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Star

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E-mail: 64-65

# WINGS *of* language

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PHOTO: SAZZAD IBNE SAYED  
MODEL: MOFASSAL AL ALIF

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#FESTIVITIES

# Maghi Purnima arrives once more



Buddhists all over Bangladesh will celebrate the Maghi Purnima, one of their major festivals on Wednesday, 16 February, 2022. This festival is commemorated on the night of the full moon in the month of Magh, through remembering Gautama Buddha and the announcement of his impending death.



We spoke to Sugata Chakma Nanadhan, former tribal cultural-committee administrator and currently a Chakma community author and researcher, about the special celebration. He enlightened us on the matter, saying, "Every Purnima is important for the Buddhists including the Maghi Purnima; this is when the *grihostho* (general public) pray for their salvation and enquire the *Bhikkhu* (monks) for a better life in this world. This is also when they pray to achieve the Panchasheel (the five precepts) of morality training. On the other hand, the *Shannashis* or the *Bhikkhus* (monks) pray to become a perfected person, one who has gained insight into the true nature of existence and achieved *Nirban* (*nirvana*), the



monks will also pray to continue with their monastic life and hence be able to follow the *Ashtasheel* (the practice of following the eight edicts)."

Every year, the Maghi Purnima is celebrated in all monasteries and respective offices of the religious organizations. Traditional fairs are also organized at some of the Buddhist populated regions of the country.

"Maghi Purnima is celebrated on a large scale because this month specifically marks the end of the winter season, when the weather is suitable to make any sort of festivity out in the open. People can take their appropriate

time to carry forward with prayers and supplications; there are many enjoyable activities that happen during the special occasion such as releasing sky lanterns into the clear moonlit night and followers of the *Bahu Chakra* (a unique arrangement to prayer)," informed Nanadhan.

The conversation ended with him



wishing the people of the world, peace, prosperity and a better future in the forthcoming years.

By Mehrin Mubdi Chowdhury  
Photo: LS Archive/Sazzad Ibne Sayed

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

**স্যান্ডালিনা**  
সোপ

রূপচর্চায় আভিজাত্য...

**KOHINOOR**  
CHEMICAL

# IMPACT OF COVID-19 on mental health and its aftereffects on young minds

After almost two years of the world being under the clutches of COVID-19, mental health has become a vital concern that demands to be addressed. It was not possible for students to tackle the surge of the pandemic and attend school, which resulted in them spending a prolonged amount of time inside their homes. The whole situation has presented us with an atmosphere of stress and exhaustion, resulting in a lower attention span and short tempers.

With the introduction of online schooling, screen time skyrocketed. Limited scope of interactions in classes have made classes monotonous. Students are always surrounded by countless distractions, making it even more difficult for them to focus. Too many online classes have also resulted in physical ails. It seems as if there is an enormous blank space among the youths of the society, which otherwise would have been filled with memories made in school campuses with friends and mentors. It is essential to interact with companions in order to not pile up negativities, but unfortunately, this pandemic totally hinders that aspect.

The biggest blow was to motivation. With so many uncertainties surrounding



students, they are always on the edge. The redundancy of life has become a constant, and this has created the lack of things to look forward to. What further disturbs the tranquillity is the concept of a pandemic itself. Sickness, deaths, misinformation, uncertainties — all these do not let people rest.

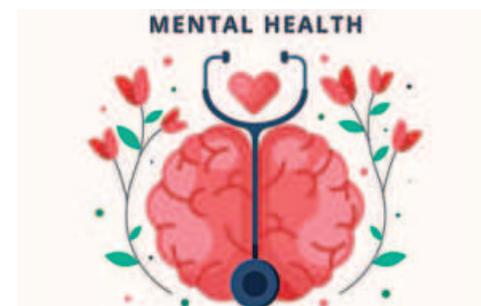
Being in a constant state of alert and frenzy hampers mental health. The after effects of this whole situation can be quite detrimental if things continue to flow as they are currently. Society does not look at mental health issues with a good light, but what must be understood is that mental health is as important as physical health. Without normalising medical health treatments and psychological aids, the youths are going to grow up to be closed off,

paranoid adults.

Research and surveys show that poor mental health results in loss of productivity. It is important for family members to spend time together and talk about how they are feeling, and what can be done in order to feel better.

Schools need to arrange counselling sessions where students will get the scope to open up to professionals. Most importantly, awareness about mental health concerns needs to be raised. In the current status quo, mental health tends to get looked over, but in order to increase productivity and to instil motivation back into the youths, it is about time this issue is taken seriously.

