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Star LIFE Style



Regal, global, and Bangladeshi

TASTING FOOD AND SHARING THE EXPERIENCE
THE STORIES BEHIND FOOD VLOGGERS P3



FORTUNES AND FORGIVENESS
STORIES OF SHAB-E-BARAT P8



DISCUSSING THE BIRDS AND THE BEES
IMPORTANCE OF SEX EDUCATION P12

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Your ultimate guide to buying the best coffee makers

The coffee lovers in us cannot start our day without a cup of piping hot coffee. Even though caffeine acts as the ultimate booster for many, making a cup at home can be quite the tiresome process. Enter coffee makers, the most convenient option to have a finely brewed homemade coffee. So, if you are in the market for a new one, here is a guide for you— to pick up the best coffee maker that suits your lifestyle and needs.

Types of coffee makers

Before buying a coffee maker, you would want to determine the basic essentials like how you prefer your coffee to taste, how many cups you require and how frequently, and how much effort the brew takes.

If you want to have the most convenient option of making 10-12 cups of coffee without much hassle, then a drip coffee maker is the perfect solution for you. On the other hand, a full flavoured richly aromatic coffee is what you crave the most, and do not mind spending some quality time in preparing your coffee, then an espresso machine is for you.

If neither of those above mentioned options is to your liking and you would rather prefer a more compact and budget friendly option, then French press coffee makers have you covered.

Drip coffee makers

Considered an easy and reliable option



of making coffee, drip coffee makers have gained in popularity over the years. Most models can serve 10-12 cups per carafe, the open topped flask used for serving. It is an ideal option for families with multiple coffee drinkers, dinner parties or for those who go through a few cups every day.

You will find them in showrooms, super shops and online shops of brands like Walton, Singer, Unimart, and Daraz and so on. Prices range from Tk 1,850 to Tk 5,000 for brands like Walton, Bekko, Miyako, Philips, and others.



Espresso machines

More time and effort is needed to make a cup of espresso shot, not to mention a hefty price tag, but the rich brew that caters to your personalised taste is definitely worth it. Espresso makers force water to pass through packed finely ground coffee to form the espresso shot, and the best bit is it can also act as a base for other coffee drinks like café latte, macchiato, and more.

You can buy espresso machines from super shops like Unimart or order from online sites like Daraz. Different brands of espresso machines like Delonghi, Sonifer, Philips are available, prices start from Tk 12,000 and go as high as Tk 90,000.

French press

The rich coffee flavour of espresso machine, without the hefty expense, that's French press for you. The only problem? It's completely manual but quite easy to use.

Steeping coarsely ground beans in the hot water for several minutes, a plunger isolates the grounds from the brewed coffee is how French press works. It's available in various sizes that can make one to four cups on demand. Portability just might be its best feature as it ensures a thick and intense coffee is ready to be served anywhere you want. French press coffee maker prices range from Tk 800 to Tk 2500, available online and on super shops.

Coffee makers give us a much needed convenient coffee making option. Making a cup of coffee is no more a hassle, but just a matter of pressing the right buttons. Available in every budget segment, there never has been a better time to get a coffee maker and start making that brew!

By Feda Al Hossain

Photo: LS Archive/Sazzad Ibne Sayed

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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Food vlogging: More than meets the eye

Whether it is a birthday party celebration, hanging out with friends, or simply spending alone time at your favourite café, eating out has become an indispensable part of our everyday life. With the advent of eating out combined with the surge in users of social media, we entered the era of food vlogging.

Some of us find the whole idea cringeworthy, whereas others find it cool. Whatever it be, there is more to food vlogging than what we see in videos. These include stories of struggles, challenges, and success interluded with misconceptions and prejudice. Digging deep, we fetched the intricacies of the food vlogging scene we are so fascinated with.

Community not competition

The food vlogging industry essentially consists of people who simply love to dine out, so much that most food vloggers started off with the purpose of sharing their experience with the larger audience, to help them decide what to try and what to avoid, saving a bulk of their time, and not to mention, disappointments.

Unlike most other industries, it is one that favours community over competition, where members learn, develop, and thrive together, all while pursuing their passion. It is a place for collaboration and helping others grow, while also letting people explore new food and places via content they can relate to.

It is also a community of foodies where age is just a number. In Bangladesh, we have food vloggers from a diverse range of age groups. While Fahrin Zannat Faiza and Iftekhar Rafsan fall in the younger cohort, Adnan Faruque and Mahathir Muhammad Fahim Khan are a generation apart, but everyone is equally welcome.

Passion or profession?

Food vloggers basically comprise a group of



passionate people who are enthused about food. However, this passion comes with the cost of time and money. Food vlogging, in most cases, is not impromptu. It is a lengthy process from planning to posting, which involves brainstorming content, deciding upon a place, recording, and editing. Despite being a hobby, this takes up a lion's share of time.

While some may view it as a profession, it is still considered as a non-conventional path in our society that lacks respect and acceptance. People who decide to build their careers around content creation are also viewed as mavericks. On a brighter note, this mindset seems to be on its way to alteration with our and the forthcoming



generations, as we embrace newer methods of living and earning.

"Although content creation is not accepted as a profession yet, it opens up networking opportunities, enhances presentation skills, and is a way for people to express themselves. At least now, our former generations are open to listen, and that's a start," shared Salman Sadi, Co-creator at Khudalagse.

Overcoming the odds

We see in videos what presenters choose to



show us, but there are a lot of complications involved on the other end. Even the best of content creators may in fact be camera shy, anxious, and uneasy. It takes a lot of confidence and courage to face the camera

and deliver to a large crowd, even for professionals.

Nusrat Islam, Content Creator at Zoltan BD, and also a news presenter by profession, agrees. "Although I am very much used to speaking in front of the camera, when I started food vlogging I had to overcome the stiffness that naturally crept in. It usually took a few retakes to get it right."

