

VOLUME 21, ISSUE 33, TUESDAY, FEBRUARY 8, 2022
MAGH 25, 1428 BS

Star
LIFE
Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star



NATURE'S jewels abloom

FLOWERS IN THE HAIR OR AT THE ALTAR
BANGLA'S BLOOMS P5, 6 AND 7
BAKED SWEETS FOR THE DAY OF LOVE
DESSERTS FOR VALENTINE P9
WHAT IS MANSPLAINING
A COMMON PRACTICE TO SHUN P12

PHOTO: ADNAN RAHMAN
MODEL: TANIA
WARDROBE: RENUBALA
MAKE-UP: SUMON RAHAT
STYLING: SONIA YEASMIN ISHA
STUDIO: UTURN PRODUCTION

BERGER
Trusted Worldwide

BERGER LUXURY Silk
শুধু
প্রস্রাবাতাগ
প্রিয়াল নয়
আমাত
সৃষ্টি আঙিনা

BERGER LUXURY Silk
Hygienic Coating

KUNDALINI RISING

SHAZIA OMAR

Writer, activist and yogini
www.shaziaomar.com

In Love with Indaba My Favorite Yoga Studio

Every now and then, you come across a place where you would like to pitch your tent and stay forever. For me, that's Indaba Studio in Marylebone, London. I have been teaching yoga for more than 20 years, and learning for longer, so you can guess how many studios I have been to over the years, and yet this one rises above the rest to win a place in my heart. Are you wondering why? Here are the top 4 things I love about Indaba Studio.

Experienced teachers

The studio has a collection of extremely dedicated teachers who are deep into their yoga practice and have a lot of wisdom to share. These yogis are not only teaching (at very advanced levels), they also walk the talk, so there is much more to learn from them, apart from challenging postures. I have had the privilege of practicing with a few of the teachers at Indaba, including Leon London, Emi Tull, Stewart Gilchrist, and Ambra Vallo. They are gentle and demanding, focused and open-hearted, and they know just how to inspire every student to be his or her best self.

Mixing it up

I'm a student of Ashtanga, and in search of great Ashtanga teachers, I often end up in studios that offer only Ashtanga. But I like to explore new methods also to see how they complement my madness. At Indaba, there are incredible teachers and the option to explore Primal, Rocket, Dharma, Yogasana and Vinyasa flow. There are also Pilates classes and yin yoga classes, to round it all off.

Atmosphere and energy

I love the feeling I get when I walk in because of the atmosphere created. There are incense sticks burning and soft chanting music in the background, as well as a small shop of yogi treasures, such as chakra healing crystals and copper tongue scrapers, as well as mats and yoga pants, of



course. Most important is the community that thrives around this studio — yoga lovers from all over the world who are going deeper into the practice and the lifestyle, other yoga teachers, people who perform in Cirque du Soleil and other acrobatic adventurers, as well as ordinary people who want a dose of positivity in their day.

Online option

The studio now streams all its classes

online. This is a special treat for us in Bangladesh. We can now access classes by Indaba's amazing teachers right from our own living room!

Indaba On Demand is another option which allows you to watch recorded sessions with any of the teachers at any time you like. Online and On-Demand gives us the flexibility to practice anytime, anywhere!

Indaba Studio creates a space for

yogis to connect, support each other and grow. This is ideal to progress in yoga and even to go deeper into self-study. Group energy helps elevate positive frequencies and cultivate a contagious passion to go deeper. Check it out! www.indabayoga.com

Shazia Omar is a yogi and a writer. www.shaziaomar.com

Photo: Shazia Omar

Like us on [Facebook](https://www.facebook.com/Sandalina) /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL



Month-long art exhibition on ‘Bangabandhu, Liberation War and Bangladesh’

‘The aim of art is to represent not the outward appearance of things, but their inward significance’ — wrote Aristotle to emphasise the significance of art. Abstract values like freedom are different to express but art can give them an image that touches our heart. Recently, there was an art exhibition at the Bangabandhu Military Museum titled “Bangabandhu, Liberation War and Bangladesh” that explored our glorious history.