By Progga Parmita Rupkotha  
Photo: Collected



## Self-care for mental well-being

This year, I have taken a challenge on monitoring my mental and emotional wellbeing making things better. There are little things you can do daily that might help.

### Make sleep a priority

I was never a morning person and I noticed whenever I was not doing well mentally or emotionally, I was spending the majority of my time in bed. So, the first thing I did was change my sleep cycle. If you find yourself going to bed late and eventually waking up late, stop that immediately! Maintain a proper cycle, and ensure minimum 7 hours of sleep because your body needs that. You will notice you are feeling more energised and productive.

### Do some journaling

If you struggle with processing your thoughts and emotions, write them down. This worked like magic for me. It is not essential to write down on a regular basis because I know it might feel like a tedious job and further, cause anxiety. Do it when you are feeling too overwhelming. If you think a certain conversation caused you to overthink or is choking you from within, instead of “thinking” how the conversation should have gone, just write it down. Writing your thoughts down will help you realise the struggles you are facing and the things you can do to address them.

### Declutter

Take time to declutter, be it your home, work station or your mind itself. If things around you is a mess, your life would feel like a mess too. Organise that closet of yours, declutter your laptop/desktop display, delete/uninstall unnecessary photographs or applications from your phone and most importantly organise your thoughts too.

### Think about your thoughts

Pay attention to your thoughts. Redirect your thoughts if you find yourself constantly dwelling deep into the ocean of negativity. Choose your own thoughts, especially the ones that make you happy. Be the “glass half-full” person!

### Cultivate an attitude of gratitude

We, all, have a massive amount of reasons to be thankful for. Make a gratitude list. It can really prove helpful to look back on that list during your difficult times. Be grateful that you get to see and experience a new day and start a new beginning.

Finally, take one day at a time. There is no rush. Slow down. You are doing great. I know you are! Believe in that. It's a wonderful world.

By Ramisa Maliha Bhuiyan  
Photo: Collected

# Entrepreneur and MUA Farnaz Alam in the limelight

Entrepreneurial stories about women shining and making it big have become quite the norm these days. With Farnaz Alam, we have a comparable story of excellence where the creative makeup artist leaves a prominent mark in the much-coveted global beauty industry. Today, as DMD of Woman's World Ltd, CEO of WW Cosmetics, and founder of Kona by Farnaz Alam, Farnaz wears quite a few hats. Nevertheless, these responsibilities only encourage her to achieve more and gain myriad prestigious titles to her name.

"My beauty journey began with the L'Oreal Paris Brush Contest; later I took part in the London Fashion Week as a certified MUA. These opportunities gave me enough encouragement to think big and achieve more," said the veteran makeup artist.

This is when Farnaz Alam ventured into developing her own makeup line, Kona by Farnaz Alam, after three long years of research and development. And Alam had to never look back on the progress.

"My mother, Kona Alam had already created a platform for me in Bangladesh. It was my duty to take it few steps further and that's why I am trying to etch my name in the international arena. As a newbie, who has started afresh in a brand-new platform, I consider myself extremely lucky because beauty giants of the industry have already noticed my efforts," revealed Alam.

Recently, being featured by reputed names such as Elle India and L'Officiel Arabia, Alam is at her

prime. "This is only the beginning," said Alam confidently, adding, "The special feature on L'Officiel and being considered for the cover of the respected magazine, is extremely prestigious. They cover world renowned celebrities, and being considered for the same stage is nothing but an encouragement for me and the people of my nation. I only want to do better henceforward..."

Farnaz Alam's few other significant works in the international arena, are as the MUA for MOJEH Magazine and L'Officiel Thailand using 'Kona by Farnaz Alam' beauty products.

**By Mehri Mubdi Chowdhury**  
**Photo Courtesy: Farnaz Alam,**  
**borrowed from L'Officiel Arabia**  
**Photographer: Jeremy Zaessinger**  
**Concept: Tahmina Alam**  
**Stylist: Celia-Shane Ukwena**

**Styling Assistant:**  
**Farah Abdin**  
**Hair and Makeup:**  
**Ivana**  
**Dress: Atelier Zuhra**  
**Nails: Platinum**  
**Black**

**Accessories: Messika,**  
**Chopard, Charlotte**  
**Chesnais, Bvlgari**

*The permission was granted to The Daily Star to reprint the pictures by Chalk Media.*



## A celebration of the olive-toned Bengali with Truce Beauty

At its bare roots, colourism is a South-Asian disease, having trickled down to Bangladesh during the Mughal and British imperialism like a plague we still cannot find the cure of. This disease is discrimination based on the colour of one's skin tone.

