more calculated moves in the future," revealed the model.

Speaking about obstacles in his life, Nahid was quite clear, "I wish I had a guide who would show me the way; at the beginning I didn't even know how to get proper work-related visa, adjust tax papers and get linked with the right agency. Then with some hard work, everything fell into place. Now I think, it's better for the next-gen professional models. They would at least have 'the guide' in me," said an exuberant Nahid.

ABDULLAH AL MAHFUZ (RAAZ)

"I started as an extra for TVCs! My friends used to work in the background and earn quick cash. This encouraged me to join them and make some money as I studied for my Bachelor's degree," mentioned Mahfuz.

Even though his beginnings were humble, this popular model made it to the pro-league soon enough. We wanted to know the ordeal behind his success.

"Today's models are quite lucky. They get to go to grooming school, and they get a thorough professional training before walking the ramp. For us it was quite the opposite. I remember a close friend explaining ramp walking to me: that you need to walk like a king in front of the audience. This message got through to me and I started walking 'majestically' on the streets, while crossing roads, on the pavements,



sidewalks etc., and that was the beginning of my training for the ramps," said the supermodel.

Hailing from an era that didn't understand the profession very well, Mahfuz did face a number of hiccups. But over the years he taught himself to accept life as it was. "Obstacles are everywhere, that is a given fact. I can't keep on whining about it. Whining won't solve any problem," relayed Mahfuz.

In fact, Mahfuz was quite proud with the fact that models from his generation had set the standards for the industry in a positive way. "Models in our time would accept payments as low as Tk 500 to Tk 2000 for brand representations. Today's kids don't discuss attachments until and unless they are paid Tk 10,000 or 15,000 at the least. I am proud that this was possible because of us. We fought for our salaries, we fought to maintain a standard and the 'next-gen' reaped the benefits."

Even though all seemed hunky-dory in Mahfuz's professional life, he was adamant on leaving it to pursue business.

"I think I am done with enough modelling for one lifetime. Now it's time to start something new. I want to venture into real-estate business and I am hopeful my face, my goodwill will only come to my benefit," claimed Mahfuz laughing.

FAZLE RABBY

"My first stint in front of the reels will forever be etched in my memories — I paid for the portfolio by selling off my mom's earrings," confessed Rabby.

This was only the beginning to a life full of drama and anxieties for the upcoming model.

"At the beginning, I was even embarrassed of my height," confessed a beaming Rabby. "Today, I may be laughing at it, but this is probably the fact for a lot of people from my generation. When conforming to the norm was like golden standard."

Rabby seemed a little tense recalling the past and we had to intervene, reminding him that those days were merely a part of memories.

"You are right! Today, my parents are quite proud of what I do. When they see that I earn as much as any sibling or a friend, and that too by working comparatively less, they are amused. And that is success for me: being able to make my parents smile," said Rabby.

Inquired why he thought his life had more obstacles than most of his colleagues, Rabby grinned slightly. "Well! I wouldn't exactly put it that way. But yes, I did have to wait (perhaps) a bit longer to gain success. My mistake was that I was involved with the wrong agencies. Mishandled and not put into track in the right time. But lessons were learned, which helped me pave my way back into limelight and I am actually more thankful of the detour because it encouraged me to be more passionate and respectful towards my profession."

When the pandemic had halted everything from education, to marketing and business, the modelling profession had also been dishearteningly paused. This definitely placed a wide gap in Rabby's professional life or so we assumed. Rabby's affirmations only confirmed our guesses.

"Right when I felt secure about my profession, the pandemic happened, turning everything upside down. And you know what the worst thing is about our professional life? That it has an expiry date. We can't continue to be models forever. That is why I am actively looking into varied roles such as 'acting' for the future."

#HEALTH & FITNESS

LOSING THE LOCKS

the baldness issue

Whether you are particularly concerned about how you look or not, every now and then it is normal to look into the mirror and wonder if you are stuck with your baldness for the rest of your life.

A few years ago, I came across a silly meme while scrolling through Facebook that went something like this — *Women with straight hair want curls, women with curls want straight hair... Men are simple, they just want their hair to stay.*

Every bald person that I know laughed and nodded in agreement.