The Museum

Honourable Prime Minister inaugurated the museum on 6 January, 2022. After a construction period of six years, the world class edifice was opened for public. The project was carried out by the E in C branch of Bangladesh Army. The Engineer in Chief was responsible for the project. Brig Gen Md Mahbubul Islam was the project director. Architect Ali Imam and Architect Bayezid Khandaker were the lead architects, and Nazneen Haque Mimi played the role of ID consultant. Spectra Engineers Ltd. served as the developing partner.

As you step in through the main



entrance, you will notice a mesmerising yard of soothing green. A cleverly designed sculpture of Bangabandhu stands out along with other sculptures of soldiers. The water bodies on the sides blend into a picturesque look. Upon entering the main building, you will also notice the wide lobby with the Toshakhana Museum on your right. Walking through the Victory Arena (Bijoy Angina), you can get to the exhibition gallery.



The Art Exhibition

Some of the most celebrated artists in the country took part in this exhibition. The extraordinarily aesthetic ‘Rakhal Guerrilla’ of artist Rafiqun Nabi was being displayed on the ground floor. The bright and eye-catching piece reminds you that in an artist’s hands, everything comes alive. The left wall on the ground floor looked very graceful as it donned two paintings of artist Hashem Khan about 7th March and the 6-points. As you stand in front of these spectacular paintings, you feel your heart overtaken by passion that can only be inspired by the historic speech of 7th March.

Another wall displayed eight artworks by artist Shahabuddin Ahmed; all of them about Bangabandhu and the Liberation War. A number of glass showcases as well as open showcases were displaying different sculptures. About 38 sculptures created by 10 different sculptors were presented in the exhibition. Tributes were paid to Shilpacharya Zainul Abedin and Potua Quamrul Hassan.

Nazneen Haque Mimi is also curating the gallery. Paintings done by many renowned artists were displayed here. Artist Mohammad Eunos, Rokeya Sultana, Nisar Hossain, Shahid Kabir, Muniruzzaman,

Abdul Mannan, Mohammad Iqbal and many young and bright artists’ artworks were presented. Some 90 artists and 10 sculptors participated in this exhibition. There was a portrait of Bangabandhu done by artist Ahmed Shamsuddoha that is exceptionally accurate. The painting reminds you what an imposing character Bangabandhu really was and it’s a special one since the French Government used this portrait to make a stamp about Bangabandhu. ‘Colours of Bangladesh’ and ‘Gallery Chittrak’ cooperated with the exhibition.

The Gallery

Standing on a round water body, crystal clear glass encases the gallery. One can see through the glass, which gives the illusion of floating on water. There are two more floors underneath expanding both under the water body and underground. Nazneen Haque Mimi and Spectra took care of the interior decorations. The whole gallery has a marble clad floor and clear glass separates the ground floor part from the rest of the museum. Metal false ceiling covers the gallery along with durable and insect-proof materials to ensure that the gallery remains in pristine condition. The walls buttress a secondary wall that has been dehumidified

and is acoustic in nature. As a result, there are no echoes. With perforation and 3d, it offers a complete protection for the paintings.

One can go to the basement using the stairs or the lift. The double high space and an eye-catching circular ceiling reminds you of how large the gallery really is. The paintings were displayed in such manner that each maintained their individuality.

Through a ramp and a small staircase, one can access basement two. At the centre point, there are two large columns that support the gallery upstairs. The whole place is highlighted with track lights and the lighting system is automated. The paintings are hung on metal panels so this multipurpose gallery can host any sort of exhibitions.

Small sofas and benches are arranged by the curator as sitting arrangements all over the gallery so one can relax, take their time and enjoy the exhibition. Digital gadgets such as signage, vertical signage, dual monitor kiosk is available all across the gallery and they offer information to the visitors.

