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# Star LIFE Style

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## Sartorial Expressions of the Pride *of* INDEPENDENCE

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FASHION AND EXPRESSIONS OF NATIONAL FERVOR  
FARAH ANJUM BARI'S NEW MARCH LINEUP **PC**

PHOTO: SAZZAD IBNE SAYED  
MODEL: ANTORA  
MAKEUP: SUMON RAHAT  
WARDROBE: FARAH ANJUM BARI



**চারিদিক উজ্জ্বল  
বাড়ি হবে বলমল**

**BERGER**  
Weather Coat  
**GLOW**  
Exterior Emulsion

**সুপার প্লাস লুক** **পানি ও আর্দ্রতা প্রতিরোধক**

**BERGER**  
Trusted Worldwide

# Shorno Chef: TV cooking competition for children between 12 and 17

Budding young chefs from across Bangladesh are flexing their cooking skills on Shorno Chef, a new television show jointly created by the Ministry of Health and Family Welfare and UNICEF.

The programme intends to inspire healthy eating habits among adolescents and their families, and is telecast on Fridays at 8:30PM and on Saturdays at 1PM on Duronto TV. UNICEF Bangladesh broadcasts a new episode on its Facebook page and YouTube channel every Saturday at 8PM too.

“Raising the level of nutrition in Bangladesh is enshrined in our country’s first constitution. The Government of Bangladesh has been working towards that goal ever since. It is commendable that in addition to the Government’s efforts

The cooking show, which is projected to reach 6 million viewers, is a partnership between UNICEF Bangladesh, the Ministry of Health and the Clean Cooking Alliance.

on nutrition, development partners like UNICEF are teaching adolescents about the importance of nutrition and teaching them at an early age to cook not only filling meals but also nutritious ones,” said Dr S M



Mustafizur Rahman, Line Director, National Nutrition Services, Directorate General of Health Services, Ministry of Health and Family Welfare.

The importance of good nutrition begins from the moment of conception and remains key to a person’s health and well-being through childhood, adolescence, and into adulthood.

The consequences of not getting enough nutrients from a varied diet of vegetables, fruit, and protein such as eggs, fish, meat and pulses can be long-lasting. It can lead to malnutrition in all its forms, where undernutrition and micronutrient deficiencies can co-exist with overweight and obesity. An insufficient diet hampers a child’s cognitive development, school readiness, learning performance and life opportunities.

Bangladesh faces a multiple burden of malnutrition. About 28 percent of children are chronically malnourished and 1 in 10 children suffers from acute malnutrition. Being overweight and obesity are on the rise among children and adolescents. Around 56 percent of adolescent girls suffer from anaemia.

However, these challenges can be overcome by equipping adolescents with the knowledge they need to make healthier dietary choices. This can help reverse faltering growth in early childhood, build a foundation for lifelong good health, and break the cycle of malnutrition from one generation to the next.

“Shorno Chef is about helping adolescents make healthy and nutritious food choices by conveying the fun of cooking and joy of healthy eating. Sadly,

many adolescents do not have the option to eat enough nutritious food, and others consume too much unhealthy food. In the end, it is a balanced diet that adolescents also enjoy eating that will help them grow to their full potential,” said Sheldon Yett, UNICEF Representative to Bangladesh.

The Shorno Chef programme features adolescent chefs aged between 12 and 17 who compete in a different cooking challenge each week. At the end of each episode, their dishes are assessed for both nutritional value and taste by a panel of judges, which includes a professional chef and a nutritionist.

The cooking show, which is projected to reach 6 million viewers, is a partnership between UNICEF Bangladesh, the Ministry of Health and the Clean Cooking Alliance.

The programme also encourages healthier cooking fuels such as electricity or cooking gas instead of firewood. In Bangladesh, exposure to cooking smoke at home is a health concern, particularly for children and adolescents.

“The Clean Cooking Alliance is happy to partner with UNICEF and the Government of Bangladesh to help youth learn more about the benefits of clean cooking, which can improve the health of millions of young people around the world,” said Asna Towfiq, Policy Manager with the Clean Cooking Alliance. “Educating and empowering youth as change makers and innovators is essential to advancing access to clean cooking. We wish the show and the amazing participants all the success in their journey.”

**By Sania Aiman**  
**Photo: Shorno Chef**

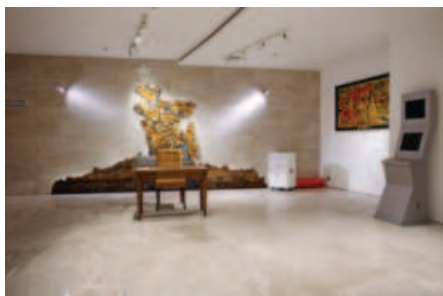
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ଠିକ୍ ସେମ୍ବର ଉପଚାର ଆଭିଜାତ୍ୟ ଶାନ୍ତେହି

**ସାନ୍ଦାଲିନା**  
**ସୋପ**

ରୂପଚାରୀ ଆଭିଜାତ୍ୟ...

**KOHINOOR CHEMICAL**



#HISTORY & HERITAGE

## The Toshakhana Museum at Dhaka

# AN ANTHOLOGY OF HISTORY

Inside the premises of Bangabandhu Military Museum, another aesthetic museum is set called Toshakhana Museum or the Treasury Museum. Father of the Nation, Bangabandhu Sheikh Mujibur Rahman took the initiatives of establishing a national treasury back in 1974, which is presently located at the Bangabhaban. Due to the keen interest of the Honourable Prime Minister Sheikh Hasina, the treasury museum was established. Most of the gifts that were presented to Bangabandhu Sheikh Mujibur Rahman, as well as the ones PM received herself, are being exhibited at the treasury museum.