We have come a long way since bridal makeovers championed layers of white cream on faces so thickly it would render the poor brides unrecognisable on their big day and we cannot stop now. We now trespass onto the era of #nomakeup looks, natural foundation bases and sheer coverages. With makeup taking a step to embrace natural brown tones, skincare must also follow suit. In the same stride, olive-toned skin must be pampered and taken care of in a unique and special way.

Defining skincare for Bangladeshi women and paving the way for us to celebrate our melanin-rich individualities, Samira Quasem has set out to meet the underserved needs of olive-toned skin and its concerns like hyperpigmentation, sun spots, sun damage and acne scarring. She does so like a true trailblazer with her brainchild, Truce Beauty.

"Truce Beauty is my personal way of dismantling biased beauty standards that have been dominating our culture for centuries. Here is a functional skincare brand with a sole focus on South-Asian skin; with Truce Beauty, I want my customers to be able to trust what they put on their skin and treat it with the love that it deserves," states Quasem.

Willed into solid reality, Quasem's vision bears fruit with the launch of Truce Beauty, a brand created using advanced Korean skincare technology that aims to promote the health of your skin from within. It's first drop? A trio of skincare essentials that make the basis of any skincare routine stripped down to the bare basics.

### Truce Anti-pollution Face Wash

Price: Tk 1600

Coming in a hefty bottle of 150ml, Truce's facewash is poised to deeply cleanse your skin and remove all the pollution, dirt and makeup that have accumulated throughout

the day. It is enriched with beta hydroxy acids (BHAs) and niacinamide to get rid of dead skin cells, even out your skin tone and improve the overall texture of your skin.

### Truce Hydra Peel Anti-Sebum Toner

Price: Tk 1620

No skincare even remotely related to Korea will ever skip out on a toner and this is Truce's most luxurious indulgence. Laced with micro pearl particles and containing niacinamide, amino acids and alpha hydroxy acid (AHAs), this toner helps peel away the surface of your skin so that newer, more evenly pigmented skin takes its place

and you are left with glow-y and plump-looking skin. Moreover, humectants like glycerine and hyaluronic acid lock in hydration.

### Truce Brightening TLC cream

Price: 1650

For the ones coping with sensitive skin, Truce's moisturiser is a healthy dose of niacinamide and lemon peel oil that will lather your skin in the best way and leave it feeling soothed, rejuvenated and brightened. Let's not forget the hydrating powerhouses like glycerine, lotus leaf extract and vitamin A that, together with anti-aging ingredients such as adenosine, work to also improve skin elasticity.

Cruelty-free and formulated without parabens, sulphates, mineral oils or synthetic dyes, Truce Beauty is more than a brand pushing for fame. It is the product of a movement that the Bangladeshi society is in a dire need of. Skincare is not meant to whiten skin, it should target nourishing the skin and zero in on specific skin concerns. So, at this moment we believe in standing with Quasem and making peace with our true skin shade and declaring a truce.

**By Ramisa Haque**  
**Photo: Truce Beauty**





# The Ekushey spirit

Patriotism, love for Bangla language, and respect for the right to speak and nurture one's mother tongue are integral to the month of February.



One spring day, on February 21, 1952, a number of precious lives were lost to a government's brutal reaction to a simple demand, for the right to include Bangla as an official and national language in a country where the

majority of population spoke it as their native tongue. The day's tragic events cemented the people's idea about the government's attitude towards Bengalis in Pakistan, and the Language Movement forever became a cornerstone

of nationalistic politics, fomenting future revolutions. It continues to inspire the nation today, because the essence of Bangladeshi nationhood was constructed on the ideals of the Language Movement.

To honour the fallen, and to forever uphold the spirit of the movement, every year Bangladesh celebrates the month with homage to Bangla, with the usually month-long Ekushey Boi Mela (book fair), and special commemorative services for the Language Movement Martyrs on Ekushey February, or the February 21<sup>st</sup>.

The traditional colours donned to mark the spirit of the day are black and white, symptomatic of the grief for the lives lost, and perhaps even the black ink the letters are printed in. On the day, people take out sombre barefoot processions, and take spring flowers woven into wreaths to lay at the altars of Shaheed Minars built all over the country, modelled on the central Shaheed Minar on Dhaka University campus, to pay respect to the Language Martyrs, as the world marks International Mother Language Day.