By Ashif Ahmed Rudro
Photo: Hasan Saifuddin Chandan



#FASHION & BEAUTY

The fire on treetops



The cold wave that has swept in makes it hard to believe, but spring is almost here. And just as the trees begin to put on a show, the *palash* or the flame of the forest comes ablaze in vermillion, birds begin nesting on the green leaves, the eager bees and the cuckoos instigate an orchestral magnificence. Bards and poets from ages have responded to this very beautiful season quite imaginatively. And maybe that's why Tagore had tonnes of poems penned in admiration of the season—*And with Phalgun's springtime's surge of desire*
Clove vines would ring with their ankle bells
As damsels unfurled their flowing tresses in the south wind!

- ELEM NOTUN DESHE, RABINDRANTAH TAGORE
 Photo: Sazzad Ibne Sayed
 Model: Riba and Raj
 Wardrobe: Qrius
 Make-up: Sumon Rahat
 Styling: Sonia Yeasmin Isha



#FASHION & BEAUTY

The Mesmerising Beauty of SPRING

In Bengal, there is a flower for every season. From serving as offerings at the altar of deities while the priest chants shloks for pujas, to styling a beautiful bride on her wedding day, to simply using them to decorate households on opportune occasions — there is a flower befitting every occasion!

There is nothing more mesmerising than the look of a Bengali bride with a rose bloom tucked on the sides of

her bun, and milky white belii garlands hanging by. Nothing more auspicious than the sight of dainty maloti gracing the feet of various Hindu deities, nothing more delightful than the sight of rojonigandha, neatly arranged in a vase in a family living.

Photo: Adnan Rahman

Model: Tania

Wardrobe: Renubala

Make-up: Sumon

Rahat

Styling: Sonia

Yeasmin Isha

Studio: Uturn

Production



#PERSPECTIVE

In Bengal, there is a flower for every season. From serving as offerings at the altars of deities while the priest chants shlokas for pujas, to styling a beautiful bride on her wedding day, to simply using them to decorate households on opportune occasions — there is a flower befitting every occasion!



A conversation ON FLOWERS

There is nothing more mesmerising than the look of a Bengali bride with a rose bloom tucked on the sides of her bun, and milky white *beli* garlands hanging by. Nothing more auspicious than the sight of dainty *maloti* gracing the feet of various Hindu deities, nothing more delightful than the sight of *rojonigandha*, neatly arranged in a vase in a family living.

Pijush Kanti Sarkar is an art teacher and designer by profession, and flower aficionado by passion. He says that growing flowers has everything to do with the right soil. The fertile grounds of Bengal suit certain flowers more than others, and thus, they are found in abundance in this region. Although now grown in other parts of the world as well, like in Thailand, Cambodia and Vietnam, most of these blooms can truly be attributed as 'Bengali.'

"Through our poetry, songs and art, to our cultural decoration and veneration, we own these flowers!" exclaimed Sarkar. "There are flowers that one can see the

year round and then there are those that only visit us seasonally."

And he went on to explain, "The *beli* and the jasmine are both flowers of spring. The *dolonchapa* and *nayantara* are mostly seen in monsoon. Marigolds, as we all know, bloom in winter. The *nagalingam* and the *konokchapa*, for instance, grow well in the dry soils of the mountainous regions like the Chittagong Hill Tracts, and then there are other flowers that grow well in moist soils found in the lowlands, like Barishal, for example," he explained passionately.

Certain flowers have flourished in various regions of the country because of people's fondness for them. In Hindu majority areas, due to their preferences and veneration practices, some flowers are grown in the households.

"One may see flowers like *shondha maloti* and *aparajita* around Hindu localities more than in other places. Durga or Lakshmi Puja will be deemed

incomplete without the lotus. There will be no *Kalipuja* without the *roktojoba* (the blood red hibiscus). Some deities are fond of the shade blue, so *aparajitas* and other blue coloured flowers are used in certain Hindu religious ceremonies," he said.

