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Style

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# Hair now, **HAIR** Tomorrow

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PHOTO: SAZZAD IBNE SAYED  
MODEL: JUI  
MAKE-UP: SUMON RAHAT  
STYLING: SONIA YEASMIN ISHA



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# MUSCLE MANIA

## Strength training changes everything

There's no shortcut to fitness, but some methods are more effective in reaching your short term and long term health goals. The key is to activate the metabolism, balance hormones and rejuvenate the body, right from each cell.



### Decrease depression —

Resistance exercise training was associated with a 45 percent reduction in multiple depressive symptoms (according to a meta-analysis of 33 randomized controlled trials).

### Boost brain performance

Training for muscle increases neurotrophic factors in the brain. Just 30 minutes of exercise increases this 2-3 fold. These cause your brain to make new neurons in areas involved in learning/memory. They also repair damaged neurons.

### Fight fat storage

Muscles are more metabolically efficient than fat mass, allowing you to burn more calories at rest. Clinical data shows that your metabolic rate is increased up to 72 hours after strength-training exercise. This means that you are still burning additional calories hours and even days after your workout.

### Insulin Resistance

By partnering the powerful combination of whole food nutrition with strength training, insulin resistance can be reversed.

strong you actually are...you will fall in love with weight training too.

### Squat

Nothing challenges your central nervous system more than a squat. It pushes you to the edge and helps engage your entire system. This full body compound exercise is a tool for gaining strength, and mobility. Learn the correct form and practice daily.

### Deadlift

Sounds scary but this compound exercise is crucial for lower back strength. Weak back muscle is a dangerous condition we must prevent. Beginners should start with low weight and work with higher reps to build balance in lower back, hips, and leg muscles.

### Bench-press

This is a functional upper body exercise for women and men. Bench-press exercises comes in several variations used to target all large muscle groups.

### Final thoughts

Strength training means slowing and reversing the aging process at the cellular and genetic level, increase your energy, protect against the effects of aging, improve insulin resistance (the kindling for all sorts of diseases), and improve brain function.

Exercise can reverse your biological age by nearly a decade, give you more energy, maintain a healthy lifestyle, help you avoid aches and pains, and protect your brain and cognitive ability.

A busy lifestyle has become the new definition for success. Sleep deprived, back pain, and fatigue are the new normal. And off course, everyone hates their tummy fat, right? This harmful thought pattern has become the unseen poison of our society. But you can start the change from today. Strength changes everything. Be a muscle maniac!



The key lies in your muscles. At rest, 1 pound of muscle burns three times as many calories every day just to sustain itself—and a lot of those calories that muscle burns off come from fat storage units. Muscle is constantly burning fat off!

Now before I go any further, I know most women are afraid to hear the word muscle, because that means getting bulky like men. One must realise, muscles can get stronger without getting bigger. Women have very low testosterone (the hormone responsible for making men bulk up). This is why when women weight train, their result is a natural lean and tone shape. For men who crave to get big: increasing the size of the muscle almost inevitably increases strength. So it all comes down to the specific training technique as per your body's need.

### Why be obsessed with muscle?

Muscles are essential for maintaining how we breathe, how we move, metabolism, and posture. It's simple, the more muscle you have, the higher your metabolism.



Strength training stimulates greater glucose metabolism during and right after a workout.

Weight training triggers an adaptive response for more muscle and thus greater metabolic potential for the next workout. This compounding effect leads to improved insulin sensitivity due to the improvements in muscle strength.

### Three must-do muscle building exercises

I am obsessed with three specific moves. And I know that once you learn it and see just how

### Photo: Marina Farook

Marina Farook is the co-creator of [marinafarook.com](http://marinafarook.com), and Total Transformation Programs. She coaches global women with nutrition, supplement and functional exercise to reach long term sustainable fitness goals. Follow her on Instagram: [@wondermama\\_](https://www.instagram.com/wondermama_)

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ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...



# An Italian fiesta Celebrating the goodness of the Mediterranean diet

World Week of Italian Cuisine is an annual celebration of the culinary traditions of the country, and this year it was held from 22 November to 28 November. The programme saw many events organised by Italian embassies, consulates, and cultural institutions across the globe. Case in point: the food fiesta held on 25 November at the residence of the Italian ambassador to Bangladesh, Enrico Nunziata.

“Food, especially good food, brings people together. The Mediterranean diet and the Italian tradition include the notion of eating together and spending quality time with family and friends,” the ambassador said. “And this is also what we have done on this event, by bringing people from various international, local, and business communities together.”

And hence, the residence became a vibrant and lively place, with laughter and cheers and friends catching up, with the lawn hosting a number of stalls where cooks (mostly people from the Italian community in Bangladesh), made and presented the guests with delicacies of the country — from pizza and risotto to

The Daily Star was one of the media partners of the event. Mediterranean diet promotes healthy eating and healthy living. It is a broader concept than people sometimes make it to be. It is a heritage, comprising of various skills, rituals, traditions, etc. related to not just the production

sustainability! The theme involves, among other things, a wide range of issues related to biodiversity, food diversity, biosphere reserves, and sustainable agricultural practices.