**By Sania Aiman**  
**Photo: Twelve**

#PERSPECTIVE

# Celebrating EKUSHEY



It has been 70 years since that fateful February morning. The events of Ekushey ignited the very soul of a nation, united the people under one common term — a shared medium of expression for a population of millions. The demand was simple: to be able to use the language one is most accustomed to, the mother tongue, in all aspects of life. The struggle was to defy all forms of cultural oppression, and bask in the warmth of a flourishing tradition a thousand years old, and to continue to live a legacy.

Language helps us express ourselves. It is a tool to communicate our feelings and emotions. It also constructs our collective thinking. How we perceive the beauty of nature, or how we react to the struggles of life can vary depending on the tool we use to communicate — that is to say, the language we use to express our emotions.

The Language Movement has had an everlasting effect on the psyche of the Bengali nation. It has been the single most important socio-political movement that influenced all future socio-political thought of this land. Between 1952 and 1971, and every single movement in between, Ekushey has been the guiding light. That was when Ekushey belonged to us only.

To be able to speak in Bengali gives us a unique insight into human existence. The pathos of human lives finds new expression for us, through Bengali. And that is true for any language, to its native speakers. The ability to articulate ourselves also moulds how we think, how we observe our surrounding

universe, and ultimately, how we express ourselves.

The feelings evoked in us by a good piece of literature, in any language, has a lot to do with the way we express ourselves in Bengali. How we react to lines of poetry, or moved by a play on stage...are after all human feelings and quite understandably unique in nature. However, on a collective level, at the community level, we react in a similar manner to these literary creations.

There are more than six thousand spoken languages in the world, and Bengali is special to us for more reasons than one.

Seventy years ago, the struggle was to create a world where all are treated equal without a superiority of any race over the other, or any language over the other. The struggle continues...as the spirit of Ekushey guides all humanity.

**By Mannan Mashhur Zarif**  
**Photo: Sazzad Ibne Sayed**  
**Model: Mofassal Al Aiif**

**FUSION FLAVOURS**  
CHIANGMI TALUKDER  
LENA



# Cooking one pot meals

One-pot is a simple cooking method that easily combines all of a dish's essential ingredients in one pot while cooking. This used to be the exclusive domain of bachelors, campers and college students who just moved away from home. Meals were quick, simple and often right out of the box and it nearly always contained a starch, protein and vegetable all rolled into one happy dish. But the concept of one-pot meals actually works for everyday busy scheduled life. Not everyone has time to prepare three different dishes — a starch, protein and vegetable — every night.

Most cultures have their version of the one-pot meal. From Bengali's *khichuri* to Italian's stir up creamy risotto, the Spanish steam fragrant paella to name but just a few. Versions of this dish span the globe from nearly every ethnicity, the defining factor is in its name: it requires only one pot. That pot may be a wok, an oven, a skillet or tagine, but everything is prepared in that one vessel and the melded flavours combine to produce something extraordinary.

Here are some simple and unique One Pot Meals that are your answer to easy weekday lunch and dinners. Everything cooks in one pot or pan for maximum

vegetables, and grains in one dish.

## One Pan Italian Chicken and Quinoa

### Ingredients

1 tbsp olive oil  
4 cloves garlic, minced  
1 package Button mushrooms  
3 chicken breasts, diced  
1 red pepper, chopped

5 minutes until browned. Add Italian seasoning, balsamic vinegar, quinoa and water as much as required to cook quinoa. Place the lid and let quinoa be cooked fully.

Add veggies, cook



and water as required ( to make 1 cup of creamy chicken soup)

1 cup mozzarella, grated  
1 cup cheddar cheese, grated  
½ cup of sour cream or yoghurt  
1 tsp paprika  
Salt and pepper to taste  
Garnish — diced tomato, diced avocado, parsley or cilantro leaves, chopped.

### Method

In a large mixing bowl, add sour cream, 1 cup creamy chicken soup, jalapenos, garlic, onion powder, salt and pepper and paprika. Stir with fork to combine.

Grease a baking dish with butter. Lay 6 tortillas for the base. Spread a chicken layer on top of the tortillas, corn, bell pepper, add half of mixed cream sauce, and top with half of mozzarella and cheddar cheese.

Repeat the layers (tortilla, chicken, corn, bell pepper, sauce, cheese).

Bake for 30-35 minutes at 175 Celsius or until the cheese is melted and bubbly.

Garnish and serve with plenty of toppings.