Even culturally, Pijush Kanti Sarkar mentions that it was once common practice to bring in fresh blooms of *palash* or *shimul* every Pahela Baishakh to symbolise freshness, peace, and prosperity for the coming year.

"Although a lost practice now, it was a big part of the Baishakhi celebrations back in our time," he added.

However, it is not only religion and culture that dictates flower cultivation in Bengal. There are other practical reasons for it too. "Flowers such as *nayantara* have a range of health benefits. In fact, the *nayantara* has cancer fighting properties and has also been called a miracle in the prevention of childhood leukaemia. Similarly, the juice from marigold leaves is

thought to stop severe haemorrhage from wounds, and *aparajita* petals are gaining popularity as a drink for boosting memory and relieving anxiety. Full of antioxidants and anti-inflammatory substances, *aparajita* also helps in keeping diabetes in check," added the enthusiast.

Flowers have something in them for everyone. Some get drawn to their beauty and vivacity, some to their freshness and fragrance. Inside Bangladesh and in the wider Bengal, flowers hold symbolism and bring in health benefits for those who take the time to dig deep and learn more about these beautiful ornaments of nature.

By Munira Fidai
Photo: Adnan Rahman
Model: Tania
Wardrobe: Renubala
Make-up: Sumon Rahat
Styling: Sonia Yeasmin Isha
Studio: Uturn Production

#TRAVEL

Bay One – the first luxury liner to cruise from Chattogram to St. Martin's

On the road by the river, over a bridge right before the approach to the BIWTA jetty no 15, the glimmering lights around the typical silhouette of a ship comes into view. This is the MV Bay One, the first luxury cruise ship of its kind in Bangladesh, the only direct marine vessel to cruise from Chattogram's Karnaphuli River to the Bay of Bengal, and further south into the deep sea, all the way to the coral island of St. Martin's.



Although the entire southern border of Bangladesh is next to the Bay of Bengal, a lot of people never think to go beyond Cox's Bazar, or avoid travelling to St. Martin's Island simply because of the hassle of the multiple stages of time-consuming travel. But what if you could start tasting the sea air and enjoying a vacation on the deep sea a few minutes outside the comfort of a big city like Chattogram?

The Bay One cruise service, offers just that. It docks at the inland water terminal just outside Chattogram airport, and leaves port for its island destination at 10 PM every Thursday, for which passengers have to check in at 9 PM, a perfectly comfortable time to hop off a domestic flight at the airport and get on the cruise ship in a matter of minutes. Once settled in, passengers are in for an experience unparalleled by any other Bangladeshi service.

The ship is multi-storeyed, with more than six floors, with an elongated layout and low roofs instantly reminiscent of the ships and ocean liners shown in films. The friendly staff welcomes passengers and shows them around, to their own booked places as well as the location of the necessities like the wash areas, passages, and of course the restaurant.

The different floors of the ships are called decks, and designated alphabetically. The ship is also equipped to create a memorable experience for a number of different kinds of tourists — those who like their privacy and luxury, those travelling with a number of friends, and those who like the hustle and bustle of a common seating abuzz with merry holiday makers. The accommodation types on offer range from chairs to bunks to beds. The entire ship except the VIP section is open for all to access and roam around throughout the night as the ship sails smoothly over the Bay of Bengal.

There are restaurants and a café on board the ship. The restaurants offer buffet spreads as well as set menus, and the café has various types of *deshi* snacks, fruit juices, coffee and ice cream. The buffet does not have a fixed menu, but includes a variety of items from the local cuisine, pasta and noodle items, as well as some

items of Bangla-Chinese style. There is of course dessert.

