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Out in the adult world

CHANGING CULTURES
MOVING OUT ON YOUR OWN **P4**

THE COLOURFUL BREAKFAST MUSTS
JAMS AND JELLIES **P9**

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PATTERNS HOT AT THE MINUTE **C**

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Oftentimes, people think grooming your pets is only the act of bathing them and cutting their nails. But our beloved furry creatures deserve so much more love than that.

Why is grooming your pet important?

Grooming your pet is important for many reasons, primarily to take care of their hygiene, and to enhance their appearance. By grooming your pet, you will also be addressing possible health problems as it enables you to detect any underlying diseases or disorders or formations early on.

Can you groom your pet at home?

Essentially, you can.

One needs to be very, very careful and patient when dealing with pets. There are many at-home grooming kits such as brushes and gear available in pet shops all

over Dhaka to aid in the process. However, at-home grooming always runs the risk of a botched cut job or unhappy pets and that is why we should leave the grooming to professionals.

Professional grooming? In Dhaka?

Gone are the days when vets would moonlight as groomers because people like Farzana Leo and Ahona Rahman are changing the grooming game in Bangladesh.

Farzana Leo, founder of Marlin's World — the first bona fide pet grooming



both the pets and the pet owners. Farzana mentions how she always schedules her clients in small numbers so she can dedicate her time and very best care for each and every fur baby.

What consists of professional pet grooming?

The grooming that most of us think of when we think of pet grooming consists of a simple wash and nail cut. However, pet grooming also includes fur trimming, fur shaping, pet spas as well as ear cleaning and oral care.

Isn't pet grooming costly?

Sure, doing the basic grooming at home is at low to no cost. However, most pet owners will be shocked to find that most grooming is not egregiously expensive. In fact, most grooming services are between Tk 500 to 5000. Pampered Paws even has dedicated packages suited for the different needs of cats and dogs!

In the end, every pet owner wants simply the best for their beloved pets and nothing is more pampering than a grooming day!

By Dilshana Naureen

Photo: LS Archive/ Sazzad Ibne Sayed

For more information, please visit:
Pampered Paws - <https://www.facebook.com/PamperedPawsBD/>
Marlin's World - <https://m.facebook.com/Marlins-World-105469674290112/>



business in Dhaka —started her business in honour of her adored dog. For Ahona Rahman, the founder of Pampered Paws, the lacklustre state of the grooming industry in Bangladesh is what prompted her to take matters into her own hands.

Pet owners will be delighted to know that both Marlin's World and Pampered Paws provide quality grooming done by trained professionals.

Is grooming done by professionals better?

The answer to this is a resounding 100 percent yes.

Professional groomers are trained to not only handle unruly pets, but to also do their job in a way that is comfortable for

The ultimate guide to pet grooming in Dhaka



ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...

#FOOD & RECIPES



IKitchen: Authentic cuisines at your doorstep



IKitchen began their journey on October 2020 and introduced the idea of a satellite kitchen for the very first time in Bangladesh. Being part of a generation that is unapologetically in love with food, we just had to know what it's all about.

"When we explore new places, food makes up a significant part of our experience. Our aim is to have a virtual restaurant replicating that experience without you having to step out of the house," explained Romi F Ahsan, the founder and CEO of IKitchen.

So, is IKitchen just another name for cloud kitchen? Not quite. Cloud kitchens are made of restaurants sharing a virtual space for delivery-only meals, often in collaboration with delivery services. However, IKitchen prepares and delivers the food to you themselves.



A total of 16 people, chefs and help, make up the kitchen crew and they aim to bring the authentic flavours of Lahore, Lebanon, and traditional Bengali cuisine. No artificial flavouring, no store-bought sauces, the crew works hard to build each element of these dishes from scratch.

Order can be placed through Messenger, text message, or direct call. You can even opt for a video call and interact directly just as you would in a regular restaurant.