## One Pot Winter Braised Potatoes

### Ingredients

500g small new potatoes  
3-5 small onions, half sliced  
3-4 cloves garlic, chopped  
2 carrots, cut into thick pieces  
1 beetroot, cut into thick pieces  
(Long beans, cauliflower, broccoli or any winter vegetable can be used)  
500g ground or minced meat  
3 tbsp olive oil  
1 tsp Worcester sauce  
1 tsp tomato puree  
375-500ml any flavoured stock  
Salt and ground black pepper  
2 tsp chopped parsley



flavour and minimum clean up! These easy recipes eliminate the need to figure out what sides to cook with your main dish, because each recipe provides your protein,

1 small red onion, chopped  
½ bunch asparagus, chopped  
1 zucchini, sliced  
1 tbsp Italian seasoning  
2 tbsp balsamic vinegar  
2 tbsp fresh basil, chopped  
½ cup parmesan cheese, grated  
2 cups quinoa

### Method

Heat olive oil over medium-high heat in a large skillet. Add mushrooms and garlic, sautéing for 5 minutes until liquid starts to release. Add chicken and cook for another

for another 5-10 minutes until veggies are tender and everything is cooked. Stir in parmesan cheese and basil.

## Creamy Chicken Enchilada Casserole

### Ingredients

12 pcs tortillas  
3 cups chicken shredded  
½ cup sweet corn, canned  
½ cup of bell pepper, diced  
2 tbsp pickled jalapeno  
1 tsp onion powder  
1 tsp garlic powder  
1 sachet of cream of chicken soup powder

CONTINUED TO PAGE 11



adani wilmar | BEOL

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#DECOR

# Trendy crockery by Akij Tableware

A home that truly cares about its aesthetic appeal will pay as much attention to its paintings in the living room as it will to something mundane like its doorknobs. Take tableware, for instance. We worry about the look and taste of food, but how many take presentation into account? Tableware is one of those unsung heroes of our tables that make all the difference at dinner parties but go largely unnoticed



because of what they hold in them. However, times are a-changing!

As an "Insta-worthy" lifestyle takes stage, and food photography soars in popularity, the younger generation is paying attention to the aesthetic appeal of both the food and the crockery it is being served in. Marbled crockery sets in lighter hues with gold lines threaded through them are all the rage now, as are bright, one-coloured

sets on a contrasting mat.

Fun sets in speckled patterns or pottery prints in bright colours also look good at informal gatherings and make a bold statement. Crockery sets in matte black are high on the popularity spectrum, with eye popping half prints, or even in their plain Jane glory.

If artistic looking tableware is the conversation, rickshaw art cannot go without a mention. Nothing screams



Bangladesh like rickshaw prints and this generation of homemakers embrace it wholeheartedly. On the same line of gutsy picks, are asymmetric crockery sets with curvy, gold lined plates, cups and serving dishes. They look hand-drawn and perfect, in their obvious imperfection.

However, no matter how receptive we are to eclectic collections of tableware, traditional, one-coloured, white or black dinner sets, with gold borders in florals

or geometric motifs will never go out of style. Used best for formal occasions, it may seem like they go unnoticed but in reality, they blend with the occasion and altruistically enhance it, without attracting too much attention to themselves.

Shahriar Zaman from talks about their new wing in delighted tones.

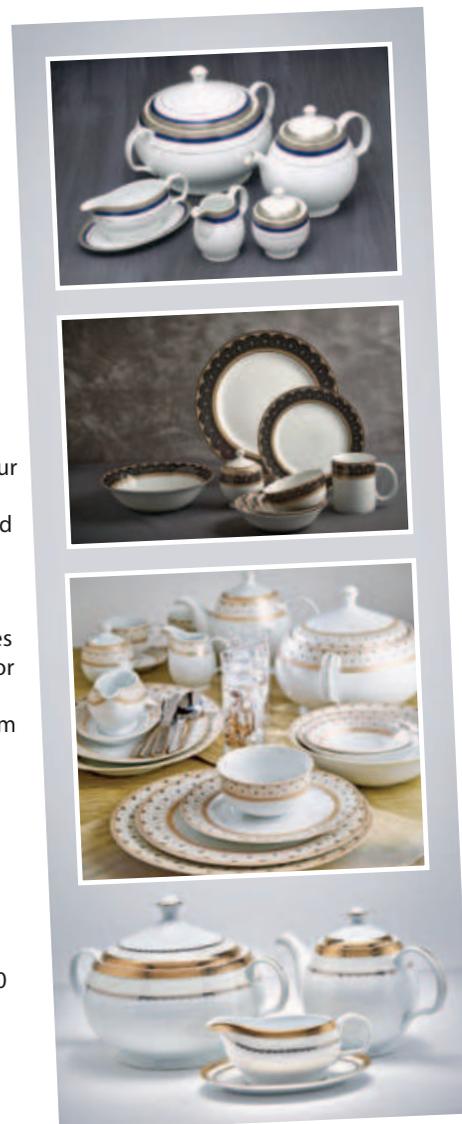
"We have a complete solution for all your tableware requirements — from dinner, tea, and coffee sets to decorative mugs and vases in alluring shapes and designs," he said.