### The Museum

The treasury museum is inside the premises of the newly inaugurated military museum, which is one of the most modern buildings in the country. The project was carried out by the E in C branch of Bangladesh Army. Ali Imam and Bayezid Khandaker were the lead architects.



are also being displayed through images. Souvenirs presented to the Presidents are also being displayed here.

Basement two, the one at the bottom, plays the role of a storeroom where a number of national gifts are being stored while basement one plays host to the gifts that the presidents were presented with.

### Bangabandhu Gallery

The first floor holds the first gallery which is called the Bangabandhu Gallery. Here, the life of Bangabandhu has been illustrated in all its glory and grandeur in aesthetically black and white hue. About 33 very rare gifts are being displayed here.

Audio kiosks allow visitors to listen to Bangabandhu's "The Unfinished Memoirs" as well as use one of the signage monitors to learn about the homecoming speech of Bangabandhu on 10th January or the historic speech of 7th March which has been recognised by UNESCO in 2017 and now on the list of the Memory of the World Register of UNESCO. The English version of the speech is also available.

### Second Floor

The second floor holds the exhibition of all the foreign gifts and they are being displayed in groups, having been categorised according to continents and countries. Pictures of different presidents of Bangladesh with different presidents of countries all across the world are exhibited here.

All the galleries have been furnished with digital kiosk, signage, info kiosk and audio kiosk by 'Colours of Bangladesh.' Audiences are free to use any of these gadgets to browse through the displayed photos or look up any relevant information.

With the rich collection of artefacts and photos, The Toshakhana Museum is a testament of history. Anyone who is interested in the diverse history, culture and diplomatic relationships of Bangladesh would be thrilled upon a visit to this state-of-the-art museum.

**By Ashif Ahmed Rudro**  
**Photo: Tamim Sujat**



The museum itself has been built in ellipsis shape with five floors. The ground floor, first and second floor and the basements — one and two.

Down to up ramps allow the spectators to climb easily from the basements. The ramp is covered with unfinished granite allowing more friction and easy movement. Inside the ellipsis, a beautifully crafted dome displays a painting of architect Ali Imam. Nazneen Haque Mimi played the role of interior designer and did a spectacular job in detailing the museum so it's more

pleasing to viewers.

All the floors are marble-clad and different coloured marbles indicate traffic flow, making it easier for spectators. White false ceiling, combined with automated essential lights make the details more appealing to visitors. Spectra Engineers Ltd. served as the developing partner. The museum is regulated by the Cabinet Division and managed by Director Md Monirul Islam.



### Basement and Ground Floor

At the entry point of the museum, a map of Bangladesh is presented, which was arranged by Nazneen Haque Mimi. A near-perfect sculpture of Bangabandhu by artist Sudipto Sweden sits on a huge antique marble base at the centre point of the museum.

The ground floor acts as an 'Introduction to Bangladesh,' as it depicts its heritage and history, important points of interest across the country. Religious spots like Armenian church, Kali Mandir, Buddhist Temple, etc. are being displayed in the introductory representations, along with a number of photographs and images that depict the culture of Bangladesh.

Histories of our freedom fight, language movement are also being illustrated here, which will be a guide for the younger generation as well as foreigners who are interested in Bangladesh.

In addition to that, the constant progress of Bangladesh in different sectors and significant events and points of interests

#HISTORY



## The Tajuddin Ahmad persona: TALES OF A LIBERATION WAR LEADER

Without him, the history of the birth of Bangladesh would be incomplete. After all, Tajuddin Ahmad was the prime minister during the wartime Mujibnagar Government, leading and navigating through the numerous harrowing challenges the Liberation War threw during those fateful months of 1971.

Much has been said about this national leader -- his glorious political career, uncompromising patriotism, integrity, and the bond he shared with Bangabandhu Sheikh Mujibur Rahman. But how much do you know him as a person, the man behind the institution?

That's another chapter, a more intimate one, and a fascinating one at that, as Tajuddin's persona, his habits and thoughts, and approach towards work are very inspiring. And hence, it is this chapter we present you today, in celebration of the upcoming Independence Day.



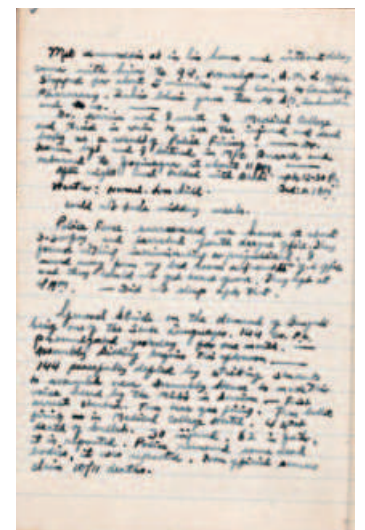
"Where is Tajuddin?" the Pakistani soldiers demanded when raiding his home in the horrifying night of 25 March, 1971

Dhaka was burning. Gunfire and chaos took over the city as the military unleashed its monstrosity over the Bengali people. But by the time the soldiers went to his house, Tajuddin, a key Bengali leader, had fled in a rush.

A chit handed to his wife later, read something like this: As I left so quickly, I could not properly bid farewell to you all. I am leaving. Blend in with the 75 million people. I do not know when we will meet again — AFTER LIBERATION.

'Muktir por,' or 'after liberation,' were written in big, bold letters; a mark of determination and passion, perhaps.

The chit was written by 'Dolonchapa' -- none other than Tajuddin himself -- a secret pseudonym he sometimes used when writing to his wife.



CONTINUED TO PAGE 5



CONTINUED FROM PAGE 4

And the rest is history. He went on to form a government-in-exile along with fellow leaders; created under the most extraordinary circumstances, with the equally extraordinary purpose of liberating the country.