Apart from personal conflicts, there is a horde of people who are ready to throw in disgraceful comments leading to cyberbullying, which inevitably all food vloggers have experienced. Receiving rude remarks as opposed to constructive criticism from the very audience they cater to can be extremely hurtful, and may even lead to depression.

"Like most other channels, ours is also at times inundated with negative comments. But we realised one group will always hate no matter what and the other will shower you with love. We chose to prioritise the latter and continue doing what we do," expressed Rasif Shafique and Ridima Khan, Content Creators at Petuk Couple.

Masked with misconceptions

There are certain misconceptions surrounding food vlogging, and the most prominent one is definitely that of paid

reviews. While it is of no doubt that paid review is a part of the vlogging scene, not everyone is part of this unscrupulous practice. However, inadvertently, the onus befall upon everyone that belongs to this community of foodies.

There are fundamentally three ways to make money by food vlogging – via social media ads through monetisation (the contribution of which is insignificant), sponsorship, and paid collaboration. While the first two are rightful means of earning as a reward for effort, the latter is considered unethical, which

diminishes the authenticity of food vloggers in general, contaminating an entire industry.

Another fallacy present in the minds of people regarding food vloggers is the idea that their goal is to attain and enjoy fame. However, to them, this often comes as a struggle rather than achievement as it hampers the credibility of their reviews.

"After garnering a certain number of followers, I started receiving special treatment from restaurants, which I honestly don't enjoy. I rather want to encounter the raw experience that any ordinary customer would receive, and share my unfiltered stories. After all, we are not here to critique, but share experiences only," said Fahrin Zannat Faiza, Content Creator at Khudalagse.

The unseen challenges

Although creating a presence on social media seems easy with low barriers to entry, it is difficult to make a mark. Amongst hundreds of content creators available today, there are only a few who created an impact, and this did not come without challenges. Despite it all, it is also a place where professionals are easily replaceable. Bearing this in mind, it is necessary to be consistent, get better with time, and adjust with the shift in trajectories.

Due to its unconventionality, starting out with content creation and food vlogging does not come with a set of guidelines, and it is upon the individual to figure things out. "Initially when I started, I had zero technical knowledge and had to learn about filming and editing from scratch. It is a steep learning curve but it's well worth it!" said Iftekhar Rafsan, Content Creator at Rafsan TheChotobhai.

Since its inception, over the years, food vlogging has come a long way. While in the past it was mocked at rather than being valued, people are slowly realising its significance. It is not just another fad in the era of digital evolution, but food vlogging is here to stay, and there is much more to it than meets the eye.

By Fariha Amber
Photo: Khudalagse, Petuk Couple, Rahsan, Zoltan BD



Getting fit while being at home — A 30-day journey

Spending hours upon hours at my work desk has always proved to be productive in one way or the other. If anything, it always assured the monthly stream of paycheques.

Consequently, rewarding oneself with hours of playing console games or binging on the “next big show” like Squid Game on one’s couch with greasy fries, pizzas and more fries becomes a monthly ritual.

It’s all fine and dandy until you start to develop a thing between your upper and lower body. It has many names; some call it a beer belly, family pack, buffet slayer, butter bed and my personal favourite, lord of the onion rings. I grew attached to mine until it came between me and tying my shoes. That’s when I knew it had to go!

Without further ado, I quickly went back to my desk (the irony! I know!) and did thorough research on how to get back in shape most safely and efficiently while being at home. Turns out, you do not need weights, treadmills or any fancy pieces of equipment to get in shape unless you are aiming for two per cent body fat and a six-pack.

Here are the exercises and routines I allowed for 30 days to gain back my agility

and lose my jelly belly.

On the first week of my journey, I realised how important warm-ups and stretches are before a workout. Not only does it warm up your body and muscles, but it also reduces the chances of getting cramps or any pointless injuries.

Just five minutes of jumping ropes, running in place, air punches like Rocky Balboa, kicks, or some jumping jacks is enough to get your muscles active and your heart rate up. The goal is to get your engine running and not exhausted, that part comes very soon!

Once you are all warmed up, 3 sets of bodyweight squats (20 squats each rep) do a good job of getting your head in the game. Distributing your weight properly by positioning your feet somewhere between hip- and shoulder-width apart. Keep your chest square and tall. Look ahead and let your knees do the work. Use your flexibility and squat as deep as you can. Make sure your heels are grounded at all times and your weight is not shifted towards your toes.

Next comes push-ups! Contrary to conventional belief, you don’t need to

shift your entire weight just on your hands and feet. There is no shame in starting small. One of the best ways to climb this mountain is knee push-ups. It strains your body way less and makes it adapt to a higher difficulty. 15 knee push-ups in sets of 3 are enough to build the initial strength.

If you ever thought that time manipulation is not possible in any way, then it means that you have never performed a plank before. If you do it right the time-space continuum itself will slow down much to your dismay.

Plant your hands under your shoulders. Clench your glutes. (That would be your butt.) Form a straight line with your body from the top of your head through your feet. Tighten your core. And finally, gaze on the floor while the time around you slows down. Doing it for 15-30 seconds straight for 3 sets will yield results sooner than you think. To avoid injury, do not lift your head while performing the plank.

Believe it or not, the best and fastest way to get nimble is to run. It can do wonders if done frequently and right. It is not advised to run on a full stomach unless you want your favourite meal on the

street or your treadmill. Light dry food like cashew nuts, almonds or dates are perfect to provide you with enough energy to run a circuit of 2-3 kilometres. Start with a light stretch and jogging and continue to run at a moderate pace. Once your body adapted to the workout and the speed, don’t be shy to sprint for 5-10 seconds. Repeating it every 3 minutes of jogging will show the best results. At the end of your run, instead of gulping water try taking smaller sips to avert any unwanted cramps.