The Week also raised awareness against the Nutri-Score system of labelling on food packaging, which categorises food products on a five-colour scale according to their calculated nutritional scores. It has been argued that this system may provide a vague and distorted image of many Mediterranean foods which are generally considered to be very healthy.

“Extra virgin olive oil, which has many health benefits, has been deemed as being rather unhealthy (due to its fat content),” ambassador Enrico Nunziata exemplified. “Now of course, if you are using it for frying in large quantities every day, it is bad. It really depends on how you are using it and how much you are consuming, but a direct negative label does not take into account all that and may negatively influence consumers in their purchases.”

Be it issues like food sustainability and biodiversity, or the debate of the aforementioned food labelling, or the protection of intangible cultural heritages, the World Week of Italian Cuisine tackled them all.

And the food fiesta at the ambassador’s residence had been a medium to bring forward these conversations, in the most delightful and charming manner, with the help of delicious food and celebrations of the Mediterranean diet and Italian cuisine.

**By M H Haider**  
**Photo: Sazzad Ibne Sayed**



gnocchi (often referred to as Italian dumpling) and cotolette di melanzane (eggplant cutlets) and bagna cauda (a dip that is often served with vegetables).

In the heart of it all is of course Mediterranean diet, which is recognised by UNESCO as an Intangible Cultural Heritage of Humanity, along with the art of Neapolitan ‘Pizzaiuolo’, the traditional culinary art of the preparation and the baking of the dough.

Beatrice Kaldun, head of the office and UNESCO representative to Bangladesh, was also present during this event and spoke of these heritages in her speech.

and cooking of food, but also the sharing and consumption of food. As for the choice of the food items, it places a lot of emphasis on fruits and vegetables, beans, nuts, fish, and olive oil. Consumption of dairy and meat products is also there, but in relatively smaller extents. Hence, the Mediterranean diet is often regarded as a healthy diet and lifestyle, nourishing not just the body with nutritious food, but also the mind, with the concept of eating together and strengthening community and family bonding.

This year the theme of World Week of Italian Cuisine was ‘tradition and perspectives of Italian cuisine: awareness and enhancement of food

# Scalp detox

## for better hair growth

Hair is something that needs to be taken care of dutifully, and optimum hair care should not be limited to the hair strands only, but should include the scalp as well.



plants require fertile soil to grow, our hair also needs a healthy scalp for its nourishment. To attain this, just shampooing is often not enough," Farzana further explained.

Our body has an amazing mechanism that signals us when something is off. Likewise, when you can feel noticeable build-up and debris along with itching and flaking on the scalp, it may be time for a detox. Hair feeling waxy or oily is another telling sign that a detox is needed.

Hair detox can be done once a month or more or less often as required. This will depend on a variety of other lifestyle factors such as how often you wash your hair, how oily your scalp is, your exercise routine, and whether or not you cover your hair. Environmental factors should also be taken into consideration such as the level of

While we are all familiar with the common methods to nurture hair that include oiling, shampooing, conditioning, applying packs, and various hair treatments, what is scalp detox? Does one really need it?

Scalp detox is essentially the method of deep cleansing the scalp to get rid of built-up debris and rebalance the pH of the skin. Over time, despite our regular cleansing routine, product, dirt, sweat, and oil can clog our hair follicles creating an unfavourable environment for the hair. Thus, a scalp detox is needed occasionally.

"The skin of our head is simply an extension of the skin on our face. And just like we would exfoliate or scrub our face from time to



pollution in your area and its climate.

However, be careful about overdoing it especially for those who have dry or damaged hair strands or if you have sensitive or broken skin on the scalp. The method used for detoxing the scalp is another aspect that will dictate its frequency. There are several products and home remedies that can be applied for a proper and effective scalp detox. Apple cider vinegar, scrubbing products, aloe vera, and sugar are all viable options. However, one must be wary about using such products because everyone's skin is different. Thus, it is advisable to do a skin patch test first.

"Some other options for detoxing the scalp include clarifying shampoo, friction massage, and soft scrub. Detoxification will keep the hair clean and healthy while eliminating dead skin cells and unclogging hair follicles," added Farzana Shakil.

Detoxing the scalp forms a favourable environment for hair to receive all the nourishment it requires, creating optimal conditions to thrive. If done correctly, adding this to your beauty regimen will let you dazzle all with those luscious locks.

**By Fariha Amber**  
**Photo: Sazzad Ibne Sayed**  
**Model: Jui**  
**Make-up: Sumon Rahat**  
**Styling: Sonia Yeasmin Isha**

time, our scalp requires the same care," explained Farzana Shakil, Beauty Expert and Image Consultant.

Scalp detox is not very popular in our region but with time as advances are made and research unravels new techniques of personal care, detoxing the scalp seems to make its way to the list of necessities. Furthermore, the hot and humid climate of our country prompts problems such as itchiness, stickiness, and dandruff that calls for a refresh.

"Detoxing the scalp promotes blood stimulation, which in turn improves the scalp health. Just like



# Avoiding a bad haircut

Imagine going to the parlour dreaming of a particular haircut and walking out with a nightmare — one that lasts at least a month and somehow looks more hideous with every glance in the mirror. Rather than wallowing in that horrific misery after the act, let's try and find ways to avoid or fix it.

of the trendiest parlours in Dhaka, Zuri by Karishma Rahman, says, "The long-layered bob is trending nowadays. It's not too short and it makes your hair look healthy and voluminous. We've had lots of people coming in with bad haircuts who get the long bob and it suits most faces. We have seen plenty come in with tresses in a terrible state and completely clueless. We give them the long layers and they leave the parlour quite happy. It's worked out for a lot of our clients actually."