IKitchen aims to keep the individuality of each cuisine intact. Although, it is challenging to familiarise people with the

foreign taste of a much known dish like nihari or biriyani, the appreciation afterwards ought to be rewarding. In fact after some mixed reaction initially, 'Lajawab Mutton Nihari' is now one of the best-selling dishes of IKitchen.

The 'Levant' section of the menu consists



of some absolutely mouth-watering dishes from Eastern Mediterranean cuisine. Whether it is the juicy chicken halabi or

lightly charred beef kefta, the charms of Lebanese food are simply irresistible. If you are a shawarma lover, the chicken or beef shawarma are a must-try for you.

While, Lahori and Levant lets us experience foreign cuisine, the taste of 'Dacca' takes you back in time. The food is prepared in the most traditional way with hand-ground spices and the taste is bound to hit you with nostalgia.

The 'twist and yum' is made of wraps and rolls, adding a fusion fast food section for the young generation.

Does it feel like hunger hits the most when you are at work? Well, IKitchen has got it covered. Their lunch boxes feature compact meals of 1:1 proportion from all three of the cuisines. You can place your order directly from 11am to 3pm on weekdays and lunch will be delivered to your office. The rest of the items are available throughout the day from 11am to 11pm.

"IKitchen began and expanded amidst the pandemic. When you said you cannot go to the food, we thought very well then—we shall bring the food to you," said Ahsan, in conclusion to our conversation.

Essentials: <https://www.facebook.com/IKitchenHauteCuisines>

By Nusrath Jahan
Photo: IKitchen



#PERSPECTIVE

Moving out of your parents' house...in Dhaka?

While in Bangladesh, most young adults aged 18+ do not go through major life changes other than choosing the course of education, the scenario abroad is completely different, where, upon reaching adulthood, they get a reality check as they move out of their parents' house and start living alone – a sight not too commonly seen here... or is it so?

Moving out is an uncommon phenomenon in Dhaka, but it is not non-existent and unheard of. While moving to a different city for a job is popular among citizens, the same action for reasons such as living alone or enhancing the quality of life is often frowned upon, especially in a conventional society as such.

Let us not be too quick to judge these mavericks and take a deeper look into their reasoning, their life-altering experiences, and their exciting journey that is replete with challenges, lessons, and changes.

Discovering oneself

Living alone provides the scope to discover oneself as there is plenty of time spent alone. Self-discovery is crucial in the journey of life, as companions in life may walk the journey with you, but not for you. Knowing yourself fully is necessary to understand how best to feed and nourish the soul, and being alone creates the right atmosphere for it.

"Living on my own has enabled me to create my own space, spend more time doing things I love and explore new hobbies. It has helped me understand myself better and discover myself like never before," shared Afsana Zareen, a banker in her mid-twenties who lives separately from her parents.

Her parents are also supportive of this decision as her mother, Shahana Huda, said, "She is old enough to take decisions on her own and has lived by herself in a foreign country. I am confident that she understands better how she will be happiest and that is what matters."

Being a free spirit

We all hope to live life on our own terms but

are often held back by limitations. Moving out and living independently compels one to take ownership and accountability of every choice and decision – a quality that is vital to steer life.

"You can literally do whatever you want!" laughed Samama Rahman, a journalist



who moved out of his parent's house few months ago, when asked about the perks of living alone. "However, it is imperative to draw boundaries," he added.

Emphasising on his statement, while living alone enables one to live as a free spirit and enjoy a mammoth amount of freedom, it is also necessary to set boundaries, be more mindful and aware with an increased sense of responsibility. This is key to make the journey of living alone not something regrettable.

Career progression

While developing human traits is one side of the story, the other side entails career development. In this highly competitive era, there are plenty opportunities to explore, and often times commuting in Dhaka acts as an impediment to grabbing these opportunities.

This was the case for Farhat Hossain,

who moved to her university's area to enjoy better campus life and seek part-time opportunities, in order to build her career. Albeit the decision was taken before the pandemic, it remained unchanged even after campus closure as working from home was easier with lesser distractions.

us. However, living alone is also about understanding the nitty-gritty of life and becoming a more disciplined person.

