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# Life

Style

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## Show it RIGHT

SWAPPING OUT YOUR FAVOURITES  
HEALTHY ALTERNATIVES TO JUNK FOOD **P2**  
BARGAIN HUNTING FOR SPECTACLES  
GREAT DEALS AT PATUATULI **P3**  
THE ULTIMATE FASHION MUST-HAVE  
HEELS WILL ALWAYS BE IN **C**

PHOTO: SAZZAD IBNE SAYED  
MODEL: PROMA  
STYLING: SONIA YEASMIN ISHA  
MAKE-UP: SUMON RAHAT  
LOCATION: PAN PACIFIC SONARGAON, DHAKA

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Unitrend BGR22

# Five healthy and delicious alternatives to your favourite junk foods

Junk food gives us the satisfying feeling of consuming something instantly delicious, while the idea of healthy food often makes us dread something bland and unappealing. But what if that was not the case and we could have healthy food that satisfied cravings too?

Let's see if we can achieve that difficult feat with our recommended healthy replacements of your favourite junk foods!

## Replace your usual burgers with bunless burgers

We all love our single or double patty burgers with the bread buns providing the perfect wrap around. As burgers are loaded with calories and high carb count, bunless burgers are quickly becoming a solid alternative. They provide healthier alternative to traditional buns as the carb heavy buns are replaced by vegetables like lettuce, tomatoes, and other toppings.

You can try making a bunless burger at home; make a thinly sliced burger patty made of lean meat (it can be of beef, chicken, or salmon fish). Forgo using cheese or mayonnaise and go for garlic or chilli sauce, better if homemade. And for the bun alternatives, choose lettuce, seaweed or sweet potato patties to have a healthy bunless burger.



## No to chotpoti, yes to chickpeas

*Chotpoti* and *fuchka*, the definitive spicy food staple of Bangladeshi junk foods. With its crunch and spices, it's hard to fathom any alternative that can satisfy our taste buds. Having said that, we recommend something that proves salads can be incredibly delicious too, chickpea salad.

Chickpea salad is full of vegetables like capsicum, juicy tomatoes, refreshing cucumbers and lemon seasoned in olive oil, vinegar and cumin. Add some onions and green chillies to elevate the spice level and you have a protein packed salad that's both fun and satisfying to eat!

**Swap your *shingara* with mashed potatoes**  
We are not done taking substituting your

favourite junk food with good stuff yet—*shingara* is next! Full of unhealthy fats and cooked in deep fried oils to have that fried texture, you can settle for another potato-based food, mashed potatoes!

If you want to have a delicious and healthy mashed potato, we suggest mixing boiled cauliflowers with the blended potato, yoghurt to have that tangy creamy taste and use olive oil instead of butter. You can add green chillies or jalapenos to the mix if you prefer it spicy.

drink, but the negative health effects are quite a lot. Most drinks are full of processed sugar and artificial colours, increasing risk of obesity, diabetes, and heart disease if consumed frequently. So, why not go for lassi, which can satisfy your thirst for a cold drink.

Lassi is usually made from sweet yoghurt or *mishti doi* blended with water and ice, depending on your sweet preference you can add necessary amounts of sugar, although it's better to avoid the additional sugar.



## Trade your chocolates for dark chocolates

Chocolate can be healthy in moderation, but even then, the high amount of sugar found in most chocolates adds to health worries, like obesity. Instead of completely letting go of chocolates, you can turn to dark chocolates, though a bit bitter in taste but very nutritious and a powerful source of antioxidants. Dark chocolates with at least 70 percent cocoa in it offers most antioxidants and health benefits.

You can also go for a yummiest variant of lassi by using *mishti doi* that is sweetened with jaggery or *gur* as its very beneficial for your digestive system and fighting acidity.

Junk food gives us convenience, but takes away from the nutritional values food portions must have. So, the next time you have a craving for a burger or chocolate, just remember there are better options out there which are both healthy and enjoyable.

**Replace the carbonated drinks with lassi**  
Carbonated drinks can feel refreshing to

**By Feda Al Hossain**  
**Photo: LS Archive/ Sazzad Ibne Sayed**

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ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

**স্যান্ডালিনা**  
সোপ

রূপচর্চার আভিজাত্য...