"This cruise is a result of Engr M A Rashid's vision, as our MD at Karnafuly Shipbuilders Ltd. He intends to pioneer the cruise ship industry in Bangladesh, and make it equivalent to international standards," said Asif Arafat Islam, Chief Strategy and Business Officer at Karnafuly Shipbuilders Ltd, MV Bay One, and Karnafuly Express.

The ship has a capacity of more than 1200 passengers easily, and accommodations for such numbers as well. The idea is for people to have travel to the tropical island in luxury, enjoy food, live concert, and the ambience throughout the night, culminating in a wonderful experience of a sunrise on a ship in the middle of the Bay.

The cruise times are such that a person can experience the whole 24-hour experience of staying on a ship, but spread out over the whole weekend. While staying on the ship, people can also experience



the sunset and sunrise over the waves, snuggled in the comfort of the cushy couches set up alongside the railings on the outer passageways of the ship.

Once the Bay One reaches St. Martin's, it docks a bit away from the shore for its size, and a dedicated barge takes on the responsibility of ferrying passengers from the ship to the island. The same barge also carries them back time to time, and smaller boats are also available for the same purpose.

The ship's operations and management are done in a very responsible and environment friendly manner, adhering to all guidelines and regulations, informed Asif Arafat Islam.

As head of operations on the ship, Mohammed Anowarul Azim, General Manager of Food and Beverage at Bay One cruise, says they have a crew of about 120 people serving guests numbering between 1000 and 1200. This allows the team to provide good service, keeping in mind all

safety and hygiene protocols, ensuring a good and safe experience for everyone.

After enjoying a fun-filled Friday on the island, where tourists can choose to stay on the island or come back to the ship, it sails for Chattogram at 10 AM on Saturday. This allows tourists to enjoy the full magnificence of the Bay of Bengal's blue waters, crashing waves and lovely sea breeze throughout the seven or more hours, until reaching Chattogram.

Interestingly, the ship is also available for use as an out of the box venue for



destination weddings, corporate events, and any kind of celebrations while it is docked in Chattogram throughout the week, except on the weekend. It is also possible to fully charter the ship for any kind of celebrations, and single day excursions on the Bay of Bengal. Furthermore, there is a special discount offer going on at the moment for International Mother Language Day, for



travel until 21st February, 2022.

The ship's schedule for February is already up on their website, <https://mvbayonecruise.com/> along with all the necessary booking details and seat plans, or call the hotlines 09610849970 or 01870732596. Visit the facebook page www.facebook.com/MVBAYONECruise for further information.

By Sania Aiman
Photo: Intisab Shahriyar



#FOOD & RECIPES

Baked delicacies for the day of love



As Valentine day comes knocking, it is a perfect time to practice a few baked recipes to make the day's celebrations of love grander, infused with all the hard work that goes behind making something delicious for the people you love. Here are a few for you to try, courtesy of Sheraton, and Erhan Demir, the hotel's Executive Pastry Chef. Demir is an expert in French, Turkish and Arabic pastries, as well as Italian, Continental, Mediterranean, and fine-dining cuisine. A Turkish national, Erhan Demir has nearly two decades of experience working with well-known names like SwissOtel, Sofitel, Marriott, and many more. Demir has also worked with and learned from Michelin Starred Executive Chef Jean Paul Naquin, Werner Schanzl, Sapto Wibowo and Alain Heuze.

DOUBLE CHOCOLATE LAVA CAKE

Ingredients

115g sugar
225g whole eggs
85g whipped egg yolk
225g dark chocolate
175g melted butter
75g sifted flour

Method

Melt the chocolate, pour into Flexipan molds of ± 2cm and leave to harden.

Now beat sugar, eggs and egg yolks into a white, creamy blend. Melt the chocolate at 45°C with the butter, combine the egg mixture with the chocolate and add the flour. Fill the molds with the batter and push a chocolate centre into the heart of each one. Leave to rest in the refrigerator or store in the freezer. Bake at 180°C for 10-15 minutes, depending on the size, until done.