And lastly, the most important part would be portion control of your food intake. No, I’m not saying starving yourself is the answer. Eat what your body needs not what your craving desires. You can maintain your diet while having fast food. Instead of having it thrice a week, try once a week. The same goes for the daily intake of your regular meals. Try two servings of your favourite red meat instead of three. Start small and stay logical. Before you know it you will see and feel the results in 30 days!

By K Tanzeel Zaman
Photo: LS Archive/Sazzad Ibne Sayed

#HEALTH & FITNESS



An ideal workout

Going to the gym is not the only way to get fit and healthy as a home workout is just as great and effective. The busy work life, rush of traffic and the added monetary cost dampens the goodwill for gym visits, not to mention the on-going COVID-19 pandemic that keeps coming in waves, limiting our outside activities to bare necessities. Keeping that in mind, let's see how we can get started on home workouts.

Pick the right reason and room

It's very important to first decide why you want to workout at home. Home workouts not only save time and money, but also give you the freedom to tailor your fitness plans according to your needs. From losing weight to bulking up on muscles, or staying healthy, make sure you choose the right kind of exercises that benefits you most.

You need to pick a room that has enough space to place at least a yoga mat, like the living room of your apartment where you can safely stretch and exercise. Any other room that has sufficient space is also okay as long as air ventilation is a top priority because it's difficult to move around in closed spaces.

Get the right equipment

The best thing about exercising at home is you can do it without any equipment at all, just a free space and maybe a pair of bluetooth headphones with a good workout playlist! But you can also get affordable gears like skipping rope, resistance bands, hand exercise balls to incorporate in your workouts, all of them costs between Tk 30 to Tk 150 each.

On the other hand, if you want to start with strength training, get dumbbells of 2 to 5 kg categories which will cost from Tk 350 to Tk 1000 and upwards. In addition, you can also get kettlebells with prices starting from Tk 1200 for the 4 kg variant.

Treadmills and exercise bikes offer good cardio workout options, but they can be

quite expensive. So go for them only if you want to invest for a home setup for a long time to come. Manual and electric treadmill prices range from Tk 7000 to Tk 25000 and more, exercise bike prices start from Tk 7000.

The ideal workout

Before any workout, a warm up is a must; it gets your heart rate up and prepares your body for the workout. Something simple as walking around the house, stretching your hands and legs is a good way to start your warm ups.

An ideal workout consists of cardio, resistance training and flexible moves. Cardio is all about intense workouts in short bursts that help to raise your heartbeat, like doing jump rope, jogging in place or just dance to your favourite music!

For resistance training, start with the basics like push ups, planks or abdominal crunches. You could also use dumbbells to incorporate strength training to your resistance workout by doing shoulder press, bench press, deadlift and move on to more demanding routine when you are more experienced.

Yoga is amazing for increasing body flexibility and calming the mind. You can do basic yoga poses like tree pose, triangle, bridge pose by yourself. If making a workout routine feels too worrisome, you can also check online for beginner friendly workout tutorials, with YouTube channels like Fitness Blender, POPSUGAR fitness and others.

Home workout offers the most convenient option for your fitness goals. With everyday life getting hectic in every turn, working out from home gives us the perfect opportunity to take care of our bodies and the flexibility to do things our way.

By Feda Al Hossain

Photo: LS Archive/Sazzad Ibne Sayed

Workout do's and don'ts

Working out can get your desired results, only when you are well informed about the dos and don'ts. The key is to hustle wiser, not harder. Workout practices are varied but here is a list we came up with — for any workout — to help make every drop of sweat worth it.

PRE-WORKOUT

Food for fuel: You will be amazed by the wonders of eating right prior to your workout session. Although fasting is known as the quickest weight loss method, it is not recommended to work out on an empty stomach. Researchers at the University of Bath, found out that men who had a meal before their workout session burned more carbs in general and also had a boosted metabolism rate.

This does not mean that you can overeat either. A light snack consisting of a mix of carbs and proteins is suggested about two hours before you start working out.

Hydration for regulation:

Hydrating yourself 30 minutes ahead of your workout session is essential as water regulates your body temperature and the fluids in your joints. However, overhydrating will make you feel bloated, thereby weighing you down. Hence, the effective way is to hydrate in small amounts and avoid hydrating too soon pre-workout.

Stress less: Enter your workouts with a clear mind. Stress will only divert your focus and obstruct you from maximizing your gains.

Easy on the stimulants: Stimulants like caffeine can energise you and improve your performance but if not consumed in moderation, they can increase your heart rate, making you feel jittery and anxious.

Warm up, not stretch:

Stretching can strain cold muscles leading to injuries. Rather, opt for a warm up like skipping rope or jogging. They will prepare your body for the strenuous physical activities awaiting you.

POST WORKOUT

Static stretching: Static stretching is the stretching of a muscle to its furthest point for about 15-20 seconds. Just because pre-workout stretch is not recommended, it does not mean you cannot stretch altogether. In fact, post workout stretch can cool down your body.

Hydration for restoration: Just as important it is to hydrate pre-workout, so is post-workout hydration, to replace the water lost through sweat.

Foam rollers over painkillers: An intense workout session can leave your muscles sore but that should not encourage you to give into painkillers. Painkillers can be hazardous to health if taken for a long period of time. Instead, try a foam roller: a cylindrical lightweight foam known used to relieve muscle soreness.

Staying in sweaty clothes: Change out of your sweaty clothes as soon as possible after working out to keep away from fungus and acne.

Don't waste your workout:

Keeping in shape requires strong will power which requires keeping away from temptations like a perfect piece of chocolate cake. Those sweet devious temptations can comfort you temporarily, but erase all your hard work and make you feel guilty later on. Therefore, keep track of your calorie intake and enjoy your food in moderation.