While Karishma adores each and every hairdresser on her team, she mentions Shunika as having done a particularly fabulous job with the long-layered bob on one specific influencer and gaining herself quite a number of clients after that. So, there you have it, if all else fails, trust the good ol' bob.

#### Be assertive

If you are not all about the long bob however, help is still at hand and not all hope is lost. First, you must figure out what has gone wrong. Wash your hair and

happen and sometimes there is nothing one can do about it."

Once you have been to the hairdresser(s) and nothing's worked out, it's time to make the best of what you have. Try some cute hair accessories like barrettes or sleek headbands to turn the spotlight away from bangs that are too short, for instance. You can also apply some hair gel to your hair and slick them back into a ponytail. Get a few highlights, if you are into experimenting with hair colour. This will help in turning attention away from the new



chop to the new colour. For haircuts that are too short, straightening out hair can work wonders. Ironing out the waves will add instant length to the hair and the straighter the hair, the longer it looks. Finally, if all else fails, there are clip on hair extensions to the rescue to add some artificial length.

#### On the brighter side

Hair grows back. That's the beauty of it. Therefore, no bad haircut should make you cry for too long. Understand that once your hair has grown a little, your hairdresser may be able to work on it better and even if it takes more than one visit, it can and will be salvaged. Oftentimes, newly cut hair simply looks a little drastic because new hair cuticles have been exposed and they need time to settle. Your desired effect may show after a few shampoos and maybe that's all there is to it.

By **Munira Fidai**  
 Photo: **Sazzad Ibne Sayed**  
 Model: **Jui**  
 Make-up: **Sumon Rahat**  
 Styling: **Sonia Yeasmin Isha**



hair and straighten it. For the straight to wavy hair texture, clean hair can directly reveal the haircut mistakes.

If, however, one has curly hair, they should skip

this step and air dry their hair to see how it plays out naturally. If the problems are still visible, then one should get to a stylist immediately and request a fix. Unfortunately, if your problem is that the hairdresser has gone overboard with the scissors and it's too short for you, there isn't much to be done but to wait it out. And perhaps double up on the protein intake (externally and internally) while you are waiting.

#### The stage of acceptance

NYC based hairstylist Dhiran Mistry says, "Unfortunate as it may be, the fact remains that bad haircuts

#### Be vocal

Speak up! Tell your hairdresser what you think has gone wrong. Whether the steps look too choppy or the long layers too limp and barely there. Whatever the problem, your hairdresser is probably one of the best people to help you because the process is very technical. They can even out your steps, make the layers softer or blend your cut better. Alternatively, they can try to undo the damage by giving you a completely different look.

If you are looking for a fool proof haircut that can even-out the worst chop, we have an expert suggestion.

Karishma Rahman, founder of one

#DECOR

# DOING DÉCOR Flea market style



Flea market style decor emulates the essence of flea markets, thrift stores and antique shops. Similar to shops like these, flea market style decor pleasantly overwhelms you as each decorative piece of furniture you lay your eyes on seems to hold a story of its own, while still meshing well together. Although flea market style decor is often mistaken for shabby chic which makes use of worn out or distressed furniture and throws, what sets it apart is its ability to take onlookers to a different time and place entirely.



Star **LIFE** Style

## GET YOUR HANDS ON ANTIQUES AND HEIRLOOMS

The flea market style creates a fine blend of eclectic and antique décor. Some of the best ways to find antique, vintage or retro items is to reach out to friends and family who may be willing to give up heirlooms they do not feel attached to. Local antique stores may also have a lot to offer, both in terms of authentic pieces which have been around for decades and replicas which can be customised just for you.

If you have always been fascinated by very specific types of antique or vintage items, such as cameras, retro toys, miniature animals, or tin signs, you can try looking into collector's shops online which cater to these interests.

Regardless of how or where you get your decor items, the main goal is to obtain pieces which remind you that they have been through a lot, even before they came into your life. It may be a rocking chair which solaced people no longer around,

the perfect companions to flea market style décor, as they help add to the feel of transcendence from time and place. Additionally, they may serve as show pieces themselves.

If you would like to add a fairy tale element to your décor, try a fairy castle cactus. Ponytail palms can help take your imagination to a desert oasis, whereas miniature Christmas trees can take you somewhere cooler.

## DISTRESS, CHIP, SUBSTITUTE AND DOWN CYCLE

Even if some new pieces just lack the ability to demand attention, you can still alter it with DIY techniques to get it to hold a flea market essence.

Flea market style decor is known

added modification.

## ECLECTIC WITHIN LIMITS

If you do decide to try out eclectic decor, make sure all the components of your room balance each other out. This may require you to go for plain white walls and muted white curtains, so that the room does not feel like it has too much going on in it. If the walls or curtains are too bright or flashy on their own, your room may end up looking more like an eyesore than a box of eccentricity.