Albeit moving out comes with a great degree of independence, independence comes at a cost. Having to endure the cost of living makes moving out financially draining. Nevertheless, this makes a person more cautious in terms of spending, and enables one to get out of the safety net.

"I think it is for her own good. Now she knows how to manage a house independently and spend more responsibly. If she were married, she would have to live separate from us, so why not allow it for her personal development?" pointed out Reshma Akhter, whose only child moved out.

Tackling unprecedented challenges

The decision of moving out comes with its own set of challenges. While financial is just one aspect, emotional is another.

"Moving out enhances social life but some nights, you miss the warmth of home and search for someone to confide to," said Portia Anwar, a social worker who lives alone. However, this experience reduces the emotional dependency on others.

On the contrary, moving in with like-minded people provides a lifetime of experience, giving a chance to bond with new faces and create a new family. An added hassle for boys is the tedious procedure filled with rejections to find a house for bachelors, whereas for girls, safety remains a major concern.

Moving out is essentially a process that impacts everything in life, from finance to mental health to social life. Although it may be difficult initially, for some people it is for the better. And with a supportive family who do not view this as a negative way of life, moving out can in fact be a life enhancing choice.

By Fariha Amber

Photo: Sazzad Ibne Sayed

Special thanks to MadhubantiAnashua

#WOMEN EMPOWERMENT



Struggles of solo women in the big city

Brave, young, independent women are breaking stereotypes in the big cities to live with independence. But is it a bed of roses?

Last year during the pandemic lockdown, I watched a show on YouTube about a young Indian girl from the suburbs who moved to a big city to follow her dreams and talent in fashion design. It was not easy, of course, hailing from South Asian nuclear-family cultural roots. The struggles she had to face, starting from relaying the decision as a doting only daughter to an Army father, felt too close to home. Welcome to a fast-growing niche new wave of Bangladeshi — slash South Asian — urban culture. Where women are taking reins to their own autonomy and venturing out of the comfort and safety of their parental homes.

While this is a common practice in the West, this is new and yet-to-be-normalised here. Of course the range of reality differs from individual to individual. But what's common is that even though the practice of moving out as self-dependent women has been steadily increasing over the course of the last decade, there is still a lot of stigma associated with such women.

Stigma starts from home — after all, “family” occupies a pivotal space in the reality and imagination of South Asian societies and individuals. Now that women are increasingly becoming competitive wage-earners, as well as desire autonomy over individuality and lifestyle preferences, families are often stunned by the audacity of the declaration.

Sabina, 24, started earning an income as early as 18 through e-commerce alongside education. As she grew older and desired more freedom in her work and movement as well as proximity to her university, she

decided to move out.

“When I first told my parents that I will be moving out, I was met with a lot of shame, tears and guilt-tripping,” said Sabina. “They said hurtful things about the kind of women who live without families. And the worst part is, I identified with the description of these ‘vile women’, and I’m not a vile person!” she added.



While the world outside homes is evidently evolving with increasing economic participation of women, and rise of youth culture, these women bear the brunt of society's resistance to change from old patriarchal norms. After all, it is perpetuated by a culture of prizing tradition and authority. ‘Slut-shaming’ is thus common among women who move out. And they all say that it hurts.

“I personally have been victim to stigmatisation because coming from a

middle-class family, the mind-set is that girls who move out just want to live reckless lives without supervision,” said Sabina.

I say it's partially true — these autonomy-minded women do want lives without the negative judgement of the supervisors who consider those lifestyle choices reckless. Family is a crucial building block of identities, and maps a person's status, expression of identity and even vocation. And it is largely patriarchal — meaning the reins of power lie in the hands of the men — father, eldest brother, etc. It's no wonder that people involved in these long-standing social systems may feel threatened or show resistance at the audacity of challenging them — via young women!