Zaman believes that their functionality and fresh designs set them apart. AKIJ does its gold plating with 22 carat gold polish for a finish that looks refined.

"We have received a lot of feedback from happy customers who love the premium feel of our products," Zaman added.

They have couple mug sets coming up for Valentine's Day and a floral collection that goes with Falgun. They also plan to bring in new dinner set collections for Ramadan and Eid, designed keeping in mind the popular foods of that time. Their products are priced between Tk 2500-8000 for their economy range and Tk 10-50,000 for their premium range.

By **Munira Fidai**  
Photo: **AKIJ Tableware**





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# Far Field Voice Controlled TV from VISION

Mirror, mirror on the wall, who is the fairest of them all? – you know the story. It would be lovely to have such a mirror on your wall that can show you what you wish and talk back to you. It's a fairy tale alright, but thanks to modern technology, it's not just a story anymore. Now you can have your own magic mirror on your wall that answers to your voice. Yes, I am talking about far field voice-controlled TV.

VISION introduces the brand new 'G3S Galaxy Pro Far Field Voice Controlled Android TV.' It is essentially a more improved version of the previously introduced G3S Galaxy. Have you ever watched one of those science fiction movies and wished that you could have advanced technology at your home that can respond to your voice? I know I did and the far field voice-controlled TV seems pretty close to that. Remember

## VISION<sup>®</sup> androidtv

back in the day when you had to use a remote to browse through the channels? How often did you lose the remote and how often did it trigger a fight with your younger sibling? Those days are long gone if you get yourself a VISION.

The winter seems to be lingering longer than we expected. Lazy days are not infrequent in gloomy weather and we often find ourselves wrapped up in a blanket on



the couch in the form of a human burrito. (That's right, everyone does it). And when you are all sealed in a comfortable position, getting up to find the remote can turn out to be quite the herculean task. The G3S Galaxy Pro offers you an alternative where you can just play what you wish with a voice command without remote. The far field voice control feature allows you to speak from a range of 4.5 metres and still pick up your commands.

The G3S Galaxy Pro runs on Android 10 (Official) and comes with Google Assistant as AI. YouTube and Authorised Netflix are pre-installed. Even in a larger interior, you can expect the sound to remain pristine since the G3S Galaxy Pro comes with a pair of 10-watt speakers featuring Dolby Digital Surround Sound system. With 4k resolution,

Bluetooth, USB & HDMI support, this can be the perfect addition to your entertainment centre. You can even use Google Chrome-cast to cast your mobile on the big screen

Whether you are into the surprisingly book-accurate adaptation of Reacher (*Jack Reacher by Lee Child*) or just waiting to play the upcoming season of Westworld (Come on HBO, hurry up already), you can have a blast on the new G3S Galaxy Pro. It comes in two different versions of 50" and 55" with Bezel-less ultra slim design which is eye-catching and will blend into any layout you install it in. Add a combination of 16.7 million (8 bit) colours with Dolby Digital Surround sound

system to that and you have the perfect way to spend a lazy afternoon if you order in some snacks. The G3S Galaxy Pro comes packed with 2GB RAM and 32GB ROM which should allow you a smooth android system.

VISION offers a warranty of four years on the product. Wall mounting, Surge Protector, and Base Stand will be included in the package so you can indeed mount the TV on your wall like the magic mirror or anywhere else that you wish.

For more information, visit their website: <https://www.vision.com.bd/tv/>

**By Ashif Ahmed Rudro**  
**Photo: VISION**

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## Cooking one pot meals

CONTINUED FROM PAGE 8

### Method

Heat a pan over medium flame, add olive oil, chopped garlic and potatoes, sauté until garlic turns brown. Add stock and braise for 5-10 minutes.

Add beetroot, carrot and other vegetable pieces when potatoes are half cooked. Let all the vegetables get tender and add ground meat along with onions, sauces, salt and pepper. Cook until meat gets tender and let oil come out. Sauté for a few minutes.