It is also important to make sure that the colours in your palette do not clash too much. This may require you to keep the



or a dresser which housed trends long forgotten.

## UPCYCLING AND REPURPOSING

Upcycling and repurposing old pieces will help add eccentricity to your interior while also helping you make trade-offs for some of the more mundane room instalments. It can also be more utilitarian than one may expect. Used and embellished wedding trunks may help serve the purpose of a living room table when upcycled. If you have always wanted to add a tea table but lacked the space for it, you can try turning an antique dresser into a high tea station. A second hand headboard may be repurposed as a small bench near your entrance, and get people wondering about its origins.

## PLANTSWHICH TRANSCEND

Exotic looking house plants may be

to incorporate distressed rugs, mats and throws. If you have an oriental area rug or a painted and braided mat laying around, they are the ideal candidates for a flea market makeover. Laying them out on a rooftop or balcony under direct sunlight will bleach them, making them appear as if they have been passed around for decades.

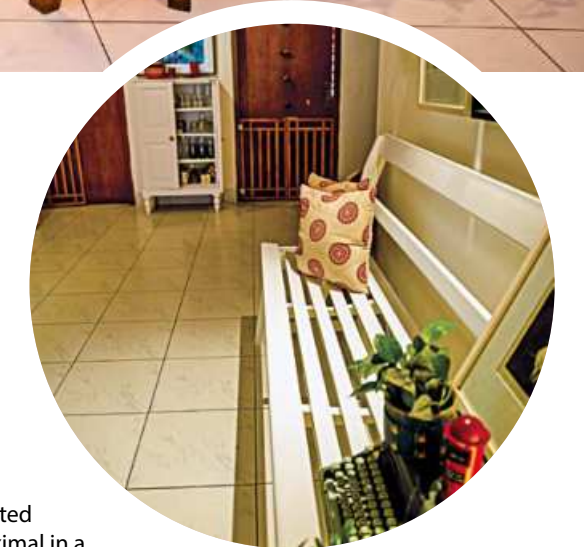
Chipped paint is one of the other foundations of the style, and can also be imitated with relative ease. Layering any cabinet, closet or chair with multiple layers of chalk paint before scrubbing it with coarse sandpaper can be a quick old timey fix.

On the other hand, newer items such as lanterns made out of coloured glass or brass miniatures may look right at home in a flea market styled room, without any

colour wheel in mind so you can steer clear from untasteful colour groupings.

Lastly, it is best to go minimal when it comes to flea market style decor. When most pieces demand attention, even a moderately decorated room may feel maximal in a bad way.

By Tasfia Ahmed  
Photo: Sazzad Ibne Sayed





#FASHION &amp; BEAUTY

## QRIUS inaugurates Winter Exhibition 2021

Although Bangladesh is known as the land of six seasons, winter stands out among the rest for its fog, mists, and cold air. Again, the transition of seasons demands variations in attires and so, to celebrate the beauty of winter, and cultural traditions of our country, eminent lifestyle brand, QRIUS has inaugurated the Winter Exhibition 2021 displaying their exclusive winter collection, located at Banani showroom on 30 November.

Products shown at this exhibition primarily focus on the elementary topics of surrealism and symphony of *Kantha* stitch—representing the glorious tradition and heritage of Bengal that can effortlessly fill its viewers with a strong sense of



silver.

“Our exhibition products are equally aesthetic, comfortable and recyclable. They embody both the community and culture simultaneously, and most importantly, we have tried to present the original concept of cultural diversity in this exhibition so that it can comfortably build a genuine relationship with the subject,” said the renowned designer Chandra Shekhar Saha, who is also serving as the exhibition curator and design consultant for QRIUS.

He added, “We have endeavoured to set forth the concept of global warming along with the essence of winter season—what it means to us and whether we will be able to enjoy the beauty and coolness of winter after about seventy-five years later. We sincerely want to create awareness among people about the impact of global warming through this exhibition.”

The earnest warmth of this winter exhibition can easily be felt against the chill of the afternoon or evening by visiting the showroom of QRIUS located at Banani; this is an ongoing exhibition and will be available until 10 December.

By Ayman Anika

Photo: QRIUS

For more information, visit:

Facebook page: <https://www.facebook.com/qriuslifestyle/>

Website link: <https://qriusbd.com/>

Address: Plot 58, Road 11, Block F, Banani C/A, Dhaka 1213

## NIHARIKA MOMTAZ'S Art Exhibition

Step inside the realm created by trailblazing avant garde designer, jeweller and artist Niharika Momtaz who, with her latest installation, juxtaposes clothes and art in the most brilliant way till date. In the guise of an art exhibit, Momtaz steals the spotlight by launching her latest luxury conscious brand, 1972 Conscious.

Housed under the roof of Durjoy Bangladesh Foundation (DBF), the exhibit was a spectacle of colour and art, a humble nod to quintessential Bengal and a hyped celebration of everything Bangladeshi. And it all started from the spark ignited by patriotic sentiments.

“Since the past two years, I’ve been working relentlessly to revive handloom fabrics in Bangladesh with the sole intention of promoting sustainability and creativity and to influence people to make conscious choices in fashion,” shares Momtaz.