Half a century later — just last week — to better understand this extraordinary man, I flipped through the pages of his diaries, in the anticipation of getting a glimpse of Tajuddin as a man.

Simeen Hussain Rimi, daughter of Tajuddin Ahmad and a member of the parliament, guides me throughout. She points out that a main subject of his entries were the people he met — not just his colleagues at meetings, but common men too; a farmer, a boatman, and so on.

People, it seems, was at the core of his heart.

There are also notes of major world events, and of prices of commodities and the seasonal effects on farm produce, she adds.

Amidst all that, he did not forget to take note of the weather.

“There was a fair shower of rain from about 5pm to about 5.45pm. Temperate atmosphere. Clear night,” one entry reads.

He also kept records of what times he woke up every day and went to bed, for example, daily entries begin with and end with, for example, “Rise: 6am.” and “Bed 11pm.”

Tajuddin Ahmad was one very meticulous individual. His diary entries, neatly written in English, had minimal cross outs and corrections.

He took good care of what he did, as reflected in his diaries. For his 1954 diary, he used one which was originally of the year before; 1953 that is. But since Tajuddin was writing in that notebook a year later, he cleanly and meticulously overwrote ‘4’

over ‘3’, hence making it 1954, also crossing out the day of the week and rewriting it correctly. All these, he did over and over again throughout daily entries!

The man indeed had a lot of patience. But time was in short supply for him, I suppose, given the sheer amount of work and responsibilities he had. How did he manage his time, one could wonder.

Rimi replied by shedding light on his sense of punctuality, “If he gave someone a particular time for an appointment, he always maintained it exactly. I have even heard that if Tajuddin somehow came a little earlier, he would wait (in car, rickshaw or whatever) until the set time struck.”

Indeed, there was an immense attention to detail — might I dare add, quite an eccentric attention to detail — that becomes apparent when seeing how he went about his day.

And then, when that appointment time arrived, what was it like meeting this leader face to face?

“There was always something or other we got to learn from him,” the current MP narrated from the memories of many of her father’s friends and colleagues. “He was like a magnet to us. It felt like he was a teacher showing the path towards light.”

A brilliant orator, but at the same time, he was pragmatic enough to tailor his magnetism to the occasion.

Case in point: during a seminar, he had said in good humour that if he gave a ‘Poltoni speech’ there, it would not serve the purpose. Instead of giving a burning and inspiring speech, he would rather discuss the relevant and important matters of the seminar.

He was a practical man.

And a highly disciplined one too. He used to regularly exercise in the morning. He also loved gardening.

There are anecdotes where it is said that he used to wash his own clothes. It had also been observed that when he put his clothes for drying, he made sure that no corners or sides were crumpled, that they were properly laid out.

Despite been a leader of his stature, you will be awed by his simplicity. After the war, when he was the finance and planning minister, he would just go out on a bicycle (much to the panic of his security officer) and roam about the markets on his own to gain insights before the national budget.

“I have even heard from his security officer of an instance where the car broke down, and Tajuddin himself helped push the car,” Rimi said.

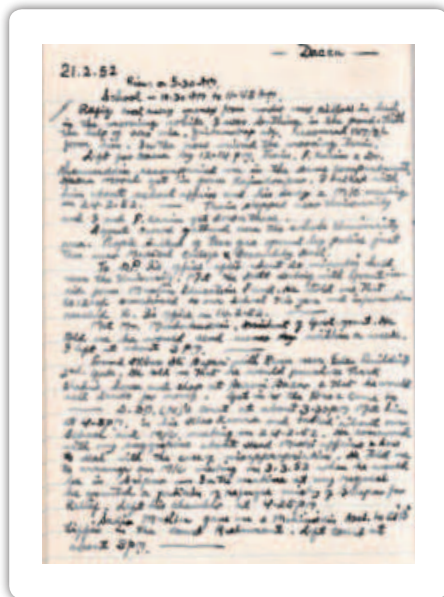
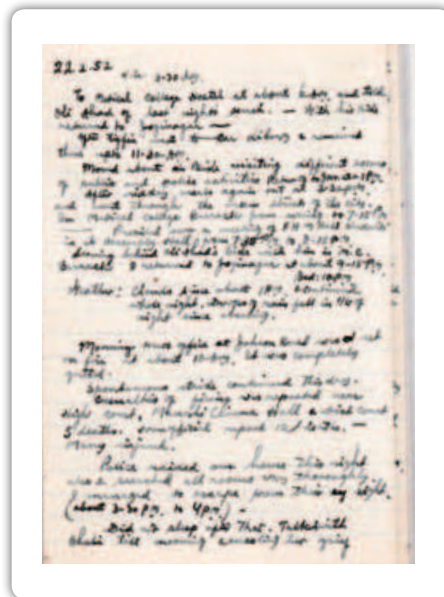
During the depths of the Liberation



War, Tajuddin one day seemed to be rather disturbed and unwell. When asked whether he was ill or not, he replied that it was raining heavily the night before, which made him ponder of the suffering at the refugee camps in such a harsh weather, and thinking of it, he couldn’t sleep at night.

Such was his compassion. And yet, this compassionate patriot’s fate tangled up with the ugly 1975 coup. He was murdered in jail, just a brief few years after the Liberation.

Today, when looking back, we perhaps mainly see him as our first prime minister,



a political genius, a hero who spearheaded the war — a legend. Fair enough. But a legend is someone above and beyond us; one ought to also see him as a man of flesh and blood, just like you and me.

Because that will bring us closer to Tajuddin; understand him more intimately. He would not mind that, I assume, given his down to earth and unpretentious character.