Lifestyle choices such as hanging out with friends of different genders, having boyfriends, or smoking and drinking are questions of morality, i.e. what makes and breaks the test of “good” person and “bad person” — and that is a big moral burden to take on young shoulders who just have dreams of building their own lives, on their own money and volition. Often, these young women actually decide to step out because of friction at home. The world is changing, and families as units are struggling to catch up with the pace of individual demands—let's call it the millennial women's demands for equality, in income as well as lifestyle.

Aside from problems rooting at home, young women suffer from problems finding and renting a suitable home. Safety is a persistent concern in a city with high rates of gender-based crime, not to mention that rent is exorbitant in the ruthless city, especially in favourite areas like Gulshan and Dhanmondi. Thus instead of finding

solo apartments, which might be the more desired option, many girls are opting for shared apartments as a softer landing.

Nafisa started a Facebook group in 2012 to help facilitate the process of finding flatmates to share apartments with.

“I started my own journey to find a suitable place as a female photographer in this city, and found a lot of problems — many expected and many unprecedented,” explained Nafisa.

“There are some areas which are more in demand than others such as Gulshan, Banani and Dhanmondi. Bashundhara and Mohammedpur are also increasingly becoming popular because of rent and community.” Inferring a preference to cultural hubs and spots considered ‘safer’.

“It's really tough to find landlords willing to rent out to female bachelorettes, especially alone. And if they are willing, they might be really expensive, so we have to find people like us to split the costs and live the life we'd like.”

After all, one of the biggest ways that family systems exert control over women is by making them believe that they will never be able to live happily all by themselves, that the world is inherently unsafe for women, and that in order to be safe, sound and healthy, women must always live in the company or community. Thus, women are told that they need to be ‘protected’ from the big, bad world, no matter how socio-economically independent they get. And the women get a good dose of this preaching from families, landlords, employers, and well-wishers!

At the ripe age of 27, I first personally decided to move out of my family home.

CONTINUED TO PAGE 11

Ask any fashion purist this question and be prepared for an incredulous response! The nerve to suggest something so outrageous, they would most likely remark! But the reality is, in 2022, the established rules of fashion do not hold much water. In a pandemic-ravaged world



our souls crave magic, excitement, eccentricity even more because we do not know what tomorrow holds. Carpe diem ladies, we must seize the day...in fact we must seize the moment itself!



PRINTS with prints? YES PLEASE!



Speaking of seizing the moment, animal prints are having a major one right now. They are everywhere; on clothes, makeup, jewellery. They are dominating the runways and streets alike and we are here for it! Bringing out one's fierce side, those stripes and spots are uber-glamorous and stylish. And why settle for wearing it just one way? Why not layer? Matching sets are incredibly chic at the moment and what's more cool than cheetah-print top and culottes? Perfect for those countless dinners, hang-outs and coffee runs you are bound to have this winter, a matching set in animal print is your answer. A zebra-print dress can be even worn during daytime — it is the festive season after all! Flaunt it at your next ladies' lunch, or hot chocolate date with a friend and you are bound to stand out. A tiger-print slinky sari is sensuous and glamorous and will add major fashion points to your sartorial repertoire. Pair it with a sequined, sleeveless blouse and voila!

A jumpsuit is a favourite of many

women, and a sleek one in a print of your liking is a must have in your wardrobe, for those date nights when you want to be extra glamorous for your significant other, or for those swanky nights when you want to be the centre of attention. Pair it with your favourite stilettos, wavy, tousled hair, and a red pout.

An animal-print shirt could be a daywear staple too. Choose small cheetah spots in a muted colour like tan, fawn or even white and pair it with formal trousers and some court shoes. Another stylish option is to go with a pencil skirt to make it office-appropriate. So go on, show them your sartorial stripes in the best way possible and take the town by storm.

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Mariyam
Wardrobe: Almira by Shahrukh Amin
Makeup: Masum
Styling: Sonia Yeasmin Isha
Location: Radisson Blu Dhaka Water Garden

FASHION AND BEAUTY



“ROAR” in style

Known as ‘disruptive colouration’ among naturalists, there is something curious about tiger stripes... there are those who love all ways stripes and those who can’t stand it to the point of getting phobias and the heebie-jeebies. But to fashionistas the world over, stripes, and all other animal patterns, are all the haute and hot at the moment.