Momtaz’s determination bears fruit in the shape of 1972 Conscious, an extraordinary culmination of years’ worth of effort, trial and, finally, triumph. The clothes from this fashion-conscious label take the ubiquitous *gamcha* and paint it in crimson reds, cadmium greens and even canary yellows with eternal, overlaying stripes. New life is breathed into the fabric by transforming the textile into saris so

*gamcha* saris, a magnificent feat that only someone of Momtaz’s vision and perseverance could accomplish and one that hymns songs of patriotism and enchantment in every thread of the magical fabric.

“*Gamchas* had never been seen as blank canvasses before. Motifs and artwork had never been woven into the fabric before 1972 Conscious. Seeing the final product, being a loud celebration of art, heritage textiles and experimentation and being able to showcase it as part of my label, is a very happy and proud experience for me,” concludes Momtaz.

More in attendance at the art exhibit/launch were Rubaba Dowla, a well-known Bangladeshi entrepreneur and country managing director of Oracle Bangladesh and Shumona Hassan, daughter of Qamrul Hassan, both of whom voice their support in favour of Momtaz and the goals of 1972 Conscious.

As does Durjoy Rahman, founder of DBF, “Durjoy Foundation has always been a sponsor of the unsung artisans of Bengal, whether it’s their creativity, art or skill. Our ethos blends as well as water with Niharika’s endeavours. We have always been a strong advocate of sustainability in fashion and culture and to see Niharika with 1972 reach for the skies with her venture is truly a treat,” Rahman appreciates.

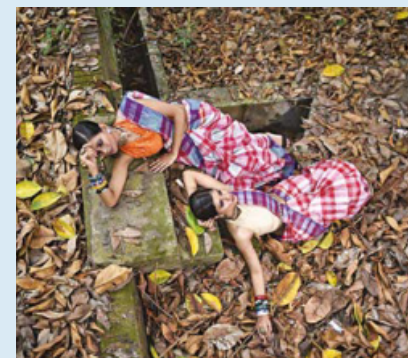
In a woke commitment to the environment, it has been declared that for every order placed via the brand’s website and socials, a tree will be planted in a move to a greener Earth. Moreover, the environment-lovers will be happy to read that, currently, 40 percent of 1972 Conscious’ raw materials are green and Niharika vows that, by 2035, the brand will make a 100 percent move to recycled and sustainably-sourced raw materials for its entire production process.



surreal they could entrance even the most European dressers from amongst you. Shawls, stoles and scarves are also part of the label’s primo collection. But just championing *gamcha* is far too easy for a designer like Momtaz to be satisfied with.

This pioneer goes above and beyond, and pushes the envelope by immortalising Quamrul Hassan, an artist instrumental in the development of Bangladesh’s art scene. Due homage is paid to Hassan by celebrating the artist’s 100th birth anniversary and coinciding the date with the launch of 1972 Conscious, November 20, 2021.

Momtaz forever preserves Hassan’s soul of an artist by stitching his lauded paintings onto the bodies of her



By Ramisa Haque

Photo Courtesy: Niharika Momtaz

Facebook: <https://www.facebook.com/1972Conscious>

Website: <http://www.1972conscious.com/>

#FOOD & RECIPES

# Munchies — The first late-night delivery service in Dhaka!

With approximately 296 restaurants on board, Munchies is the first delivery service offering to serve all night long – from 8PM to 6AM! Not only does it deliver after hours, the options available at Munchies is not subject to any area-wise distance. No matter what part of the city you reside in, if you order you will be served.

Anit Kumar Das, Nafisa Anjum Apala and Tamim Mridha are well-recognised names in their own respective fields who came together to form Munchies. Their first delivery initiative was called 'Now' that worked to transport emergency items to people during the initial months of lockdown in 2020.

Within the next few months, they extended their services from essentials to food, and launched 'Munchies' in January 2021. A valid question here is, "Do we really need another food delivery service?" Apparently we do, and Munchies showed us why.

In our country, the concept of ordering food and groceries online was first introduced in 2013, and has almost completely changed our shopping experience. Following its success, many companies entered the market and it quickly became rather competitive.

However, these conventional delivery services do not operate during late hours



of the night, and well, our food cravings do not work by the clock. Munchies basically presents itself as the one-stop solution for all the night owls, sudden cravings, unexpected guests, or some urgent requirements.

Putting this unique idea into work could not have been easy. Luckily, we were able to hear a little about this journey from one of the three founders, Anit Kumar Das.

"Doubts were definitely there. With no previous data to rely on, we knew Munchies could be a hit or miss. But we eventually decided to go for it," said Das.

"There were quite a few challenges

in the beginning. First was the fact that mainstream restaurants do not operate at night. So it took a great deal of convincing to get them to agree. Also due to the ongoing pandemic, many restaurants were suffering from losses. Collaborating with us also worked in their favour." Since delivery services do not work at night, riders of Munchies also have to face several check posts around the city.

Munchies is probably one of the most user-friendly websites you can come across. In the restaurant section, you will find food categorised according to the cuisine and not just by name. This makes choosing and comparing a lot easier. The 'safety and hygiene' section stocks generous varieties of surgical masks, gloves, sanitisers and

several items of personal hygiene. The best part is you can order from more than one section at the same time. So, antacid can accompany your biriyani next time.