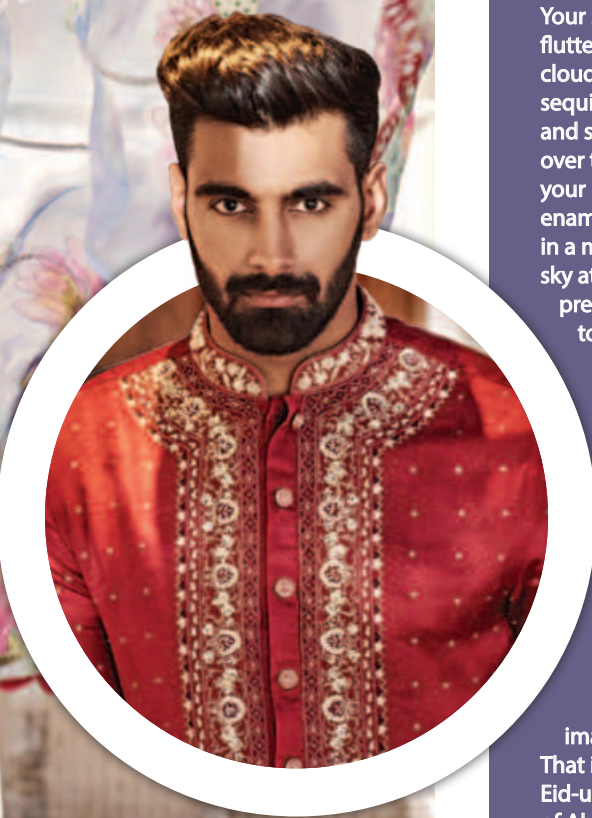
By Tanzila Kamal Prottyasha

Photo: LS Archive/Sazzad Ibne Sayed



#FASHION & BEAUTY

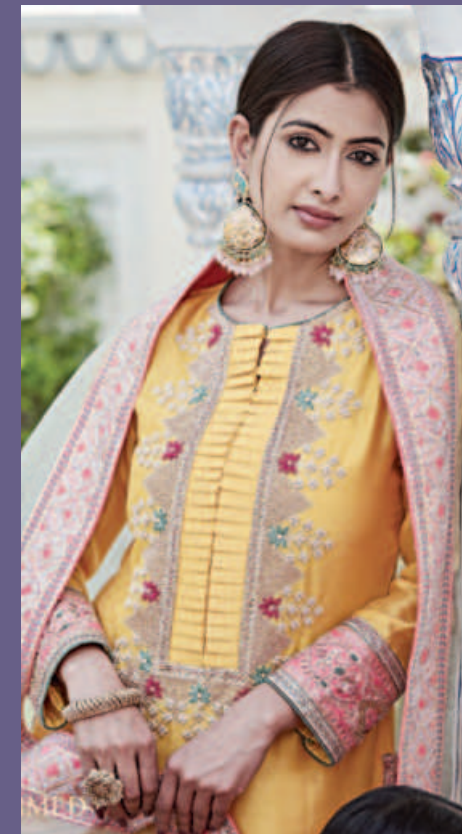
A tale of REGAL ROMANCE at House of Ahmed



Your Muslin dupatta has a mind of its own; fluttering and swaying like the wondrous clouds of midday in the gentle wind, its sequins catching the late afternoon light and sparkling like diamonds. Glancing over the veranda of the palace, you see your paramour, princely in his ivory kurta, enamoured by your beauty. Resplendent in a magnificent sharara in the hue of the sky at sunset, its embellishments gleam like precious jewels, adding the glow of gold to your ethereal beauty.

Your beloved is but enchanted by your captivating beauty, that is enhanced by the splendour of your regal attire. He takes your hand in a loving grasp, and as you two look out of the palace window to the berry-hued sky where the sun has set, the blessed sight of a crescent moon wanes. You look into the eyes of your beloved, a divine glow of absolute happiness ties you both in a sacred bond.

Does this scene conjure dreamy images of a royal romance in your mind? That is exactly the inspiration behind the Eid-ul-Fitr collection presented by House of Ahmed, the brainchild of ace designers



On a relaxed afternoon in spring, a sweet breeze that danced down from the grand peaks of Aravalli caresses your face, but cheekily plays with the strands of your hair, making them flow away with a delicious abandon.

Star LIFE Style

Tanzila Elma, CEO, and Ahmed Tuhin Reza, Managing Director. Promising patrons a wonderful journey into the world of luxury and sophistication, HOA ensembles ooze a definite doze of finesse and unique craftsmanship. Set against the gorgeously regal backdrop of Leela Palace in Jaipur, this collection is exquisite and unique in every sense of the word.

According to Elma, the past two years have been extremely difficult for everyone with a deadly pandemic ravaging our lives. Eid-ul-Fitr is the most joyous occasion for Muslims the world over, and with the pandemic slowly easing its death grips on our lives, this year it holds an extra special meaning. There is a palpable sense of happiness all around, and what could be better than adorning ourselves with the magnificent attires of HOA to celebrate?

What makes this collection unique is that HOA is planning to go global, yet its roots are inherently Bangladeshi. While Jaipur is a much-loved destination and has an international appeal, it is firmly steeped in tradition. In an effort to resonate with a global clientele Elma has dedicated the

collection to celebrate Bangladesh set against a beloved site with a worldly air.

To highlight the spirit of Dhaka, the heart of the nation, Elma has designed a stunning collection dedicated to this city that lives in our soul. Standout pieces include three long jackets, each celebrating the fabulous icons of Dhaka city as well as Bangladesh. In an effort to represent our country and culture to a global clientele these jackets are adorned with motifs of various landmarks of Dhaka city, such as Ashan Manzil and Sangsad Bhaban. Other cheeky details include a baby taxi, which is nod to the much-loved mode of transportation quintessential to Dhaka! Another jacket has been designed with water lilies, which is the national flower of Bangladesh as well as the symbol of HOA.