Transfer into a serving dish and garnish with chopped parsley.

### Steamed Banana Leaf Rice Pouch

#### Ingredients

2 cup aromatic rice



500g prawn (skinless)/boneless chicken (diced)

8-10 bird-eye-chilli/green chilli

3 cloves garlic

1-inch ginger

2 medium size onions, chopped

2 stalk lemongrasses, 1-inch-long pieces

½ cup mushroom

½ cup bell pepper (diced)

½ cup bamboo shoots (boiled/tinned)

8-10 lemon basil/sweet/holy basil leaf

¼ cup oil

½ tsp turmeric powder

Salt to taste

½ to 1 cup water

2 big banana leaves

#### Method

Clean and soak rice into plain water for 2 hours at least. Take ginger, garlic, chillies, lemongrass into a grinder and grind coarsely. After 2 hours, in a large mixing bowl, add prawn or chicken, rice, onions, garlic-ginger coarse paste, all vegetables,

oil, turmeric powder, salt and water. Mix well and marinate for at least 20 minutes.

Take 2 large banana leaves and heat both sides of the leaves over low fire flame carefully to make them soft and flexible. Place one over each into a bowl and place rice prawn mixture over it. After placing marinated content at the centre over the layered leaves, need to fold all edges to make a pouch and tie the leaves carefully with the fibre extracted from banana leaves.

Place the banana pouch over a steamer, cover the lid and steam for one hour on medium flame.

Transfer the banana pouch over a serving dish. Garnish with basil leaves.

Photo and Food: Chiangmi Talukder Lena

## HOROSCOPE



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

Invest in profitable ventures. Romantic opportunities are plenty if you socialise. Clear up pending legal work. Your lucky day this week will be Saturday.



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

Don't be too critical. Your partner won't entertain your mood swings. Catch up with old friends. Your lucky day this week will be Friday.



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

Don't rely on others for work. Its best to work on your own. Don't indulge needy people. Your lucky day this week will be Monday.



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

Make some time for yourself. Get back to basics. Keep things cool at work. Your lucky day this week will be Tuesday.



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

Don't make promises you can't keep. You might have to work overtime. Don't let your partner upset you. Your lucky day this week will be Saturday.



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

Sudden changes can cause disruptions at home. Assign everyone their own projects. Make time for your partner. Your lucky day this week will be Wednesday.



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

Avoid confronting co-workers. Think before you act. Don't let family put pressure on you. Your lucky day this week will be Saturday.



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

Focus your attention at work. Double-check any investment deals before signing on. Socialise and make valuable connections. Your lucky day this week will be Friday.



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

You might have to clear a colleague's mess. Don't spend on unnecessary luxury. Anger can bring about regret. Your lucky day this week will be Sunday.



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

Make time for some self-relaxation. Find a way to relieve tension. Chances for romance are in the works. Your lucky day this week will be Saturday.



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

Travel will promote new romantic encounters. Your unique ideas will attract attention. Colleagues may try to undermine you. Your lucky day this week will be Tuesday.



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

Talk your heart out this week. Discuss your objectives with your partner. Spend time with colleagues. Your lucky day this week will be Saturday.

এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে

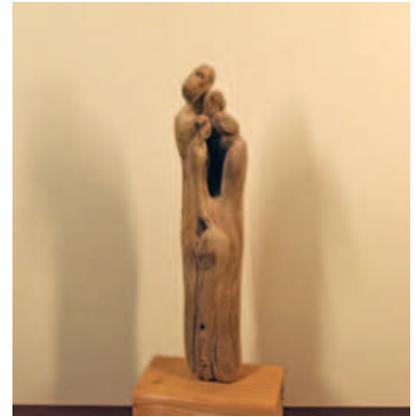
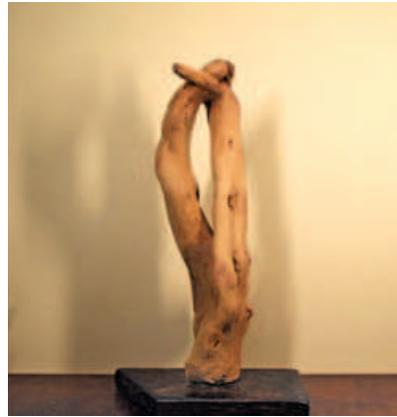
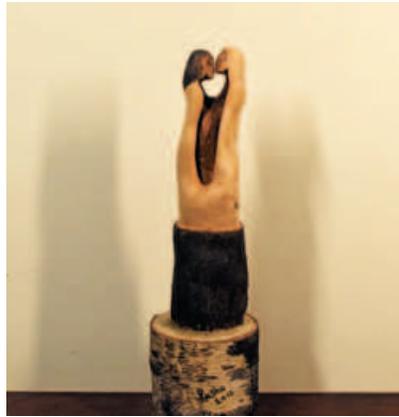
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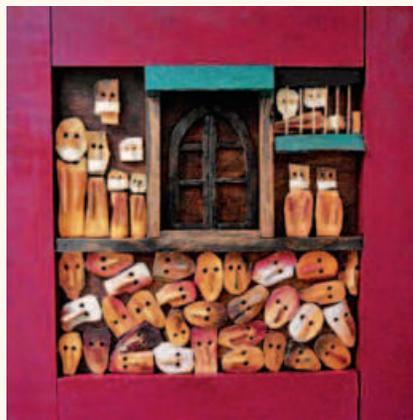
#ART