Other than this, you will also find snacks, beverages, ice cream, instant and frozen items, etc. Munchies helpline is highly responsive and has been able to help many of its customers in need.

Das recalled one such incident when talking to us.

"We got a call asking if we could deliver some prescribed medicine. The caller's mother had fallen ill but they were unable to access any pharmacy at the moment. We asked them to send the prescription to us or our rider and once they did, we got it from a shop nearby." Another time, they were able to deliver sanitary napkin to a girl in a similar situation. "It is times like these and the warm feedback of our customers that has allowed us to grow as much as we have within such a short period of time," he added.

**By Nusrath Jahan**

**Photo: Munchies**

Essentials

Website: <https://munchies.now.com.bd/>

Facebook: <https://www.facebook.com/getmunchies.now>

<https://www.facebook.com/groups/852766868830845>



#FOOD & RECIPES

# Amish — The best place for doner kebab in Dhaka

Rarely does anyone say no to kebabs. Whether it is the traditional version or the taste of a foreign cuisine, we all love the taste of spicy charred meat on pita bread every now and then. So, what makes Amish the answer to our kebab cravings? Glad you asked.

Amish is perfect for takeaways and/or gathering of a small group. Although we have accepted kebab shops to look a bit messy and greasy, Amish proves us wrong. With a polished look inside out, it wipes off any hygiene question you may have by offering a live kitchen experience. The kebab meat is carved off of a circulating heated cylinder and assembled right before your eyes.

Next notable fact is the menu itself. Again with a very refined look, Amish offers a limited number of options with only the best of their creation; quality over quantity.

Kebabs are available in both chicken and beef variants, and you may choose to have it as a wrap or between sub-breads. You can also choose to adjust the spice level. Chips and meat, on the other hand, is doner with a poutine twist to it. This dish is loaded with the meat of your choice along with fries and house-special sauce. Sounds like love in a box, doesn't it?

Last but not the least, Amish has probiotic yoghurt drinks as the perfect complement to your meal.

In conversation with one of the owners, Faisal Khan, we got to know the story behind



the beginning of Amish. It turns out that in 2020, this close-knit group of friends came up with an investment plan that would require their involvement and keep them together.

"We are all busy with our lives and with time, people are bound to grow apart. Amish came as an attempt to keep us all together," he said, and added, "I hope I don't scare you, but Amish is actually owned by 18 people."



The atmosphere around Amish seems to reflect the vibe it was created from. You can catch up with a friend, stop for a quick meal on the go, or just unwind by yourself at the end of the day. This is probably why despite being relatively new, it is growing in popularity rather fast.

With the winter approaching soon, make sure you don't miss out on the 'meatiest doner kebabs in town.'



Essentials —  
Location: Shop No. #2 [Ground Floor]  
Army Market, ECB Chattar, Manikdi, Dhaka Cantonment, Dhaka-1206  
Phone: 01321-159000  
Facebook: <https://www.facebook.com/amishproteen>

**By Nusrath Jahan**

**Photo: Amish**



# Korean Film and Tourism Festival 2021 held in Dhaka

The Embassy of the Republic of Korea organised a three-day film and tourism festival at Bangladesh National Museum last month, which encompassed the screening of five movies — including the global sensation, *Parasite* — and a number of interactive games and activities.

With K-pop, K-drama, web series, etc., the Korean entertainment industry has taken the whole world by storm, and the huge crowds this festival attracted was a testament to that.

During the opening ceremony, LEE Jang-keun, the ambassador of the Republic of Korea to Bangladesh, spoke of this popularity in his speech, mentioning not only the Oscar-winning film, *Parasite* but also the monumental success enjoyed by *Squid Game* and *Hellbound*.

In fact, *Parasite* won a number of awards in the Oscars held in 2020 and became the first non-English language film to win in the 'Best Picture' category, hence making history!



All this success did not come overnight. As the Asian cinema expert Dr Zakir Hossain Raju — professor and head of the Department of Media and Communication



in Independent University, Bangladesh (IUB) — said in his speech, the South Korean government has made a conscious effort and planned how the country could best be promoted to the world, placing immense importance on films and the overall culture industry at large in order to achieve that.

K M Khalid, the state minister for cultural affairs, attended the opening ceremony as the chief guest.

Alongside the films, the festival also featured dalgona candy, traditional folk games, and virtual reality tours. And the opening ceremony also presented the audience with K-pop performances, by the

group Rebels' Groove.

In an interview with *Star Lifestyle*, the ambassador said that the festival had aimed to give a rather holistic experience to the visitors, not just with a diverse selection of movies but also with the various interactive activities such as the VR tours and folk games. "It is not just about particular places, but the overall experience of culture that tourism should provide, and we tried to bring that to an extent to the visitors with the films and the activities," he said.

And the Korea-experience is indeed very unique. It is a country everyone should have on their bucket list or travel plan.



The ambassador opined, "The very uniqueness of Korea is what that makes it a unique tourist destination. There are many beautiful and historical places in the world, as there are in Korea. But what makes Korea truly different? It is the Korean uniqueness itself, and people have an interest in that — with K-pop, K-drama, the food — and they want to visit Korea and experience it. So, we urge people to come and see for themselves how and why Korea is so remarkably unique!"