SALTED CARAMEL PECAN CAKE

Ingredients

For chocolate sponge—

140g cake flour
4g baking powder
145g dark chocolate
240g butter
200g whole eggs
Salted Pecan Nuts—
120 Pecan nuts
100g Sugar
50g water
A pinch of salt
10g cocoa butter
Java chocolate cream
200g chocolate milk chocolate
100g dark chocolate
120g whipped cream

Method

Combine cake flour and baking powder, sieve together. Combine chocolate and butter melt together, then whisk and gently fold into the sieved flour. Bake for 10 minutes at 180°C.

To roast pecan nuts, caramelize some sugar in water, and add the nuts to the mixture. Sprinkle some onto the cake mixture and leave the rest on a tray.

Now warm up some whipping cream and fold into melted chocolate to create a smooth chocolate sauce. Now fold half of the chocolate sauce into the previous mixture.

Assembling

Cut the chocolate sponge (10 x 2.5 cm) and pipe Java chocolate cream onto it. Add salted macadamia and sprinkle with sea salt. Decorate with chocolate plaque and gold leaf.

STRAWBERRY COULIS

Ingredients

250g granulated sugar
16g pectin NH
480g strawberry purée
200g diced strawberries

Method

Mix sugar and pectin together. Now heat purée and strawberries to about 40°C / 104°F and stir in sugar and pectin mix. Bring to a boil. Pour the hot mixture in a small sphere mould and freeze it.

CHOCOLATE MOUSE

Ingredients

14g silver gelatine sheets
125g whole milk
125g heavy cream
100g raspberry puree
405g white chocolate, semi melted
375g heavy cream

Method

Soak gelatine in ice water until softened; squeeze out excess water and set aside. Bring milk and cream to a boil and stir in the gelatine to dissolve. Place chocolate into a bowl, and slowly pour the hot milk over it, whisking until smooth. Cool to 28°C.

Whip the cream to soft peaks and fold it into the chocolate mixture. Reserve in the fridge.

Food: Erhan Demir, Executive Pastry Chef, Sheraton, Banani, Dhaka
Photo: Sheraton, Banani, Dhaka



Show you care this Valentine's with VISION Rice Cooker

Working in the kitchen everyday being around heat is a tiresome chore and yet is also something unavoidable. The entire procedure from prepping to cooking followed by cleaning is an immensely hectic process.

While men also aid in kitchen activities occasionally, it is not always the case due to other engagements, yet they desire to do more. In a situation as such, would it not be great to offer help to the hardworking women of the family constantly? Albeit it is not possible to always be around as a helping hand, constant help can be provided via kitchen gadgets.

Among the many kitchen gadgets available today, one that will not rust away in the corner of your kitchen and rather be used every day is a rice cooker. Given the dietary habits of our people, rice has been an indispensable part of our regular food intake since time immemorial, which makes it a must-have appliance for every household.



Even for working couples or newlyweds who share responsibility, the duty of putting warm, cooked food on the table eventually falls upon women. The juggle



between house chores and office work can be a challenging one. In this busy lifestyle, a rice cooker can take care of at least a portion of household chores and the time saved can be invested in family instead.

For all the men out there, a rice cooker can be a very thoughtful gift for your spouse on the occasion of the upcoming Valentine's Day! It will slash down time spent in the kitchen, ease down the chores, and be a means to get more rest. If you are wondering which rice cooker to purchase among the hundreds available,



then your hunt ends with VISION Rice Cooker.

VISION Rice Cooker eliminates the hours spent in front of the flame, which gives respite to cooks from the unwanted heat residing in the kitchen. Furthermore, it is equipped with a three-layer safety system that prevents short circuits. The built-in thermostats prevent overheating and maintains the optimum temperature required to ensure uniform heating.

Using VISION Rice Cooker is extremely easy — all you have to do is add the required amount of water and uncooked rice in the pot, plug it in and let it do its job while you do yours! Once done, it will automatically switch to the warm mode and keep cooked food warm.