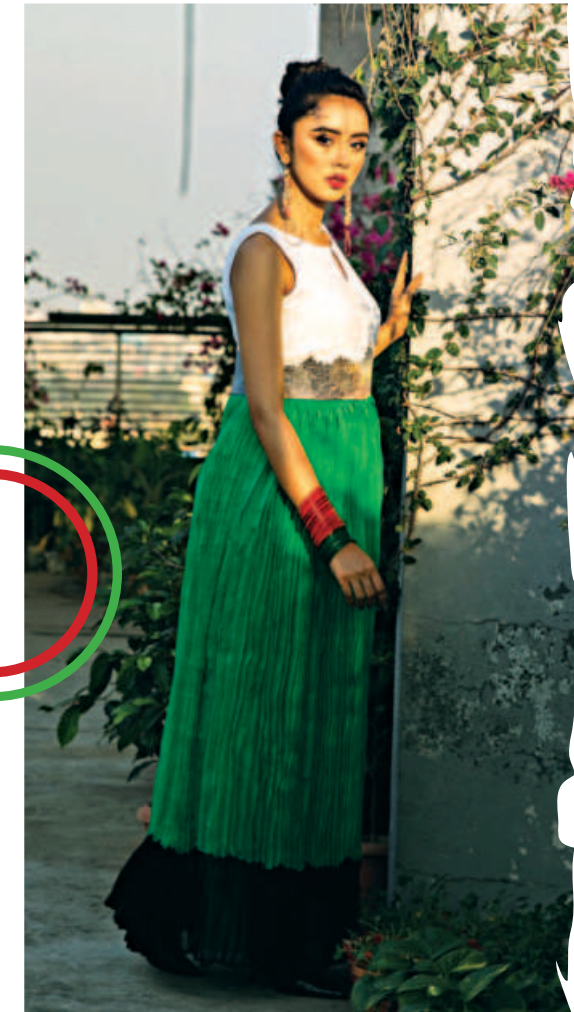
By doing this, we can see him on a more personal level — his humane qualities, the attention to detail, discipline, hard work, analytical ability, pragmatism, honesty, and humility — and hence draw inspiration and strive to be a bit like him in our own lives.

**By M H Haider**

Special thanks to Simeen Hussain Rimi for sharing Tajuddin Ahmad’s diaries and providing valuable insights for the write-up.

**Photo: Courtesy of Simeen Hussain Rimi**

# Colours of INDEPENDENCE!



We Bangladeshis are a patriotic lot; we love our country, our spirit of nationalism is very strong and celebrating our history and heritage is a matter we take rather seriously!

The month of March is special for a Bangladeshi for multiple reasons, one being the Declaration of Independence announced by the founding father of our nation that mobilised forces at each and every level of our society to rise and fight for our country. Bangladeshis in every part of the world sombrely remember the sacrifices made, the blood lost and lives given to attain our precious freedom.

To commemorate this momentous occasion, Farah Anjum Bari, renowned designer has put forward a capsule collection of outfits dedicated to the spirit of 26th March, Bangladesh's Independence day. A series of outfits have been designed keeping the solemn nature of the occasion, where hues of red and green have been given preference.

On a soothing canvas of white organza, strokes of red represent blood shed by martyrs while green motifs painted by hand is reminiscent of the boundless vegetation abundant all over Bangladesh's landscape. Among these artistic strokes on some outfits, there are patches of embroidery bringing depth and texture to the overall garment.

This is a capsule collection of four outfits that have been rendered in a soft palette of pristine white organza replete with designs, motifs and hues that are inspired from the patriotic spirit of independence. In terms of cuts asymmetry, evocative of the many different directions the journey to independence has taken, has been used to give a definite stylistic edge.

Bias-cut silhouettes have been tailored

to perfection using expert craftsmanship and fine artistic sensibility to elevate each piece to a collector's item. Any woman holding the values of Bangladeshi nationalism close to her heart and intending to adorn her person with an attire symbolising the ideologies behind our struggle for independence will be excited to add a piece from this collection to her wardrobe.

These pieces can be ordered via Farah Anjum Bari's Facebook and Instagram pages.

**By Sabrina N Bhuiyan**  
**Photo: Sazzad Ibne Sayed**  
**Model: Antora**  
**Makeup: Sumon Rahat**  
**Wardrobe: Farah Anjum Bari**

**FUSION GALORE**

**SHAHEDA YESMIN**  
Proprietor of Jewel's Kitchen  
boutique school

**AVOCADO EGG BAKED****Ingredients**

2 thin slices deli ham  
2 avocados, halved and pitted  
4 eggs  
½ tsp salt  
¼ tsp black pepper powder  
1 cup salted boiled peas  
¼ cup boiled carrot, cut as you wish

**Method**

Preheat the oven to 200°C. Coat a 11-inch loaf pan with non-stick cooking spray. Scoop out enough of the flesh of each avocado half, to leave a ½-inch shell. Place in the prepared pan. Crack egg into each avocado cup. Loosely cover the pan with foil. Bake for about 15 minutes or until egg white is set and yolk is of desired consistency. Sprinkle each with salt and pepper. Garnish with tomatoes and carrots.