The Eid collection is extraordinary and offers something for everyone. Ladies' wear has beautiful kameez, sharara sets and jackets in soothing hues such as ivory, baby pink, mint, etc. that are perfect for daytime celebrations as well as jewel tones such as berry, grey and vivid yellow for revelries after dark. There is a play of many different

kinds of splendid embroideries together which creates a stunning effect. Each and every piece is hand painted with meticulous care, elevating them from mere garments to pieces of art. Prices start from Tk 7000 and go up to Tk 2.5 lakhs. Creative head Elma encourages and welcomes co-designing, which is a great option for discerning clients who wish to customise their outfits.

Men need not be disappointed as HOA has a splendid range of panjabis, coatees and sherwanis on offer! Understated shades of cream, ivory and beige embellished with delicate details are perfect for the relaxing Eid days while moodier shades have been reserved for the evenings. Prices start from Tk 7000 and go up to Tk 1 lakh. HOA has an outlet at House-44, Road-12 in Banani, where clients can behold the magic in person! Their online store is also available for local as well as international shoppers as they ship worldwide. So without further ado, head over to HOA for a glamorous, star-studded Eid!

By Sabrina N Bhuiyan
Photo: House of Ahmed



Shab-e-Barat: The night of fortune and forgiveness

The holy Shab-e-Barat is a very special night for Muslims. Although the main prayers and Holy Quran recitations start at night, the vibrancy and festiveness start as soon as the day commences.

Shab-e-Barat has an 'energy' of its own and every Muslim has their own distinct story about this day

"As a kid, Shab-e-Barat was one day that I really looked forward to. The first reason was of course because of all the food my mum and grandmother used to make. There was another thing about the day that excited me and that was how alive the streets felt. There used to be a number of makeshift shops on the streets near my house, selling items like attar (fragrance) and *agarbatti* (incense sticks). The lively vibe created by both the vendors and customers always gave a very warm feeling," said Mamun Hossain, a retired govt. official, who still cherishes the days of Shab-e-Barat from his childhood.

Mosques are decorated and many of them have periodic recitations and announcements throughout the day, before preparing for the main events of the night.

Neighbourhoods have changed from how they were before and it is quite common to not even know who is living next door. Such is the norm of today, but Shab-e-Barat seems to be one of those few days when this sad reality ceases to exist for some time.

For private university student Anika Rahman, Shab-e-Barat is a time when people forget their differences.

"Everybody is so occupied in their busy schedules these days, they hardly seem to have the time to interact with neighbours. But on Shab-e-Barat, it feels like good old days when the entire neighbourhood becomes friendly — there is exchange of wishes and greetings, passing of food, etc."

Anika added that this day brings everyone together, making her neighbourhood actually feel like home.

The variety of traditional food: one of the most beautiful aspects of Shab-e-Barat

Perhaps the favourite part of Shab-e-Barat is the variety of food items that are made. The most popular item that has gone on and on for generations are 'chaler ruti' (rice bread) and different kinds of halwa (a sweet dish). Of all the types, carrot, papaya, chickpea and semolina



halwa are the most loved. The combination of rice bread and halwa is simply a delight. It is said that every household

has its own special recipe for making halwa. It is a common sight to see people sharing decorated plates of halwa among neighbours. Tehari (a savoury beef dish) is also a favourite food item on Shab-e-Barat.

According to Selima Chowdhury, a university lecturer, "For me, the day of Shab-e-Barat starts by preparing rice bread, vermicelli and halwa. Being a working woman, it can be difficult at times to manage this. But this is our tradition and I want to instil this heritage in my children, just like my mum had done for me."

Selima mentioned that she asks her



vicinity of my house get to eat something nice on this special day." People have become

work-centric and many are not able to prepare home-made delicacies on Shab-e-Barat like they used to before. Fortunately, sweet shops have got them covered. The well-known sweet brands like Bikrampur Mistanna Bhandar, Premium Sweets, Rosh, Mithai Wala, Madhuban Sweets, etc., offer myriads of halwa and other sweet items. Thanks to these shops, working families are able to enjoy Shab-e-Barat just as much. Many fast-food hubs are often seen offering special items on their menu on Shab-e-Barat day.

The beauty and spirituality of Shab-e-Barat

Devotees believe the fate of all Muslims is decided by the Almighty Allah on Shab-e-Barat. Muslims spend the night praying and reciting verses from the Holy Quran.

During daytime, people distribute food and clothes among the poor. Many visit the graves of their loved ones to pray for eternal peace of the souls. Some also fast on Shab-e-Barat.

The collective meaning of Shab-e-Barat is to try to rid yourself of past sins, start anew and spread the meaning of love and peace of Islam.

children to help her when she is cooking.

"Along with my daughter I want my son to learn household chores too, and cooking is an integral part of that. I hope that he is as able to make halwa when he grows up and teach his son to do the same," said Selima.



Different people choose different ways to spend the day. Freelancer Mohammad Sakib believes in spreading love on Shab-e-Barat. He adds "I spend the day distributing dates, halwa and tehari among the poor children in my area. Shab-e-Barat is incomplete without sweets, so why should the underprivileged children be deprived of this happiness? I try my best to ensure that the children within the

By Faiza Khondokar

Photo: LS Archive/Sazzad Ibne Sayed

Ice cream bonanza

If there is one food that people of all ages unanimously like, it has to be ice cream! Whether to replenish your soul on a sultry summer day or to satiate your cravings on a cold winter night, ice cream never fails to satisfy the heart.

While ice cream is good enough to be served as it is, it can also be used as a component to create stunning drinks and desserts. Additionally, using already prepared ice cream slashes the preparation required by half!