**By M H Haider**  
**Photo: The Embassy of the Republic of Korea**

# Celebrating Bangladeshi cuisine at the 17th British Curry Awards in London

British Prime Minister Boris Johnson looked elated as he welcomed all to this year's British Curry Awards, known as the Oscars for the global curry industry, held at the Battersea Evolution Center, London. On this star-studded event organised by the British-Bangladeshi entrepreneur Enam Ali MBE in association with Just Eat, Boris Johnson in a video message said, "The global recognition of those talented people of the curry industry is truly mind-blowing. Even more gratifying is the fact that in the last two years, in the midst of the most difficult days of the nation, these people selflessly and persistently provided foods to our NHS and to people from door to doors saving millions of invaluable lives".

Welcoming all corners to the gala event that two decades back actually began in the hands of some notable British-Bangladeshi entrepreneurs, who do control the best part of the British curry industry, and has today become one of the national festivals in Britain, the British Prime Minister expressed his heartfelt thanks and felicitations to all the restaurateurs, chefs and waiters working for the industry.



Nominated by people, best of the restaurateurs from all over Britain flocked to the capital city with a dream for winning the 'Curry Oscar' a jewel in the crown at the most rousing festival of the year. To add to

the splendour of the event, celebrities from sports, entertainment, culture, and politics made their presence.

The organisers of the festival dedicated the entire festival to the memory of the

pioneers, businessmen and workers of the British curry industry who lost their lives during the difficult COVID-19 pandemic in the last one and a half years. Notably, more than 90 per cent of the British curry industry, else known as the Asian and Indian curry industry spread across the UK, was created by the Bangladeshi entrepreneurs. Although Bangladeshi restaurants won most of the awards in the previous year, this year out of 12 categories, they bagged four, while two went to Pakistani and the rest to Indian restaurants.

British Curry Awards 2021 Winners are — Best Restaurant Scotland: Dishoom, North East: Mumtaz Restaurant, North West: Asha's, East Midlands: Montaz Newmarket, West Midlands: Pushkar Restaurant, Wales: Purple Poppadom, South East: Chez Mumtaz, South West: Prithvi Restaurant, London Central and City: Benares, London-Outer & Suburbs: Shampam Bromley, Best Newcomer: Mathura Restaurant, Best Delivery Restaurant/Takeaway: Maliks Express Kitchen and Most Innovative Restaurant Concept: Khai Khai Indian Restaurant.

#PRESS RELEASES

## Apparels Village Ltd. encourages hiring transgender workers

On 10 November 2021 Apparels Village Limited (AVL) got on board for being certified under The Ze Project. AVL is now open to hiring transgenders and including them in their workforce. Followed by a wellness session at their factory hosted by Bandhu Social Welfare, where the workers have been educated on what is transgenderism and taught about trans rights in Bangladesh.

A donation cheque of US \$1000 was handed to Bandhu as a means of being

certified by The Ze Project; the ceremony ended with Bandhu handing over the certificate to AVL.

The Ze Project is a certification for RMG factories to promote the employment of transgender individuals. The Bangladeshi Government recently introduced a bill implementing a tax rebate of 5 percent upon hiring 100 transgenders. With this initiative, the Ze Project aims to highlight the urgency of hiring transgenders and ensuring a stable income through job security.

## Zoan Ash takes part at 'Runway Dubai' fashion show

Renowned Bangladeshi designer Asma Sultana of Zoan Ash fame recently took part at the Runway Dubai fashion extravaganza, held on 19 November, 2021, at the Hotel Al Jaddaf Marriott.

The collection was themed as an ode to Empress Sisi of Austria.

"In her days, she was widely known for her beauty and kindness for the common people, but faced great tragedy and had to fight in every aspect of her life for what she has. Her kindness, love

for art and fashion, the resilient character inspired me to create this collection," said Asma Sultana.

For the collection, there was profuse use of black to show the elegance, and also because the Empress choose to wear black after the loss of her child. Sultana opted to use camouflage fabric to symbolise that the Empress is a fighter and designed the entire range of her collection with zardozi and hand sequins to highlight the regal affair and Sisi's admiration for art.

## HOROSCOPE



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

Avoid emotional confrontations. Social events should be the highlight of your day. Sort things out on a personal level. Your lucky day this week will be Friday.



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

Your childlike quality could be detrimental. Socialise with people in high positions. Keep yourself busy. Your lucky day this week will be Monday.



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

Don't get confused during discussions. Make property investments. Make creative changes to your residence. Your lucky day this week will be Saturday.



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

You will be a spendthrift this week. Be patient. Doubts can lead to insecurity. Your lucky day this week will be Tuesday.



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

Someone you love may not be doing well. Take any opportunity to learn something new. Take another look at pending investments. Your lucky day this week will be Tuesday.



### VIRGO (AUG. 23-SEP. 23)

Don't cater to overly demanding people. Try not to overspend. Travel will be lucrative for you. Your lucky day this week will be Sunday.



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

Romance can develop through projects. Drastic personal changes are evident. Your diplomatic approach will be appreciated. Your lucky day this week will be Wednesday.



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

Don't be afraid to ask for assistance. Put effort into household chores. Don't let your partner manipulate you emotionally. Your lucky day this week will be Saturday.