**DORY FISH GRILLED****Ingredients**

*For fish marinade—*

250g fish fillet  
1 tsp olive oil  
¼ tsp garlic powder  
¼ tsp ginger powder  
¼ tsp dry red chilli powder  
½ tsp Italian seasoning  
¼ tsp black pepper powder  
¼ tsp salt

*For spicy mayonnaise sauce —*

2 tbsp mayonnaise  
½ tsp lemon juice  
1 tsp tabasco sauce

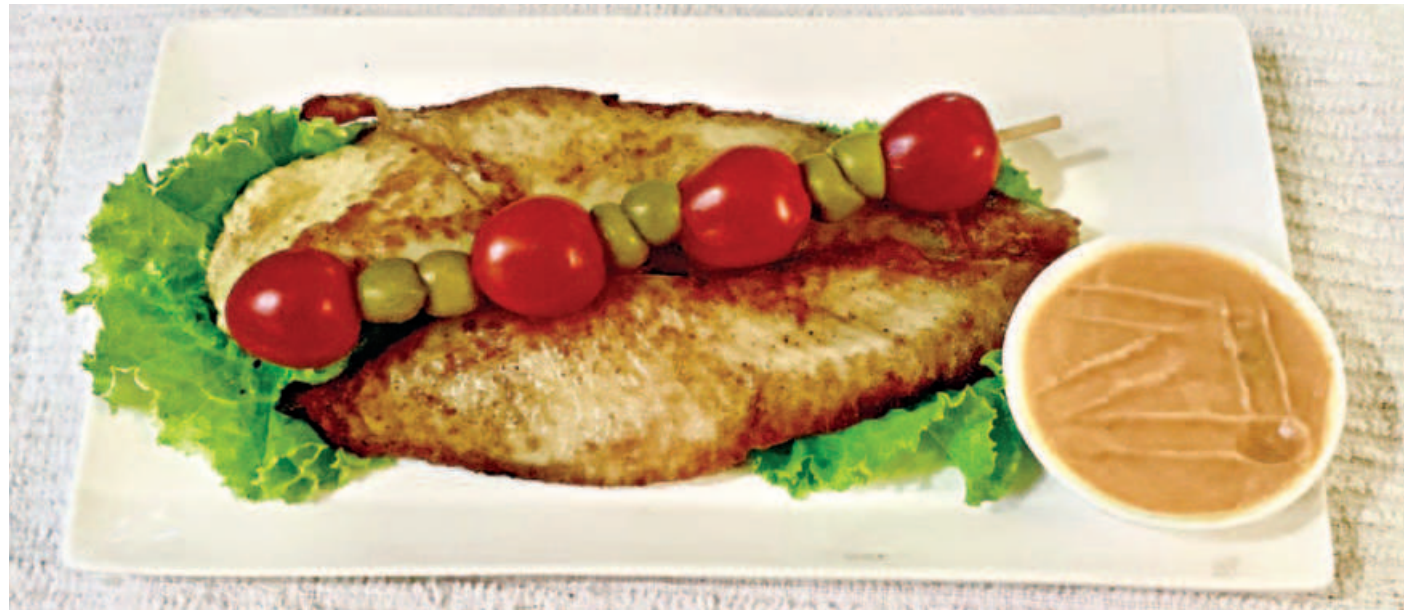
**Method**

Marinate the fish for 30 minutes. Make the mayonnaise sauce and keep it in the refrigerator. Heat an iron-cast pan with 1 tablespoon olive oil until very hot. Add the fish, turn once one side is done. Continue cooking for another 4 minutes. Arrange in a lettuce bed plate, serve with cherry tomatoes, olive and spicy mayonnaise sauce.

**STUFFED SQUID WITH VEGETABLE****Ingredients**

500g squid  
2 tbsp oil  
2 tbsp garlic minced  
1 tbsp coriander roots minced  
2 tsp bird's eye chillies minced  
1 cup green beans, cut in ¼ inch long and boiled  
½ cup radicchio, thinly sliced and boiled  
½ cup carrot, cut in small cube and boiled  
½ cup snake gourd, cut in ¼ inch long and boiled  
1 tsp green peppercorn powder

# Tasty recipes from around the world



1 big red spur chilli, sliced thinly  
1 tbsp fish sauce  
1 tbsp soy sauce  
1 tbsp sugar  
¼ cup spring onion, cut in ½-inch long pieces  
½ cup sweet basil

**Method**

To prep the squid, rinse it, and separate the tentacles and the tube, and chop them up to use for the filling.

For the stuffing, heat oil and add garlic, coriander root and chilli minced. Sauté until slightly brown. Add all the ingredients from the green beans to the snake gourd with the head and the tentacles. Fry for 2-3 minutes.

Add all the ingredients from green pepper powder to sugar. Add a little water to prevent it from burning. Once all the liquid has evaporated add the sweet basil and remove from the stove.

Begin stuffing the tube. Using a small spoon fill each tube with the stuffing. Use a toothpick to close the opening so that the filling does not fall out.



Heat a steamer and place the stuffed tubes in a tray and steam for 6 minutes. Serve with some cucumber. This dish does not need any extra sauce.

**BROWN CHICKPEAS SOUP****Ingredients**

¼ cup oil  
½ cup onion, sliced  
1 cup carrot, sliced  
½ cup raw papaya, sliced  
2 tbsp garlic, sliced  
½ tsp turmeric powder  
2 tsp cumin powder  
1 tsp dry chilli powder  
2 tsp salt  
3 cups boiled brown chickpeas  
½ cup tomatoes, cubed  
1-liter chicken stock  
1 tbsp Thai roasted chilli paste  
1 tbsp tamarind pulp  
1 cup mint leaves  
To serve, whole steamed papaya

**Method**

Heat the oil, add all the ingredients from onion to salt. Fry for 2 minutes and add water to prevent it from burning. Add the boiled chickpeas, tomatoes, and stock. Cover and cook for 20 minutes. Add Thai roasted chilli paste and tamarind pulp. Mix well. Taste and adjust. Serve with mint leaves.

**AMAZING CORN SOUP WITH POACHED QUAIL EGGS****Ingredients**

1 can whole kernel corn  
1 tbsp vegetable oil  
1 tbsp rice vinegar  
1 cup of chicken, thinly sliced  
¼ tsp salt  
1 tbsp soya sauce  
4 cups of chicken stock  
2 tbsp corn flour, plus ¼ cup water (mixed into a slurry)  
2 egg white  
¼ tsp black pepper powder  
¼ cup coriander leaves, finely chopped  
2 tbsp spring onion  
10 quail eggs

**Method**

Stir fry the corn kernel in vegetable oil in a wok until the heat gets through then

add the rice vinegar, continue frying until liquid evaporates. Add the stock and heat until boiled, then leave to cool completely. Transfer the content from the wok to a blender and have blend roughly.