Furthermore, a rice cooker is not limited to cooking rice only. This versatile kitchen gadget can do wonders, where you can

cook other grains such as *khichuri* or *biriyani* to gravies such as chicken or fish curry. It is also great to prepare sauces and can double-up as a slow cooker for dishes that require time. Some VISION Rice Cookers are geared with a steamer which you may use to make dumplings or steam vegetables.

VISION brings to you an array of rice cookers in various sizes and colours, with capacities ranging from 1 – 5.6 litres. From metallic shades to floral prints, you can pick the one that best suits your kitchen décor. They are also highly durable and affordable with the price starting from as low as Tk 1600 and going up to Tk 2950 only.

To view the full range of products, visit <https://vision.com.bd/home-appliance/rice-cooker/>

By Fariha Amber
Photo: VISION



VISION
Rice Cooker

**NOTHING SAYS LOVE
LIKE MAKING LIFE EASY**

This Valentine bring home some happiness
and give your wife the comfort and ease of
VISION Rice Cooker

Order Online
www.vision.com.bd | 08 007 777 777 (Toll Free)

Available at
VISION EMPORIUM | **VISION EXCLUSIVE** | **BEST BUY**

#PRESS RELEASES

Deshal's flagship outlet launched in Banani

Deshal launched its flagship store in Banani on 1 February, in a bid to serve their patrons even better. Deshal is now moving ahead with a total of six outlets along with their online stores. In this long journey, some new friends have joined along, adding with their presence a new life and a new vigor to Deshal. By 2023, Deshal wants to reach the doorsteps of the buyers with double the number of outlets across the country. Deshal also wants to take online shopping to a new height. Through their user-friendly websites, online shopping is also now becoming easier and more attractive with Deshal.

Sundora Beauty launches the largest beauty store in South Asia

Beauty lovers can now shop at the brand new Sundora Beauty flagship store in Dhanmondi. The new location boasts floor space of 3,800 square feet entirely dedicated to beauty, in what Sundora Beauty says is the largest beauty outlet in South Asia, promising the most upscale and unforgettable retail experience. "The opening of the new Sundora Beauty outlet confirms our confidence in investing in Bangladesh where we started our business 20 years ago. We are excited about the launch of the flagship store in Dhanmondi," said Christian Sater, chief executive officer of Sundora. With 100 international luxury brands and over 50,000 products, the store provides a vast and unrivalled choice of authentic fragrances from prestige and lifestyle brands as well as a number of niche brands, skincare products and trendy makeup. Discover also Sundora online at www.sundora.com.bd or www.facebook.com/sundorabeauty and <https://www.instagram.com/sundorabeauty/>

Valentine's buffet at FARS Hotel & Resorts

Valentine's Day is special for all those who want to celebrate their love in a special way. FARS hotel has thus taken the initiative to create a wonderfully romantic set up just to help you love your beloved. They are also offering an exclusive choice of buffet along with live music at their SKY Deck Restaurant (rooftop) and Feast Restaurant (6th floor). For details and reservations call 01768622036, 01768622037, 01768622032.

HOROSCOPE



ARIES
(MAR. 21-APR. 20)
Spend time with family. Don't be flirtatious if you already have a partner. Uncertain schemes will not be lucrative. Your lucky day this week will be Friday.



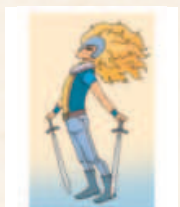
TAURUS
(APR. 21-MAY 21)
Secret activity is evident. Close any pending deals. Don't be too quick to judge your partner. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUN. 21)
Spend time with your partner. Help out with family matters. Don't be swept off your feet too easily. Your lucky day this week will be Friday.



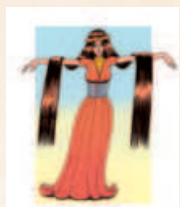
CANCER
(JUN. 22-JUL. 22)
Home improvement projects will pay off financially. Don't take on other people's responsibilities. Your partner is on to you. Your lucky day this week will be Monday.