Animal prints are back with a vengeance in all their wild glory.

Stripes can be the subtle or innocuous wingman we need in creating illusions of height or width as and when necessary. But on other occasions, rather than helping to blend in in the wilderness, it can help make a statement, like this sleeveless turtleneck dress in black and brown tiger stripes— a certain standout in a crowd!

Photo: Sazzad Ibne Sayed
Model: Mariyam
Wardrobe: Almira by Shahrukh Amin
Makeup: Masum
Styling: Sonia Yeasmin Isha
Location: Radisson Blu Dhaka Water Garden

THE MILLENNIAL COOK
FARIHA AMBER



All you need to know about jams, jellies, and spreads

The perfect breakfast does not exist, unless you have the right spread, or a selection of them. With a plethora of spreads to put over bread for breakfast, jams and jellies have to be the most common ones.

Growing up, this has been my go-to breakfast, not only because I liked it but

with bread, and unexpectedly are a great addition to drinks such as chilled lemon tea and fruit punch that adds a subtle citrusy flavour to them.

PRESERVE

These are essentially pieces of fruits in a thick, jellied syrup. These fruit pieces



because it takes only minutes to prepare and pack for school. Biting into a jam sandwich still hits me with nostalgia, reminiscing the golden days of school when I would wait for hours to open my lunchbox and finally take a bite of this delicious snack.

However, there exists plenty other items that can be used in various combinations to spread on bread other than jams and jellies. Delving into the endless options will give you a comprehensive guide on the different types of spreads available and how they can be best used.

JAM

Jam is made from finely mashed or crushed fruit that is thicker but less stiff than jelly. Jams contain mashed fruit chunks or seeds and is smooth to spread with an intense fruity flavour. The most common types of jams available are made of berries and cherries, with other options featuring apricot, mango, and grape.

Jam pairs well with all sorts of bread but you can also use it as a filling inside breakfast rollups or as a quick glaze over plain muffins or doughnuts. They are also great to use inside Linzer and thumbprint cookies, and pop tarts.

JELLY

Being made from fruit juice and sugar owes to its clear appearance that is tender enough to retain its position and gloriously smooth and satisfying to spread. Jellies are softer compared to jams and provide a fruity burst of flavour.

The spreadable consistency of jelly makes it ideal to smother on bread, but you can also spread it over slices of plain cake, scones, or sneak it into other desserts such as an additional layer in fruit trifles. Jellies typically come in flavours such as apple, orange, and pineapple.

MARMALADE

Often confused with jellies, marmalades are in fact a form of jelly made with citrus fruits only, such as lime, lemon, and oranges. Marmalades usually have little bits of citrus peels suspended throughout that give it a refreshing flavour. They pair amazingly

may be whole or sliced and can include a single flavour or mixed fruits, generally made from berries, apricots, and peaches. Fruit preserves pair well with any typical breakfast item, such as bread, pancake, waffles, and crepes. They are also a great addition to desserts such as crumb bars and cobbler.

COMPOTE



Compotes are fruits cooked with other components that results in a chunky syrup which is looser and less sticky than other types of fruit spreads. Compotes are usually infused with ingredients like vanilla, citrus, and cinnamon. They pair best with desserts to be used as a filling inside cupcakes, crostata, and pies or spread generously as a topping over cheesecakes.

CONSERVE

A conserve is a chunky mixture similar to jam but contains other fruits rather than just one type. Conserves also include other ingredients such as nuts, raisins, and dried fruits making it a more fulfilling choice.

Conserves pair well with bread but you



can also try it on cookies and crackers. Spreading compote on plain biscuits will give you a quick canapé, or you can spread it in between two layers of cookies to make a cookie sandwich.

BUTTER

There are two ways you can go with butter – either sweet or savoury. If you take the savoury route, you have a gamut of combinations available with endless possibilities. Garlic or herb butter replaces the heavy feeling after consuming butter with a fresh taste. Other than using this as a spread, you can also use herb butter in various recipes such as stuffing it in chicken Kiev.