Pour the blended content into a pot and simmer for 5 minutes on low heat. Add the chicken, salt and soya sauce. While the soup is boiling, stir in the corn flour slurry. After the soup gets slightly thicken, pour in the egg white through a sieve and stir thoroughly quickly to make strands of the egg white float on the soup. Carefully add the quail eggs, lower the heat to low. Taste and adjust. Ladle soup into a bowl and sprinkle with coriander leaves and spring onions.

**WONTON SOUP****Ingredients**

*For the filling —*  
350g shrimp  
350g chicken, minced  
¼ cup spring onion, thinly sliced  
1 tbsp ginger  
1 tbsp sesame oil  
1 tbsp sake or rice vinegar  
1 tsp sugar  
1 tbsp cornflour  
½ tsp white pepper powder  
500g wonton wrapper

*For the soup—*

1 litre stock  
250g bok choy  
2 tsp sesame oil  
2 tbsp soya sauce  
Salt and black pepper

**Method**

Combine all the ingredients for the stuffing except the wonton wrapper. Use 2 teaspoons of the mixture and make the wontons until all the mixture is used up. In a soup pot simmer the stock with soya sauce, salt and pepper. Taste and adjust. Add the bok choy and sesame oil. Heat a big wok with water. Once the water starts simmering carefully drop the wonton. They will float on top once done. Serve individually with three wontons in one bowl and pour the hot soup on top.

**Food and Photo: Shaheda Yesmin**

# FOOD



# THE WHITE CANARY CAFÉ: A local success story

In half a decade, The White Canary has won the hearts of numerous brunch and coffee lovers with its fresh, light all-day brunch menu and quality offerings. With branches in Gulshan and Tejgaon, and some choice corporate partnership stores, The White Canary, with its quality and charm, attracted the right attention within months.

Mayesha Khondoker, Managing Director of Shanta Multiverse Ltd and owner of the The White Canary Café founded the venture in March 2017. The Café started off serving an expansive variety of specialty coffees and teas along with a creative menu serving mostly breakfast and brunch items such as gourmet pizzas and pastas, North American size waffles and pancakes, US style chicken and waffles, reasonable priced freshly made sandwiches, their signature blueberry buttermilk pancakes, a range of French toasts in shareable quantities, and dessert items such as fudge brownies, large Starbucks size chocolate chip cookies, and Danish, among other tantalizing fare.

A recently started high tea menu is also receiving a lot of rave reviews.

"We offer our high-tea only on a pre-

order basis because we prefer to make it fresh for our customers. Pre-made fare never tastes as good as food that's hot out of the oven," says Asfak Amin, Head of Operations at Shanta Multiverse.

The White Canary Café started off as a single outlet in Gulshan and gained popularity through word of mouth and a strong social media presence.

"It is our customers who have brought us this far. The Café is made stronger by our loyal clients who did not leave us in the lurch, even during the pandemic era. We

take customer reviews very seriously and tweak our menus accordingly. It is, in the truest sense, a café of the people, by the people and most definitely, for the people."

The flagship branch recently changed to a new location in Gulshan and boasts a rooftop set-up in pristine white and beige,

and is surrounded by greenery and silence to give customers a restorative time away from the bustle of the busy city. The new facility is a reservations-only restaurant which awards regular customers more privacy and autonomy over seating.

Their second outlet, in the commercial hub of the city, Tejgaon, is a beautiful establishment at Shanta Western Tower called the "Espresso Bar by The White Canary Café." It serves the regular favourites to corporate clientele around the area.

No restaurant before The White Canary Café was serving an all-day brunch menu. People have accepted this midday meal in between breakfast and lunch very warmly and that reflects in the success of the café in all of its five years. The café has decided to celebrate this milestone by bringing out new coffee cup designs and may also offer some limited-edition thermal coffee mugs for sale. They wait to welcome guests with open arms, a warm heart and some hot coffee to celebrate this joyous occasion with them.

**By Munira Fidai**  
**Photo: The White Canary Café**



# Uddipta Bangladesher Obhijatri: Stories of people who dared to do

A number of brilliant individuals are taking Bangladesh's name to a unique height with their contributions in different fields for the welfare of Bangladeshi people or are overall an inspiring example to Bangladesh and highly recognised in the international arena. In order to celebrate the achievements and honours of these torch bearers, Shah Cement and The Daily Star collaborated in a campaign called 'Uddipta Bangladesher Obhijatri' or Adventurers of Illuminated Bangladesh — a series of nine episodes focusing on inspiring people who dared to do and make Bangladesh proud in the process.

## Dr Firdausi Qadri

Born in a middle-class family, Dr Firdausi Qadri always knew that education and self-reliance is imperative.

"Your friends and family can support you, but I think it is important for an individual to find their own solutions for their own problems," said this inspiring icon who is presently one of the top 100 scientists in Asia.

In 2021, she was awarded the Ramon Magsaysay Award. Presently working as the head of mucosal immunity and vaccinology of International Centre for Diarrhoeal Disease Research, Bangladesh (icddr,b), Dr Firdausi Qadri tells us about being able to represent Bangladesh on the international dimension and shares some insightful suggestions for the future scientists in the first episode.

## Team OxyJet

Consisting of teachers and students of BUET, team OxyJet invented a CPAP machine by the name of OxyJet for COVID patients which is not only effective but also affordable.