Causes

The first step to any problem is to identify the source of said problem. There are different kinds of baldness and before you start any sort of treatment for them, you must know what is causing your hair fall. A number of factors could be responsible — genetics, hormones, underlying medical condition, medications, stress, excessive hairstyling routine, and even diet could be the cause of your hair loss. Male baldness is different from female hair loss but it is particularly noticeable because it is much more severe.

Professor Syed Afzalul Karim, Chairman and Senior Consultant at Aurora skin and Aesthetics and former Professor of Dermatology at Holy Family Medical College Hospital in Dhaka is one of the leading figures in this field in Bangladesh and had some insightful information to share.





“One of the most common types of hair fall that worries us is sudden loss of hair that comes off in patches. It’s a condition called *Alopecia Areata*. Another type of hair loss happens due to any sort of deficiency or physical condition in the body like — blood loss, anaemia, some kidney problems or following any diseases or stress. It is called *Telogen Effluvium*. If we find and treat the cause, the hair will grow back. In both of these cases, fantastic recovery is possible.

“The most common cause of balding that we are referring to as ‘male type baldness’ usually happens genetically. We call it *Androgenetic Alopecia*. Since it is a genetically passed condition, if a person’s father was bald, there is a high chance of baldness for him as well,” said Prof Syed Afzalul Karim, insisting that before anybody resorts to any type of treatment or solution, they should find out the cause of their baldness.

Certain medications might induce hair fall as a side effect. So can hormonal imbalance, thyroid disease, vitamin deficiency, and did we mention stress?

Solution

You would not use any skincare product unless you are certain that it is the right one for you, otherwise you will have to suffer. The same goes for your hair. Before you use any cosmetic product or any sort of hair fall solution, you should become certain that it is the right one for you. Otherwise, the imbedded chemicals could damage your hair and make things worse. But such

products can only do so much, especially if you have already lost a significant amount of hair.

You might be wondering if there is any way to regain a full head of hair. Fortunately for you, modern science and medical practice have advanced enough that these issues are almost trivial these days.

“Even if someone is going bald due to genetic issues, it is possible to regain receding hair through hair transplant. We take hair from the back of the person’s head (where he still has hair) and plant them in the front and in three months he will get the result. The hair will grow regularly like normal hair,” assured Prof Syed Afzalul Karim.

There are other treatments like supporting medications or PRP (platelet-rich plasma) that promotes hair growth, but only your dermatologist can suggest you which is the correct treatment for you.

When to see a dermatologist?

The average human head has about 100,000 hairs (give or take). It is normal to lose between 50-100 hair strands a day and most men have short hair so they don’t really notice the hair fall. If you notice that you

are losing more than that, then perhaps it is time to consult a dermatologist.

Remember

For the younger people who are facing baldness, it might be difficult to accept because quite often one’s confidence and self-image are related to how one perceives themselves and having a full head of hair certainly helps. If you are starting to notice unnatural hair fall, you might need to reconsider your lifestyle.

Hair fall usually becomes more noticeable by the time you hit 30 and by 35 it becomes hard to miss. Unfortunately, there is no way to prevent male pattern baldness other than to get treatment. If you are going bald, you can start using hats or caps or comb your hair in a way that makes it less noticeable — but you have already thought of all these a thousand times. What you can do that will actually help is bring positive change in your lifestyle. Crash dieting practices or high stress can induce and increase hair loss. Balance is the key. Eating healthy, staying hydrated, stress management and keeping clean can go a long way in not only staying healthy but maintaining your look (and hair).

If you are trying chemically heavy hair products or leaning towards certain hairstyles that put a lot of tension on hair, it might result in hair fall as well. Avoid such measures and take care of your hair like you would care for your skin.

By Ashif Ahmed Rudro

Photo: Sazzad Ibne Sayed

Model: Simon Mansoor

Styling: Sonia Yeasmin Isha

Special thanks to Professor Syed Afzalul Karim, Chairman and Senior Consultant at Aurora skin and Aesthetics and former Professor of Dermatology at Holy Family Medical College Hospital, Dhaka



DESHI MIX
SALINA PARVIN



Fish, local and gourmet

Fish is and always will be an important part of Bengali culture. The love affair with fish is well established, thanks to the numerous rivers and the Bay down south. No wonder then that it remains a prominent presence in the celebratory or festive occasions here. Of course, the health benefits are well known too.

Fish is a good source of high quality protein and wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium, iodine, particularly in marine fish. Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for the body and brain.