As for sweet, nut butter, especially peanut butter is a crowd-pleaser, and peanut butter and jam is



undeniably a match made in heaven. Apart from making a PB&J sandwich, you can also use peanut butter to fill tart shells, use it in milkshakes, or pair with desserts.

SPREAD

Savoury and sweet spreads can be termed as a close runner-up after jams in terms of pairing with bread. There are lots of savoury spreads available now including cheese spread, sandwich spread, and pizza spread, which can be used for not only breads and sandwiches, but also as a pizza base or within the layers of lasagne.

As for sweet spreads, chocolate spread is everyone's favourite — I am sure we all have experienced the joy of dipping our finger into a jar of chocolate spread and eating a huge dollop directly out of it. White chocolate, milk chocolate, and hazelnut spreads are the most popular ones in this category.

Jams, jellies, and spreads are widely available throughout departmental, general and superstores. However, you will find more variety under one roof in superstores like Unimart and Wholesale Club. As for ordering online, some pages such as Momium and Baking Stuff have an impressive collection of breakfast spreads.

Food and Photo: Fariha Amber



A basic guide to cleaning your fridge

Refrigerators are one of those parts of our house that makes us feel safe in the knowledge of its cleanliness when the outside is spotless and shiny. However, the insides of fridges often are a completely different story and it is important to clean them regularly in order to keep food-borne diseases away as well as prevent diseases like food poisoning, etc.

The first step in cleaning your fridge is to take all the food and produce out. Take inventory of what you can keep, what you want to throw and what's past the expiry date. This is when you might find some icky smelling tomatoes that you bulk bought or leftover Thai from last week to throw out so you can start with a clean slate to start properly cleaning.

Now, take the panels out and drawers and shelves out as carefully as you can — replacing them is more often than not awfully expensive and an unnecessary inconvenience. Wipe the panels down with a clean cloth and get rid of any straw crumbs, spills, etc.

Sprinkle baking soda on all the panels and drawers and shelves. Seal them with a



generous spraying of all-purpose cleaner (you can just as easily substitute all-purpose cleaner with a 1:1 mixture of water and dish cleaner). Let the baking soda and cleaner

sit on the panels for a while to help soften up the stains, disinfect as well as ease the cleaning process.

While the panels are resting, it's time to

tackle the rest of the fridge. Wipe down the insides with a clean rag and follow up with a cleaner or soap. It's time to really work those arm muscles and scrub away; get into the tiny corners, the edges, the rubber, egg drawer, air vent, water vent. No inch should be left unclean! Often times, it helps to have a list of all the nooks and crannies listed so there is no opportunity to forget anything.

This is now time when we go back to the panels. As they rested, the baking soda and cleaner combo loosed the gunk, sticky juice, and other miscellaneous ick and you're only job now is to scrub away at it like your life depends on it. The baking soda also helps in disinfecting the panels, however, for extra protection, you may also want to wipe it down again with an actual disinfectant.

After the panels have dried completely, carefully put them back inside the fridge in their designated areas. Now, organise the food and produce in a matter that befits you, wipe the outside of the fridge lastly and voila! Your fridge is perfectly clean!

By Dilshana Naureen

Photo: LS Archive/Orchid Chakma

#PERSPECTIVE

Tufan and his art



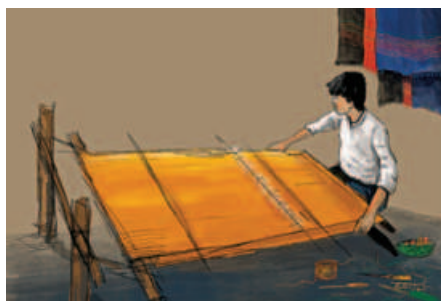
Art is the original language, and is perhaps one of the more visceral ways of expressing emotions and ideas, after all, ancient mankind chose to paint and draw on caves much before they developed language or scripts.