Team OxyJet earned the championship at the Bangabandhu Innovation Grand Final. Dr Taufiq Hasan, associate professor at the Department of Biomedical Engineering, BUET and leader of Team OxyJet, tells us how the project was an iterative process, how countless meetings with doctors made them realise what we lacked in Bangladesh when it came to COVID treatment and how they decided to make a CPAP, which works without electricity.

"Only the perils of COVID-19 were our motivation. When we see this device being used and actually saving lives, that feeling cannot be put into words," he said.

## Senjuti Saha

The first Bangladeshi to become a board member of World Health Organisation's

polio eradication initiative, Senjuti Saha is one of the leading microbiologists in Bangladesh who was awarded Bill and Melinda Gates award.

"I wanted to be a detective like Tin Goyenda but in microbiology," she says with an assuring smile as she tells

the story of how her desire to work alongside her father pushed her to the glorious path that she is on today.

Presently, a molecular genetics researcher at the Child Health Research Foundation, Senjuti

Saha discusses her career, working with her father and the necessity of translating raw data for policy



makers. In this third episode, she appears as a shining example of people who can and will take Bangladesh to the zenith of success if they receive enough support through the right channels.

## Maria Manda

In this episode, Maria Manda — a jubilant sports star, tells us the story of how a young girl who could not even kick a ball became the Captain of Bangladesh Under 19 Women's Football Team.

Maria comes from a small village called Dabayara in Mymensingh.

"I couldn't play in the rainy season because everywhere was flooded. Finding a boat was difficult and I didn't even have a pair of boots for practice," she speaks about the challenges she had to face to become the Captain of SAAF Under 19 Champion Team. In this inspiring episode, join Maria Manda in her journey to becoming a world class sportsperson and a key player for Bangladesh.

## Team Buet HellBent

HellBent, a team from BUET has earned the title of the 'Champion of the Asia West' in the International Collegiate Programming Contest (ICPC) Moscow World Final 2021. The three members of HellBent — H M Ashiqul Islam, Arghya Pratim Pal, and Pritom Kundu were coached by Professor Mohammad Sohel Rahman who tells us the story of this achievement and the culture in BUET that facilitates such success.

While COVID was a curse for most people, team HellBent used this difficult time to their advantage. Bangladesh will host the 45th ICPC. Team HellBent hopes to represent Bangladesh once again and hopes to secure more than the regional championship this time.

## Team Mohakash

NASA Space Apps Challenge 2021 featured 4535 teams from 162 countries. Team Mohakash of Bangladesh, secured the championship in the category "Best Mission

Concept" and proved that Bangladesh is not far behind when it comes to innovation. Their invention, the "Advanced Regolith Sample System" will make it easier for astronauts to work and collect samples in exoplanets and satellites by modulating dust.

"When we started designing the tool, we stumbled upon a mechanism and it was not public knowledge how it worked. We were stuck for a while but we brainstormed and eventually cracked it and as a designer, this was our biggest achievement that we could crack a NASA mechanism from our homes in Bangladesh," said Sumit Chanda, the team leader of Team Mohakash.

## Marina Tabassum

Recognised as one of the top 50 thinkers of 2020 in Prospect magazine of UK, Marina Tabassum is an architect who was also awarded the Soane Medal in the following year as a recognition of her 'architecture of relevance.' "If you really believe in your country, your work should reflect it in action which will benefit the nation," said she stating that the only future plan at the moment is to change people's lives through architecture. In the seventh instalment of this series, listen to her discussing the background and experiences of the project that earned her recognition and what she thinks about the future of architecture in the context of Bangladesh and its people.

## Fairooz Faizah Beether

As the co-founder of 'Moner School', Fairooz Faizah Beether speaks to us about the inception and growth of 'Moner School' — a team that dedicated itself to solving all sorts of mental health problem and helping people by ensuring a sound mental health.

While it started only as a portal of speaking about mental health, soon they realised what the mass people needed and adapted accordingly.

Beether personifies goodwill and compassion and continues to work with 'Moner School' by spreading happiness, regular workshops and creating para counsellors through training.



CONTINUED FROM PAGE 10

She is the first person from Bangladesh to be awarded the Bill and Melinda Gates foundation's "Goalkeepers Global Goals" award due to her contribution in achieving SDGs through 'Moner School.'

#### Team Safe Wheel

In a country like Bangladesh where ambulance and other medical services



can be quite difficult to avail, Team Safe Wheel, since their inception in 2017, have already ensured healthcare for more than 1000 people through their three wheeled ambulance service. Anas Hossain Makki, the cofounder of Safe Wheel was awarded the prestigious Diana Award 2021 for being a changemaker in people's lives. Tele-health system is their most recent addition.

Through which, the mass people can avail healthcare service any time of the day just by using their mobile phone.

"We believe that if the citizens are healthy, Bangladesh will be healthy," said Faysal Islam, another co-founder of Safe Wheel adding that Safe Wheel aims to make healthcare convenient and more accessible under one platform.

Bangladesh is a country of countless possibilities. We have the potential; we have the ability and we

certainly have the people to achieve the potential. These people are living proof of what we have achieved and inspiration for so much more that we could achieve. Let us take a moment to applaud them for their hard work and hope to join them and illuminate Bangladesh.

One can watch the series on YouTube at the following link: <https://www.youtube.com/c/ShahCementBD/playlists>



By Ashif Ahmed Rudro  
Photo: Star Multimedia

## ◆ HOROSCOPE ◆



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

Don't push your opinions on others. Don't confuse issues when discussing matters at hand. Your mood will fluctuate drastically this week. Your lucky day this week will be Monday.



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

Group activities will be entertaining. Put your energy to work. Follow your gut feeling regarding business matters. Your lucky day this week will be Sunday.