Checking Fish for Freshness

Whether the fish is fresh can be checked by looking for the following qualities:

-The skin should be bright, moist and shiny. The scales should be firmly attached to the skin. The skin on stale fish may show signs of wrinkling and shrinking away from the flesh.

-The eyes of a freshly caught fish will be convex, the pupil will be black and the cornea translucent. The eyes should be bright, clear and bulging and, not sunken.

-The gills of freshly caught fish are bright red, but as the blood in them oxidizes, they rapidly turn brownish and any mucus on them turns opaque.



-If fish is split along the backbone and lifted, the bone should stick firmly to the flesh. If the bone separates easily, the fish is stale. The surface should also be free of dirt and slime, and the flesh firm to the touch, with no traces of browning or drying around the edges. A fish having unusually rancid odour indicates deterioration as well.

-To keep fish fresh, it should be kept covered, in the coldest part of refrigerator for no longer than 2 days. Pre-packed fish and shellfish can be refrigerated in the original package for a short time as well. Fish wrapped in butcher paper should be taken out and wrapped in aluminium foil or plastic wrap. Frozen fish maintains good quality when placed in the freezer

immediately after purchase. Freezer temperatures of 0° F (-180° C) or lower are necessary to prevent loss of colour, texture, flavour and nutritive value. Cured fish is best kept covered in the refrigerator. Canned fish, once opened, should be used up immediately or refrigerated.

Gandharaji Maach (fish cooked with gandhoraj lime)

Ingredients

6-7 pcs Rui/Katol fish
1 tbsp onion paste
1 tsp ginger paste
1 gandharaj lime
2 leaves of gandharaj lime
½ tsp turmeric powder
1 tsp red chilli powder
¼ tsp cumin powder
2 green chillies, slit
2 tbsp mustard oil
Salt to taste

Method

Wash the fish and marinate with salt and pinch of turmeric powder. Keep aside for 20 minutes. In a large wok, heat oil on medium heat. Turn the heat on low, and add the onion and ginger paste, fry for 2-3 minutes. Add red chilli powder, turmeric powder, cumin powder and a little water. Mix well, continue cooking on low heat for 1 minute. Add the fish and cook. Add the lime leaves and green chillies, stir. Cover and cook till the

consistency of the gravy is to your liking. Squeeze the juice of the gandhoraj lime over the fish. Serve hot, with rice or pulao.

Rui Macher Dom curry

Ingredients

5-6 pcs Rui fish
½ cup onion paste
2 tsp ginger paste
2 bay leaves
1 tsp cumin seeds
½ tsp turmeric powder
1 tsp red chilli powder
3 tbsp mustard oil
Salt to taste

Method

Soak the bay leaves and cumin seeds in warm water for 15 minutes. Drain from water, grind to a smooth paste. Add the onion paste, ginger paste, turmeric powder, red chilli powder, 1 tablespoon of mustard oil and salt to the prepared mixture. Add the fish pieces to the masala, coat well. Keep aside for 10 minutes. Heat 2 tablespoons oil in a flat pan. Gently place the marinated fish along with the marinade in the pan. Cook over low flame for 8-10 minutes. Add ½ cup of warm water, cover and cook for another 5 minutes. Finish with a generous drizzle of mustard oil. Serve hot with steamed rice.

Photo: LS Archive/Sazzad Ibne Sayed

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Black Tiger Prawn, Horina Shrimp, Red Snapper, Sea Bass and Basa Fillet are also available.

#PRESS RELEASES

Bangladesh Collectors' Show – an online hobby exhibition

Beginning 15 October, 2021 Bangladesh Matchbox Collectors' Club (BMCC) shall organise "Bangladesh Collectors' Show 2021", a virtual exhibit dedicated to a wide range of collectibles from Bangladeshi participants. From postage stamps, to matchboxes, coins and banknotes, antiques, and other more esoteric collectibles, this exhibition will feature the cherished materials Bangladeshi collectors accumulate for pleasure.

Al-Razee Anonnya, joint secretary of BMCC and one of the coordinators of this event said, "We have got huge response from all parts of Bangladesh. We have already passed the mark of 100 collectors."

Due to the pandemic, collectors worldwide are now venturing into cyberspace to display their collectibles, and this is perhaps one of the pioneering attempts at bringing various hobbies under one umbrella.