It is the same instinct for expression and connection that drives the young artist Tufan Chakma, the person behind Tufan's Artbin.

"People use various means to express their emotions, some sing, some organise protests, and such. I felt as I could not sing, or I am not by nature an orator or a singer, but art and drawing have always attracted me. Although without formal training, I was always attached to art since childhood," he said.

Tufan is currently a student of Art and Drawing at Jahangirnagar University. An inhabitant of Dighinala, Khagrachari, he says he comes from a very simple family, with parents and just two brothers, and no traditional connection to art per se. His work so far features intimate aspects of life, culture and heritage of the peoples living in the Chittagong Hill Tracts.

In an older world, it would have taken herculean effort and time and a whole lot of good luck to take his art and stories to a larger audience. However, thanks to the permeability of social media, particularly Facebook in Bangladesh, and its vast access to people of all ages, Tufan thought to use the space to portray his work, and has reached so many people within such a short span of time. Initially through his personal



account, but upon encouragement from his well-wishers, he opened a separate page for his art, calling in Tufan's Artbin—"artbin" being a combination of art and bin, as a place to simply put his art in.

"A lot of people are still unaware of who we are. In some places where I visited, people stared at me with curiosity or outright asked if I were a foreigner. My purpose is to bring information about the

people of the hill tracts to more people. I want to tell people about the lifestyles of the people in the hills and the relationship of the culture of the hill people with nature, and harmonious coexistence.

"The taunts or stares hurt me before, as I would think why were they looking at me that way, but now as I have grown up too, I feel a different kind of sad. I feel sad for those people rather than myself, because I know their behaviour is from not-knowing, rather than anything else." I have a lot of ideas in my head, and will continue to pursue this, especially in the digital art space," Tufan said.

Here is to wishing all the luck and success to the artist and conservationist Tufan. Head to his page <https://www.facebook.com/tufansArtbin> to meet the artist and check out his amazing artwork.

By Sania Aiman

Photo: Tufan's Artbin



Struggles of solo women in the big city

CONTINUED FROM PAGE 5

Our identities clashed as I returned from abroad, brimming with a sense of independent identity, education and an inexplicable desire to cut my metaphorical umbilical cord.

I felt massive guilt from wanting to leave and delayed and went back and forth on the decision for years.

Till then I have moved several houses and locations, perhaps running into tougher spots as a freelancer and often felt compelled to also return to the nest I wanted to break out of.

I have rented apartments from female landlords who claimed to be feminists as well, and still faced the stigma and shaming of desiring to live alone without family,

especially because I happen to also be a freelancer, and an artist — a definition of a stereotype considered subversive. Thus, the degree of issues independent women faces vary based on their external identity and privilege.

Despite all the struggles, today, as a single woman in her thirties, I am back in the market looking for a dream home of my own, for its own sake and for nothing else. And I am not alone in this. Ever caught the underrated Bollywood movie “Wake Up Sid”, and caught the line where Aisha Banerjee (played by Konkona Sen) moves from Kolkata to Mumbai alone and tells the



privileged Sid (Ranbir Kapoor), “Have you ever wanted to live alone in your own little space? Where you wanted to cook your own food, make your own money and spend it. Independence,

you know what I mean? Aisha stumped the clichéd rules set by “others”. There is a sense of serenity that once you overcome all the obstacles, you can get that you cannot explain to others who have not opted to go through it.

Stigmas surround subversion, especially in a culture where there is a lot of resistance to non-conformity. And the brave women who fight for what they want and believe in, power through

the maze of writing a new narrative for independent women in urban Bangladesh. This is what the purpose of this entire article is. Like the metamorphosis of a caterpillar into a butterfly, living solo will help you (or your daughter, your niece, your friend, your employee) realise your full potential as an adult fully capable of making decisions. Because it's a bed of roses with sticks and thorns.

By Dibarah Mahboob

Photo: Sazzad Ibne Sayed

Special thanks to Madhubanti Anashua Dibarah is a self-taught artist, mural painter and freelance writer who also works as a consultant for humanitarian aid and development.