LEO
(JUL. 23-AUG. 22)
Take care of those less fortunate. Pay attention to loved ones. Avoid lending money to anyone. Your lucky day this week will be Tuesday.



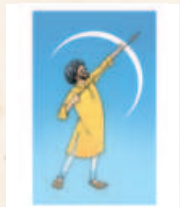
VIRGO
(AUG. 23-SEP. 23)
Your partner will really win your favour this week. Get involved in organisational functions. Avoid any overindulgent behaviours. Your lucky day this week will be Wednesday.



LIBRA
(SEP. 24-OCT. 23)
Make plans with friends this week. Now is the time to listen rather than speak. Get into self-awareness groups. Your lucky day this week will be Monday.



SCORPIO
(OCT. 24-NOV. 21)
Stand by your family in times of trouble. Travel should be on your agenda. Don't make unreasonable promises. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)
Depression could be making you feel lonely. Your hard work will be rewarded. Don't expect new acquaintances to be honest. Your lucky day this week will be Thursday.



CAPRICORN
(DEC. 22-JAN. 20)
Don't allow others to overburden you. Make sure everything is in order. Channel your energy into professional endeavours. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)
There can be sudden changes in financial standing. Catch up on overdue work. Look out for plenty of annoyances this week. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)
Finish pending projects. Your personal life will face a state of confusion. Your partner may be unhappy with you. Your lucky day this week will be Sunday.

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে

১ টি  ৫৭০ লত্ৰীসোপ **ফ্রী!**





KOHINOOR CHEMICAL

#PERSPECTIVE

The nonchalant truth of mansplaining

Have you ever come across a man who claimed himself to be more knowledgeable than you, even though you are more experienced in that particular field? If yes, you have been mansplained.

Mansplaining is a gruesome act that has been taking place for centuries now due to some men and their egos being grander than the seven wonders of the world. Yes, the wonders may change but they will not.

Knowingly or unknowingly, we are often a victim of this prejudice in organisations, institutions, and even public places. Hence, to elevate your idea about mansplaining and to give you the shield of self-preservation against it, here is the context in a nutshell:

How is mansplaining done?

There is an array of ways a man can mansplain a woman, but the most common one is when they believe they are superior to them just based on their gender. How peculiar and obnoxious you may think? Sadly, this is the truth. As if equality does not have a place in their dictionary. Well, neither does consent, but let's not go there. You may hear the



hymn of 'not all men are the same' playing in the background!

On a serious note, a classic example of mansplaining is when you are working with a male and you

probably need help with it. For some odd and very unknown reasons, the man has an indefinite urge pouring through his veins to help you. Even when you clearly and vocally said that you do not need it, he insisted as if that was vested to him by the supreme power of the universe.

How to escape mansplaining?

As much as you may wish to have a golden guide to escape mansplaining, it does not exist. However, what does exist is the ability to say no. There are instances where we may think raising our voices or declining may result in a worse situation. Imagine figures like Marie Curie or Malala Yousafzai having a similar mind-set. Would our race have advanced to what it has to now? The answer is, never.

Therefore, as much as it may hurt the person in front of you, you need to take your stand. You have to mark your territory even if it subjects you to ostracisation. Yes, that is an over-exaggeration of what may happen but the reply should always be louder than the mistreatment. This is why always prepare for the worst and do your best. Years of suffrage for gaining the right to raise your voices should not be wasted.

The bottom line

To conclude, one must never mansplain. It is unacceptable and unjust. No one should feel belittled or less valued due to his or her gender. So, the next time you see someone mansplaining you, do not forget to point out their absence in the extreme sport called 'mutual respect!'

By Zeba Fareha Hossain.

Photo: LS Archive/Sazzad Ibne Sayed



FALGUN / 22