ICE CREAM TERRINE

Ingredients

- ½ litre chocolate ice cream
- ½ litre strawberry ice cream
- ½ litre butterscotch ice cream
- 200g dark chocolate
- 1 cup strawberries
- 1 tbsp sugar

Method

Work with one ice cream flavour at a time

– defrost the chocolate flavour slightly so that it has the consistency of a soft serve and pour it in a large dish before letting it freeze again. Meanwhile, melt the chocolate in a microwave, stopping and stirring at 30-second intervals for three minutes. Once slightly cooled, pour the molten chocolate over the layer of ice cream and let it chill.

After that, pour in the butterscotch flavour following the same process. Meanwhile, purée the strawberries and sugar to a thick consistency and pour over the second layer. Let it freeze slightly and finally drop in the third layer of ice cream. Drizzle over streaks of molten chocolate and strawberry, and let this



brick of velvety deliciousness chill overnight.

BANANA SPLIT

Ingredients

- 1 large ripe banana
- 1 scoop strawberry ice cream
- 1 scoop chocolate ice cream
- 1 scoop vanilla ice cream
- ¼ cup pineapple chunks
- 2 tbsp chocolate syrup
- 2 tbsp caramel sauce
- ½ cup whipped cream
- 2 tbsp crushed peanuts
- 3 maraschino cherries

Method

Split the banana in half lengthwise and place on a dish. Arrange the scoops of ice cream in between. Scatter the pineapple chunks and peanuts over the assembly, and drizzle with chocolate syrup and caramel sauce. Finally, top off with whipped cream and place the cherries on top!

RED VELVET ICE CREAM SANDWICH

Ingredients

- 1½ cups flour
- 1 tbsp cocoa powder
- ½ tsp baking soda
- ½ cup softened butter
- 4 tbsp brown sugar
- 1/3 cup caster sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp red food colour
- 1 litre vanilla ice cream

Method

Sift flour, cocoa powder, and baking soda together and keep aside. Mix the butter with two types of sugar to form a smooth mixture. Crack in one egg and drop in vanilla essence and food colour, and mix well. Next, add in the flour mixture to form

a dough and leave it to refrigerate for 30 – 40 minutes.

After that, form them into discs and bake them in a preheated oven at 180°C for ten minutes. Let them cool before popping a scoop of vanilla ice cream in between two discs of cookies to form ice cream sandwiches.

STRAWBERRY CHEESECAKE SHAKE

Ingredients

- 2 scoops strawberry ice cream
- 1 cup milk
- ½ cup strawberries
- 60g cream cheese
- Whipped cream

Method

Blend all the ingredients together until it becomes a thick and creamy mixture. Pour in a serving glass and top with whipped cream, fresh strawberries, and a dusting of biscuit, reminiscent of a cheesecake.

MINT CHOCOLATE CHIP MILKSHAKE

Ingredients

- 2 scoops mint ice cream
- 1 cup milk
- 1 tbsp chopped fresh mint
- 2 tbsp chocolate chips
- Whipped cream

Method

Blend the ice cream, milk, mint, and chocolate chips together until you get a homogenous mixture. Pour it in a serving glass and top with whipped cream. Garnish with a sprig of mint and shaved chocolate on top.

BANOFFEE MILKSHAKE

Ingredients

- 2 scoops vanilla ice cream
- 1 cup milk
- 1 ripe frozen banana
- 2 tbsp caramel sauce
- Whipped cream

Method

Blend all the ingredients together until you get a smooth and creamy mixture. Drizzle the inside edges of your serving glass with caramel sauce and pour in the milkshake. Top with whipped cream and more caramel sauce atop.

By Fariha Amber
Food and Photo: Fariha Amber

Breaking the stigma around menstruation and sanitary napkins

In 2018, one day after my morning classes, I realised that my time of the month had arrived. Unfortunately, I was unprepared and the only option was to go to the pharmacy right next to the university. I hurriedly walked in and asked for a packet of sanitary napkins and thus, began a long process of wrapping.

Not only was the man across the counter using a brown paper bag to conceal what was inside, but he went the extra mile to wrap it with two sheets of newspaper and to tape it up for me. There I was standing for almost 15 minutes and hoping that I would not stain my clothes, while the man made it more and more difficult for me to cater to my menstruation, a natural, biological process for the female body.

Be it because of my impatience or my gut instinct, I tore the newspaper off in front of the man and took out the packet of sanitary napkins from the paper bag. The man looked at me displeased and I said to him, "This was unnecessary." However, I did walk out of the pharmacy with the packet inside my backpack, again concealed.



Menstruation has long been a stigmatised topic in our society. Addressing this stigma, Freedom's #UnwrapYourFreedom campaign demonstrates the reality that women face in purchasing sanitary napkins. Rather than being treated as a basic necessity and like any other commodity, it is concealed from public view. We, as young girls, are taught

to never speak of it in front of other people, especially men. We are taught to never express the discomfort and difficulty that comes with menstruation. We are taught that concealment and menstruation go hand in hand.

The logic behind this concealment is that sanitary napkins are a symbol of shame and menstruation is something

extremely personal and demands to be hidden. The campaign video shows the viewpoints of multiple women, the majority of who are either hesitant to talk about it or blatantly refuse to talk about this natural process openly. This stigmatisation and taboo surrounding menstruating and by extension, sanitary napkins is a social rejection of womanhood.

As a society, it is important to break past this illusion of shame associated with menstruation and bring this topic to light. The campaign advocates for the normalisation of women's bodies and the experiences which are unique to women. It illustrates that menstruation is as natural as breathing and the commodities, which are essential during this time need to be easily accessible without any fear of social ridicule.

As women strive for their rightful place in society alongside men, it is high time that we start disagreeing with the concealment of sanitary napkins and treat it like any other daily essential.