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Visit friends you don't see often. Don't be persistent when offering help. Avoid lending money. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)

Physical activity will relieve your frustration. Avoid any confrontations. Secret affairs will lead to deception. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Let your personal life settle down. Don't join unnecessary causes. Focus on promoting your work. Your lucky day this week will be Monday.



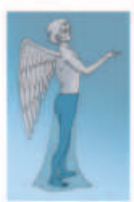
CANCER
(JUN. 22-JUL. 22)

Understand both sides of the situation. Don't overspend. Keep your opinions to yourself. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

Trips will be exciting. Find ways to challenge yourself. Don't spend carelessly on luxuries. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEP. 23)

Be honest when dealing with your partner. Start planning for a vacation. Don't overreact to everything. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Sudden changes in your life are likely. Your partner will infuriate you. Travelling for knowledge will pay off. Your lucky day this week will be Sunday.



SCORPIO
(OCT. 24-NOV. 21)

Social events will go well. Family members will take advantage of you. Make plans with your partner. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Pamper yourself this week. Look into new jobs. Make plans to travel for pleasure. Your lucky day this week will be Wednesday.



CAPRICORN
(DEC. 22-JAN. 20)

Keep your future goals in sight. Group endeavours will be entertaining. Don't depend on co-workers. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Changes at home are likely. Avoid risky financial schemes. Be generous with family this week. Your lucky day this week will be Thursday.



PISCES
(FEB. 20-MAR. 20)

Your approach to life will interest others. Find a place of solitude for relaxing. Romantic opportunities are evident. Your lucky day this week will be Monday.

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#FASHION & BEAUTY

A style guide to wearing the season's hottest accessories

Winter, loved as it is, does not hit this part of the world as harshly as it does the other parts. We do not get snow, we do not get near freezing temperatures and thus, looking all bundled up and snug and stylish is next to impossible without it looking a teensy bit of overkill. However, we do experience pockets of chilly weather each year in bits and pieces whenever there are cold waves and that, right there, is what you need to prep for. With winter-perfect accessories within hands' reach, mere rain or wind has got nothing on you!

FAUX FUR SCARVES

Due to their very nature, fur scarves look big and do a great job of covering you up. They keep you snug and are definitely a level up from regular wool scarves that can become scratchy when you start to feel warm.

Choose one coloured or monogrammed scarves in any colour of your choice, put on a light coat and you are set. This winter is all about bright colours and fur scarves in vibrant hues can really perk up that grey or brown coat.

SNOODS

Hoodies just aren't for every occasion. Love them as we might, they put too much of a casual air into almost every attire they are a part of. We might have been sad to have to ditch them as they are undeniably functional, but thanks to "snoods", we don't have to!

Snoods are a blast from the Renaissance past and right into modern fashion. What was once known as a hairnet, is now a fashion accessory perfect for winter.

Detachable hoods or balaclavas are all the rage now and you can slide one over your head to cover your head, ears and neck warmly and take it off once that function is over. It is simple and snoods make for a great replacement for the overdone scarf too.

FUR ANKLE SOCKS

The name of the article is all there is to it. These are warm, snuggly socks but only up to the ankles where they are accessorised by faux fur. Coming in all colours and styles, some socks have a thin trimming of fluffed

up fur while others have a wider ankle-line of matted down fuzz. While you are your own boss when it comes to choosing your sock colours, a little birdie told us that red socks are literally painting the town red this season! Pair them with some ankle boots and walk out with some well-styled leg game.

LEG WARMERS

Who would have thought that something as basic as leg warmers would be in vogue someday? It's a season of surprises as warmer than warm, woolly leg warmers deck up our calves instead of socks, actually looking much more pleasant than could have been expected out of the article. Basic black, head turning red or rich hues of blues, greens and burgundies, leg warmers are snug enough to be paired with jeans but look great with skirts or dresses, especially when paired with knee high boots.

By Munira Fidai

Photo: LS Archive/Sazzad Ibne Sayed