Bangladesh Collectors' Show 2021 is being organised with associate partners Philatelic Society of Bangladesh, Khulna Collectors' Society, Chittagong Collector's Club, and Sylhet Collectors' Society.

To get a feel of the exposition, log on to bdcs21.blogspot.com. The virtual exhibition, organised to commemorate the 50th anniversary of Bangladesh's independence, will last until 30 October, 2021.

Star Lifestyle is looking for new writers!

Do you enjoy writing on current and trending topics? Be it food, fashion, health, travel, tech or any other diverse lifestyle topics, and you enjoy researching and writing, then come join us as a contributing writer.

To apply, send us your CV and two sample write-ups on topics pertaining to lifestyle of your choice. The articles must be unpublished and original, and of approximately 600 words each.

Email us your submissions at lifestyleds@yahoo.com and please mention "Application..." in the subject line. Deadline: 13th November, 2021.

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Cheer up your partner. Your social groups will enjoy your company. Discord may arise with a loved one. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Do something to break the monotonous routine. Don't lose your temper at work. Open up to your partner. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Difficulties with family can cause emotional stress. Share your worries with a loved one. Steer clear of overindulgent individuals. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Changes can be overwhelming. Your communication skills will be inferior. Social events will be plentiful. Your lucky day this week will be Sunday.



LEO (JUL. 23-AUG. 22)

Your positive attitude will draw others. Friends will be loyal. Accept the inevitable and move on. Your lucky day this week will be Saturday.



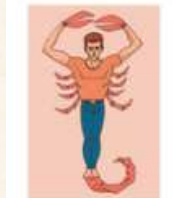
VIRGO (AUG. 23-SEP. 23)

Don't blow situations out of proportion. Your ideas will be appreciated. Don't let your personal partner hold you back. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Get things done yourself. Make your partner feel wanted. Look into physical enhancement programs. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Make love, not war. Deception is evident around you. Someone may damage your image. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Try to stabilise your personal relationships. Communicate honestly. You will make new friends through physical activities. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Get to the bottom of things. Help relatives with their problems. Think about starting your own business. Your lucky day this week will be Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Your creative talent will be recognized this week. Find your comfort zone. Misunderstandings may cause grief. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Your family can be upset. Look into personal changes. Don't exaggerate. Your lucky day this week will be Friday.

এখন

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Breaking down stereotypes about the male modelling industry

CONTINUED FROM C

AZIM UDDULA

Amongst the models in this issue, Azim Uddula serves as something of eminence grise, having reigned in industry as a star for several years. And Azim seems to agree with us, claiming that the industry matured as he did with time.

"I have been lucky in this profession and have been able to make friends early on," said a confident Azim.

"The secret is to basically mingle with the right crowd and gather knowledge whenever possible. I travelled to Milan and London on my own, to venture out possibilities in my field of profession. Maybe I couldn't do much over there, but they were definitely both learning experiences, which helped me be where I am today," said the supermodel.

Inquired about the future of the industry, he nudged a little, "Well, the industry is definitely doing well. Maybe not as much as we should have expected it to... but still, it's on track."

His firm eyebrows knit and it seemed he had more to say. "There's a lot of blame game in this industry but I do not believe in such hypocrisy, based on my plain understanding, a high-end talent hunting agency need to be present in our country. Best, if it is foreign-affiliated, then people will have a lot more confidence in that agency. The obligation is on us to initiate such a move, and maybe someday, we will," said Azim.

Meanwhile, he is exploring the possibilities of business with an international fashion designer, Grace Moon.

"Yes, I do have a clothing line of my own called AZ and it is getting popular by the day. I hope to make it global someday. If you ever ask me what my dreams are: there you go I have already said it," confided Azim, cheekily.

There is this common stereotype that defines models in general: mute and laid back in opinions. These men successfully proved these labels wrong with their rather expressive views and calculated living styles. The supermodels were keen to move on — to the next creative pursuit, the next big dream.

"Try shutting our voices — see what happens!" was an echoed response from the dream team.

By Mehrin Mubdi Chowdhury

Photo: Sazzad Ibne Sayed

Models: Azim, Nahid, Raaz, Rabby

Styling: Sonia Yeasmin Isha

Wardrobe: Zurhem

Hair and Makeup: Shumon Rahat

Location: InterContinental Dhaka