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

Bite off what you can chew. Solutions will present itself through communication. Pay attention to your financial status. Your lucky day this week will be Wednesday.



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

Don't blindly agree to anything. Help others solve their dilemmas. It's time to let loose and relax. Your lucky day this week will be Sunday.



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

Don't tolerate overly demanding people. Lend an ear to children. Promote your ideas now. Your lucky day this week will be Friday.



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

Enlist the help of those you trust. Don't take time off. Make drastic changes in your professional direction this week. Your lucky day this week will be Friday.

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# A Night of Tradition: Gala fashion show by Friendship Colours of the Chars

In a fast-paced, materialistic era as such, taking it slow may in fact be better for the world. With this philosophy at its core, Friendship Colours of the Chars celebrated "A Night of Tradition" that magnificently interweaved tradition and fashion on Friday, November 26, at Le Meridien, Dhaka.

Star Lifestyle was one of the media partners of the event.

Friendship Colours of the Chars is a social enterprise of Friendship NGO that works with marginalized women residing in the remotest areas of Bangladesh within the riverine islands. By providing them with vocational training to master the art of handloom, natural dyeing, block printing, and embroidery, they are empowered to live life with dignity while preserving the culture and tradition of our country, all in an effort to promote slow and sustainable fashion.

A Night of Tradition began with opening



remarks from Nazra Mahjabeen Sabet, Director of Operations, Nodi Limited, who stated, "We all have a common goal of making our world a better place with better systems. Friendship Colours of the Chars is the first slow and sustainable fashion brand in Bangladesh formed to promote slow fashion in a fast-moving world, while respecting the history and heritage of old Bengal."

Runa Khan, Founder and Executive Director of Friendship NGO, added, "The poor cannot afford poor solutions. They need to identify with something beautiful to find the courage to face challenges life throws at them and live with dignity. Our focus remained on providing these people with access to health, education, and income and eventually, Friendship Colours of the Chars was born."

Providing a synopsis of the life of a weaver, the first performance was a poetry recitation synchronised with a performance depicting rural life. The minimalistic garments featured in soothing shades of white perfectly drew the image of the simple and ordinary lives of people living in remote regions of Bangladesh – peaceful and tranquil with no hustle and bustle.

The fashion walks emphasised on six broad categories, the first of which was the most traditional of human power tools – handloom. Following eco-friendly procedures, all fabric is a product of this traditional technique combined with manual dexterity and skills of the weavers.

Each roll of yarn not only weaves wearable clothing but also the stories of the women



behind their making. The simplicity of the attires in pale colours was indeed a reflection of the purity and modesty that lies behind their creation.

The second fashion line represented the finest handmade creation of Bangladeshi tradition – Jamdani. The articles of clothing donned in the runway not only captured the regal features of Jamdani but also encapsulated decades of rich history. They



are made from the purest of cotton replete with a mix of complex patterns consisting of geometric, plant, and floral motifs.

Friendship Colours of the Chars tailors

not just traditional saris handed down to us from the past but also modern ready wear for the present, which was the theme for the next fashion walk. As the models strutted down the runway in attires that are up-to-the-minute chic yet made using traditional methods, popular singer Mehreen Mahmud added fervour to the event with her energetic performance.

Also present in the event was Afsana Mimi, actress and director of Shilpakala Academy who graciously emphasised on the value of love, respect, and pride that is involved in the making of these articles of clothing, jewellery, and accessories.

Pure Bengal silk is a reflection of the silky rivers flowing throughout our country and the next fashion line paid tribute to this fabric. Adorning unique designs, wax prints, block prints, patterns, and embroidery, it demonstrated a sublime blend of slow



fashion and contemporary style entwined with sheer elegance.

Following this, the aura of the event turned cool as it focused on one colour of the rainbow – indigo. Indigo dyeing is one of the purest forms of natural dye and is etched in our history that dates centuries back. The mix and match of outfits that ranged from traditional to modern not only represented slow fashion, but history wrapped in blue hues.

Friendship Colours of the Chars is spreading its reach across the globe to Europe, representing the infusion of Bangladeshi heritage and slow fashion in foreign lands. Their store in Luxembourg is the flagship retail outlet that adapts to trending global styles, where the shopping space reflects our culture.

Marc Elvinger, Co-Chair of Friendship International regarded it "as the most beautiful shop in town" accentuating the fine collection of popping colours and quality attires. The last performance of the evening provided a synopsis of modish attires that are exported to Europe, straight from the chars.

The show ended with the gracious presence of Imam Hassan, the Lead Designer behind the attires for the evening and concluding remarks from esteemed Fashion Designer Chandra Shekhar Saha, who noted, "Fashion is dynamic, that is altering with dignity, colour, perception, creativity, ideas, and innovation. But slow fashion pulls us back to reality and reminds us that we are in fact very close to nature."

A Night of Tradition was a celebration of our pride and heritage along with the rise of slow fashion in Bangladesh. It brought under limelight the work of unsung heroes, the women of the chars who use these skills to stitch their own passion and compassion into beautiful hand-woven fabric, defining what it means by slow and sustainable fashion in its rawest form.

**By Fariha Amber**  
**Photo: Friendship Colours of the Chars**