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

Focus on forming business partnerships. Keep your thoughts to yourself at home. Understand both sides of the situation. Your lucky day this week will be Saturday.



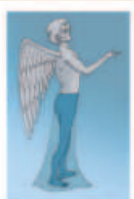
#### CANCER (JUN. 22-JUL. 22)

Make changes at home. Don't overspend to impress anyone. Don't be domineering over loved ones. Your lucky day this week will be Saturday.



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

Sudden trips will be surprising. Don't let your partner patronise you. Avoid any gossip. Your lucky day this week will be Friday.



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

Don't lead anyone on. Get your facts right before taking action. Spend some time on yourself. Your lucky day this week will be Thursday.



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

Avoid spending money on lavish entertainment. Your temper can get the better of you. Don't confide in anyone right now. Your lucky day this week will be Monday.



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

Rest and relaxation will be required. Opportunities for romance are present. Things are looking good for you. Your lucky day this week will be Thursday.



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

You are already swamped. Don't put all your cash in one place. Concentrate on home improvement. Your lucky day this week will be Wednesday.



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

Be careful with your assets. Avoid revealing secret information. Your nerves are frazzled. Your lucky day this week will be Monday.



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

Tend to your needs. Changes regarding your career direction will pay off. Erratic behaviour at home may be hard to handle. Your lucky day this week will be Saturday.



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

Keep yourself busy. Don't hide your true feelings from your partner. Make money through your creative efforts. Your lucky day this week will be Tuesday.

এখন

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## ‘Classical Night’ — merging meditation and music at Satori Meditations

Music and meditation are two aspects which when put together create an enriching effect that elevates our consciousness.

Keeping this in mind, Satori Meditations, who offer yoga services, various transformative courses and meditative therapies, hosted ‘Classical Night,’ a musical event showcasing noted and aspiring classical artists.

“At Satori, we want everyone to practise meditation through living life to the fullest. So, to celebrate life, we need inner transformation, we celebrate changes in nature, gifts of life, gifts of the earth and music is an extension of that,” said Sameera Afrin, head of communications at Satori Meditations.

Satori Meditations, the venue for the event, is all about giving you the space to meditate in close proximity to nature as the building has ample open spaces inside it, particularly a garden right beside where all the performances took place, giving audiences the chance to roam around in greenery while enjoying the show. The premise also hosts a vegan café named Zorba Kafe, Treenayana — a conscious lifestyle brand, and Satori Academy of Arts.

“Anyone can come and join our events without needing to meditate alongside it, but we want to give a space to everyone, to get acquainted with meditating, to meet meditators and non-meditators, to celebrate life through music like this event,” remarked Sameera Afrin.

Starting after 7PM and going on till late at night, the event featured talented musicians like Manzur Al Matin who played esraj, Murtaza Kabir Murad with his enchanting flute, and Sanjibon Sanyal, a spellbinding classical vocalist, among others. Aspiring vocal trainers of Satori Troupe and vocalist Aditi Roy showcased how hopeful artists can enthrall an audience who appreciate good music.

“At Satori, we want people to be conscious, by giving them space to experience meditation through what they love, so that whatever they are doing, they are doing it creatively and consciously,” said Sameera Afrin when asked about Satori’s motto.

‘Classical Night’ was held on 11 March, 2022 on the premises of Satori Meditations.

Essentials —

Satori Meditations is located at House #100, Road 25, Block A, Banani, Dhaka.

Follow them on social media — <https://www.facebook.com/SatoriMeditations>

**By Feda Al Hossain**  
**Photo: Satori Meditations**



#EVENTS

## ‘Brazil — Beauty in Diversity’, a travel photography exhibition showcasing the multicultural diversity of Brazil by Sabrina Islam held at Edge Gallery

Brazil signifies how a country full of cultural and ethnic diversity should be in the bucket list of anyone who has wanderlust, a strong innate desire to travel. Sabrina Islam visited beautiful places across Brazil from Iguacu Falls, which is one of the world’s largest waterfalls, to the famed Rio carnival festival, capturing its vibrant flamboyant and joyous energy in this exhibition.

“I got my first camera, a disposable one, when I was 14. I have been travelling alone since the age of 18. As I travelled and took photography more seriously, I wanted to share my wanderlust with my friends, share the way I was seeing the world, through my lens,” said Sabrina Islam.

A total of 72 photographs were in for display at the exhibition. Sabrina Islam travelled to Brazil in 2019 and visited various parts of the country, in turn capturing moments like marvellous street celebrations in Sao Paulo, the Amazon rainforest, dubbed as ‘lungs of the earth,’ the serene beauty of a small Portuguese town called Paraty and favelas of Rio de Janeiro and so on. She captured all the moments with a clarity that highlighted different aspects of Brazilian culture.

“My first solo exhibition was in 2018, sharing the experience of witnessing the northern lights in Alaska, the fall colours in the Adirondack Mountains among other things. This exhibition focuses solely on Brazil and its astonishing beauty and

diversity,” remarked Sabrina Islam.

The exhibition was inaugurated by the ambassador of Brazil in Bangladesh, His Excellency Joao Tabajara Jr. The opening ceremony took place at a serene outdoor setting of Edge Gallery, where guests could experience a natural ambience before venturing into the gallery to witness the exhibition.

“Photography is my passion; I like to take pictures when I travel. I am planning to travel to Africa and Patagonia, so maybe I will get some pictures there! And I very much hope all women, young and old, pursue their dreams be it with photography or anything that expresses their individuality,” replied Sabrina Islam when asked about her hopes and future plans.

The exhibition was held at Edge gallery, NE (N) 12, North Avenue, Gulshan 2 from 10 am to 8 pm, on 14 March.

**By Feda Al Hossain**  
**Photo: Sabrina Islam**