By Puja Sarkar
Photo: Star Multimedia

#HISTORY & HERITAGE

Fabled 'Dhakai Muslin' revived

Nearly two centuries ago, Dhaka's Muslin was the finest fabric on the planet. Then colonization happened, and it just disappeared. For over 200 years, Muslin was only a memory, until recently, when due to the keen interest of Bangladesh government and the craftsmanship of our local artisans, it was revived and the fabled cloth is now once again a reality.

There are 18 different types of Muslin. The speciality of Muslin is in its yarn count. The higher the yarn count, the finer the fabric. Back in our glory days, when Mughal emperors donned Muslin with pride, the thread count went as far as 1200 but attempts to recreate Muslin had been futile for the last 200 years because no one could reach a yarn count that high. The closest thing to Muslin we had was the Jamdani which barely tops the 100 count. Until recently when a young woman from Cumilla, Chandina made the dream a reality by spinning 500 metric count yarn. She is the first Bangladeshi artisan in more than 200 years to spin 500 metric count Muslin yarn.

"When I first started, the count was barely 10-15. Now I can reach a count of 550," said Mohsena Begum, with spectacular humility as if she does not realise that she has brought a myth back to life. "We have to do this on hand spinning wheel, manually. You can't do this on a machine, it's too delicate and the thread will snap if you get distracted even for a moment. It takes 3 to 4 days to spin 1 gram of thread," she added pointing

out what a herculean task it is and once again reminding us why Muslin is so special. "There are a lot of things you need to maintain if you are going to work on Muslin. For one thing, a sharp eyesight is very crucial. As is the light. We need to work for long hours sitting at the same spot. If the light is not exactly right, there will be headaches. If you are distracted by any other thought, your progress is impeded. You cannot work under a fan because of the nature of the work. We need to care for our hands and keep them soft through a number of rituals and caring procedures. It's quite a challenge, to be frank," Mohsena Begum explained.

As a trainer under Bangladesh Handloom Board, she is teaching a new generation of artisans, her students have surpassed her yarn count and recently reached 731 metric counts, which is the highest so far. "We want to expand this craft through more training, obviously. Commercialising the Muslin is also in the plans and we hope that maybe in the next three years or so, we can make that happen," said Mohd Rezaul Karim, Chairman of Bangladesh Handloom Board, observing that there is a huge potential in the craft.

'Dhakai Muslin' is a GI product of Bangladesh, and it's not difficult to understand why. From Jane Austen to Joséphine Bonaparte, many other historic figures were very fond of Muslin. Its resurrection is nothing short of historic.

By Ashif Ahmed Rudro

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#CHECK IT OUT

Grameen Uniqlo's comfortable work-wear and casuals



As the world of work changes, so do the norms and accepted ways of dressing at it. While working from home, most people got used to casual and comfortable wear and right after that time, even now the same casual outfit still tops preferences for office or any kind of professional environment. People are also more cautious about expenditure now, hence the need for affordable, casual wear.

Keeping these in mind, the clothing brand Grameen Uniqlo has launched a range of casual wear under their casual workwear campaign, "Casual is

Comfortable".

The CEO of Grameen Uniqlo says, Grameen Uniqlo is working on enhancing the standards of livelihood of people through the medium of what clothing they wear. That is the reason why Grameen Uniqlo is working with casual wear, keeping pace with the timely demands.

These collections by Grameen Uniqlo will be available in their stores and outlets in Bashundhara city, Jamuna Future park, Dhanmondi Science Lab Mor, Katabon Mor, Khilgaon Taltola, Naya Paltan,

Mohammadpur Ring road, Dhanmondi Metro Shopping mall, Jatrabari Shaheed Faruq road, Wari Rankin street, Gulshan Badda link road, Savar City center, New Elephant road, Baily Road, Joydebpur bazar road and Narsingdi Bouakur mor. Apart from this, the clothes from this range of collections can be ordered online from its Facebook page.

For more information, visit the following links:
www.grameenuniqlo.com/
www.facebook.com/grameenuniqlo/
www.instagram.com/grameenuniqlo/

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Seek out exhilarating forms of entertainment. Opportunities for romance is likely. Take a break from your daily routine. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)

Your colleague may be withholding information. Take advantage of your opportunities. Your communication skills will be beneficial. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Verbal abuse may lead to walkouts. Changes at home will be positive. Property investments should payoff. Your lucky day this week will be Wednesday.



CANCER
(JUN. 22-JUL. 22)

Pick activities involving the whole family. Children will be difficult with you. Hassles with in-laws can dampen your day. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

Keep your attitude in check. Take help from co-workers to meet deadlines. Don't be involved with someone who is already taken. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

Prepare for obstacles at work. Check all facts before taking action. Your passionate mood will be well-received by your partner. Your lucky day this week will be Wednesday.



LIBRA
(SEP. 24-OCT. 23)

Make time for family. Sort sticky situations out as discreetly as possible. Watch your spending habits. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Freeloaders will drive you mad. Don't spend carelessly. Don't make any unreasonable promises. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Resistance will only make the situation worse. Anger may cause you grief. Rest and relaxation will be more favourable than you think. Your lucky day this week will be Friday.



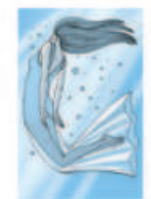
CAPRICORN
(DEC. 22-JAN. 20)

Don't get involved in gossip. Check all facts before committing. Be prepared for anything this week. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)

Friends from your past may want to reconnect. Don't worry so much. Talk to someone you trust. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Look out for yourself. Your outgoing nature will attract others. Co-workers may not be completely honest with you. Your lucky day this week will be Tuesday.

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
১ টি  ৫৭০ লত্ৰীসোপ **ফ্রী!**







Parenting 101: Understanding the need of giving sex education to children

Recently, there has been much talk about sex education — long considered a social taboo in Bangladesh. Specialists agree that comprehensive sexuality education (CSE) should be an integral part of school curriculum, and that in an ideal setting, it should begin at home.