# Rasha's Story: History and Nature Through Sculptures

Akhtar Ahmed Rasha, an expatriate Bangladeshi artist living in New Jersey, New York, sees art in the most unlikely places. Unlike most artists, he does not start off with a subject in mind, but patiently walks through nature and waits for his subject to call out to him amongst the greenery. Coming from a literature background, Rasha is living out his passion for sculpting and combining his work with Bengali history to highlight the Bengali culture in a western society.

In 2001, Rasha was inspired by freedom fighter, sculptor Ferdousi Priyabhashini who used materials from



sculpting. In 2006, after months of mentally preparing himself, acquiring the necessary resources to get started, Rasha began producing sculptures which were quickly recognised by his community in New Jersey.

Similar to Priyabhashini, Rasha is an artist who uses a medium unacknowledged by the majority of sculptors. As a nature lover, he works with driftwood, bark, roots, and trunks – all collected from nature. Each piece of wood has a distinct texture, and in Rasha's hands, it takes

nature and other waste materials found all around us in her sculpting. It was Priyabhashini's ability to artfully and skilfully turn such disposable objects into mesmerising artwork that caught Rasha's eye. She used old tree branches, dead twigs, tree trunks, simple bamboo, fallen leaves, and discarded clothes to make beautiful sculptures — something which captivated Rasha and began his artistic journey. Although he had an artistic eye and talent from his schooldays, it was not until he had visited one of Priyabhashini's exhibitions that he began thinking about pursuing

on a life of its own.

With four solo exhibitions and one group exhibition, Rasha has gained popularity in highlighting the historical trademarks of Bangladesh. One of his most prominent works 'Jessore Road' gives a visual form to the moments of 1971 captured in American poet Allen Ginsberg's "September on Jessore Road." His first exhibition, 'The Sense of a Moment' was in August 2015 where 50 percent of his work were sold. With such initial success, the only way for Rasha was up. Having worked with distinguished maestros, sculpting iconic figures and creating sculptures based on their work, Rasha has taken Bangladesh to America. Using mixtures of sawdust, cement, glue and other materials found in nature, Rasha has worked inspired by Selim Aldin, Robert Frost, Emily Dickinson, Allen Ginsberg, Pablo Neruda and many more.

His process is unlike many in that he combines what is considered as waste objects with his imagination to capture the personality of the persona.

Rasha says, "When I walk through the forest or by the lake, I'll see a piece of wood or trunk and I see the face of someone like Rabindranath Tagore. I take that wood piece and try to tweak it accordingly so that my audience can see what I see."

In this process, unless he finds the right materials, is quite time consuming, but a thoughtful and meditative process nevertheless.

His inspiration along with nature and culture, is further motivated by his family and their support. As an artist, Rasha says that he comes from a different background and having gained some institutional knowledge, he considers himself lucky to be working with art and doing what he loves. Furthermore, he appreciates that in a commercial and capitalist world, he has received such heart-warming acknowledgement and support from his family and community.

His biggest challenge has been believing himself as an artist. Having a separate career, he is still able to invest time in his art, and in the future, plans to try more experimental methods of sculpting. His advice to a generation focused on following traditional career paths is that art should be valued and artists should be supported. If anyone has an inherent talent, which is necessary for any art form, they should explore it with passion.

Rasha is paving a path for future artists hailing from any educational background, to tap into their passion and potential, and to create art and represent themselves and their identity. His ability of bringing art, and nature and culture together is truly monumental and unique, and a stepping stone for the entire art community.

By Puja Sarkar  
 Photo: Akhtar Ahmed Rasha