Breaking the myth

Contrary to the popular belief, sex education is not solely about 'intercourse.' It ideally teaches the student about sex, sexuality, reproductive health and hygiene, sexually transmitted diseases and how to prevent them, and how to have safe sex. Comprehensive sex education also teaches matters related to sexual dysfunction, and overall healthy sex activity.

With a conservative social fabric, we shy away from discussing matters of procreation with our children. Laila Khondkar, a child protection specialist, has observed this trend in Bangladeshi parents. She, however, revealed that it is not easy for most parents in different parts of the world to talk about sex with their children. However, in some countries that offer sex education, resources have been developed to support parents in having proper conversations with children on this issue.

"Most parents in Bangladesh are reluctant to give young and adolescent people accurate sexual information. They fear that knowledge about sex leads to early sexual activity," she said.

Tanha Salahuddin (not her real name), mother to children aged 14 and 11, feels that some parents are actually misinformed themselves about sex education, and their children's sexual behaviour.

"When it comes to discussing sex with children or exposing them to sex education, most people think that a forbidden secret of their lives will be revealed to children and they will be misguided after learning about sex. Some parents even feel that children will become interested in sex after learning about it, and will make huge untimely mistakes in life."

Research negates these notions. Global studies have shown that children who receive sexual education, in fact, lead healthier sex lives, and are more likely to make informed, mature decisions. They are also most likely to delay having sex, avoid unwanted pregnancies and sexually transmitted infections.

The price of miseducation

Dr Helal Uddin Ahmed, Associate Professor, Child Adolescent and Family Psychiatry, National Institute of National Health, raised an interesting point — "You will perhaps not find a single adult person completely unaware of how procreation works. In most cases, they received information from peers, friends and classmates. Sometimes, the source is pornography. These are 'deviated' sources, which may not provide the correct

information. It is also common that such foundations provide incorrect information about sexual pleasure and behaviour, often promoting risky behaviours, which is all too common in society these days. Whether we like to admit it or not, a great majority of young adolescents are already exploring their sexuality. We can no longer ignore this."

If media reports are any indication, sexual abuse of children is on the rise. Specialists believe that one of the contributing factors to this steep rise in social malice is the lack of sex education in children. A generation of children grew up without even the basic knowledge of 'safe and unsafe touch' and were prey to sexual predators. As they do not share a friendly relationship with their parents and guardians, these heinous acts remain unaddressed and children suffer needlessly.

Tanha Salahuddin, 40, is part of a generation that did not receive sex education at school. This, she feels, makes her knowledge inadequate to give sex education to her children.

"Most of the parents in our country do not know how to educate their kids in this certain area and might end up giving wrong ideas to them."

In her opinion, "Experts and trained people can be very helpful to educate kids.

It is quite natural that children of this age will be aware of their sexuality from an early age. We live in a world highly sexualised, whether it is television or conventional media. Social media, too, is filled with racy content.

are some issues in implementation of that policy, however these problems will be solved with time," hopes expert in this field like Abu Sadat Mohammad Sayem, Health

question about sex, parents should ask what he or she already knows. They should correct any misconceptions, and then offer enough details to answer specific questions. They should not dismiss the child's questions by scolding or laughing. Parents should encourage a child to take care of his or her body, develop a healthy sense of self-respect, and seek information from trusted sources," said Laila Khondkar.

Children will learn/know about sex in their own way. Sexual development is part of human growth; infants as young as 3 years of age are aware of their body parts, between the age of 4 and 6, they become curious about the world in general, and this includes human reproduction. It is pivotal that children receive correct, age appropriate information on human propagation.

Dr Helal Uddin Ahmed, Associate Professor, Child Adolescent and Family Psychiatry, National Institute of National Health, stressed on the importance of imparting correct and age appropriate information.

"Most children are fed made-up stories when they ask questions related to their birth. This creates a fantasy among children and when this is shattered with reality, they subconsciously develop trust issues with their parents," said Dr Ahmed.

"Such lies also create multitude of problems and often the child grows up having negative connotations about sexual intercourse. This often has a profound impact of his/her adult sex life," he added.

Dr Ahmed also iterated an important aspect often missed by those who oppose sex education.

"Lessons learnt at home and in schools, colleges, and universities are values and information we use throughout our lives. Sex education also provides information that one can carry to adulthood. Receiving correct information can improve a person's adult sex life."

To conclude

It is quite natural that children of this age will be aware of their sexuality from an early age.

We live in a world highly sexualised, whether it is television or conventional media. Social media, too, is filled with racy content.

Although the Government of Bangladesh is trying to incorporate sex education at various levels of the curriculum, it is still up to the parents to make the major move of opening up to their children. Sex education, like every major lessons in life, should begin at home.

A small step towards creating family that can talk about all matters of life in a healthy and meaningful manner will go a long way!

By Mannan Mashhur Zarif
Photo: Collected



This will mitigate the curiosity of the young minds about sex and will help them in making right decisions in future."

Sexuality education in Bangladeshi curriculum

Schools are where children get information related to science and arts, civic behaviour, even religion and everything relevant in life. It seems like a strange notion that children cannot receive 'sex education' at school and this says a lot about today's Bangladeshi society.

"There are no doubts at the policy level for the introduction of comprehensive sex education in school curriculum. There

Specialist, Maternal and Adolescent Health, UNICEF, Bangladesh.

How to start

Sex education can start at home with matters as simple as knowing the human body parts. As the child ages, his/her inquisitive mind will lead to further queries, and such curiosity should be satiated with age appropriate, correct information.

"In this age of the Internet, all answers are a mouse-click away. Children will receive information on sex anyway; some of which may be incorrect. It is better when parents respond to the queries with age appropriate answers. When a child has a