**KOHINOOR CHEMICAL**

# Patuatuli: A treasure trove of affordable, quality glasses in Old Dhaka

Fancy a new frame every day? Spectacles like power glasses help us see the world in a clear way, while sunglasses help to make a fashion statement, providing protection from the ultraviolet rays of the sun. Quality glasses are not hard to find in brick-and-mortar outlets or online, though affordability is a major concern, especially if you like to match the glasses with the outfit of the day. If you happen to be looking for affordable eyewear that does not compromise on quality, Patuatuli, home to the largest wholesale spectacle markets in Bangladesh, can offer just that.



## Why go to Patuatuli?

There is no dearth of spectacle stores in Dhaka, with online stores also catering to your demand and add to your convenience. Why choose a wholesale market that is situated in a busy commercial hub of Dhaka? Let us just put this

case for you: spectacles that usually cost from Tk 1000 to Tk 1500 are available between Tk 400 and Tk 500 in Patuatuli!

"All the spectacles are imported from China, only a few are imported from India. We have a large collection, you name it and we can provide it for you," said Md Osman Goni, owner of Eye Fashion situated at the ground floor of the Nurul Haque Tower, Patuatuli.

While they mostly sell to wholesale buyers, retail consumers can also go and buy their preferred glasses, with the added benefit of haggling! It will cost even less if you buy in bulk quantity, as it's a great option if you have friends or family members who are very much reliant on glasses or on the lookout for new ones.

## Types of spectacles

Meaning to try the trendy cat eye glasses or oversized square metal glasses? What about round or wayfarer glasses? All of these and more are available at the markets of Patuatuli. While power glasses remain the most sought-out item, blue-light blocking glasses, which reduces the amount of blue light reaching the eye, are also in demand as the screen time consumption has

increased for most people.

Power glasses are sold mostly in metal frames and other variants. There are various types of lenses used in the spectacles like bifocals, photosun, and others. White lenses have the most demand while blue cart lenses are very popular among the youth.

Prices start from as low as Tk 150 to Tk 1500 and more. All these prices are inclusive of the frames and the right powered lenses put together.

If you have been meaning to get an aviator or round hipster sunglasses but always put them off due their expensive tags, the sunglass collections of Patuatuli markets will intrigue you. You will find your preferred sunglasses in many variants that perfectly go with your sense of style.

Prices range from Tk 150 to Tk 2000 and more.

"The glasses you see here, if you want to buy them from other places, will cost you at least double the price, so essentially you have come to the source of the spectacles market in Bangladesh," Md Osman Goni added.

## Accessories for your glasses

Boxes and cleaning cloth are given with your newly bought glasses. With wholesale prices starting from Tk 50 a packet for cloths and Tk 80 for boxes, you can also

have them at bulk quantity too if you ever need spares! A very handy tool for your glasses is lens cleaner, which must be used once or twice a month to clear your glasses, priced around Tk 40 to 80.

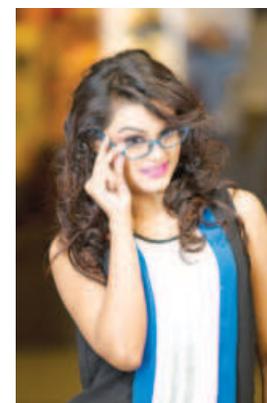
You can also have your eyes checked by a doctor, as there are chambers close to the shops. It offers a convenient option to have both eye doctors and spectacle stores in close vicinity.

## How to go to Patuatuli glasses market

A short distance from Bahadur Shah Park and just beyond Jagannath University at Chittaranjan Avenue, there's a foot overbridge and on the right side of it is Patuatuli. There are quite a few markets in there under one area. Newer markets have also been constructed in buildings like Nurul Haque Tower, Sheikh Jamal Tower, and so on.

The shops are open from 9AM to 8PM, six days a week, with Friday being the off day. So take a tour of the spectacle markets in Patuatuli and get immersed in the experience of finding the right eyewear for you.

By **Feda Al Hossain**  
Photo: **LS Archive/Sazzad Ibne Sayed**



# Women's health through exercise and nutrition with NJ Eat And Fit

Healthcare is often associated with doctor visits, preventive care, lab testing, and immunisation. Other aspects, however, are within our personal control, such as improving our diets, lowering stress, and making our lives more enjoyable.

Exercise and nutrition may be the closest things to a one-size-fits-all solution when it comes to looking and feeling great across the seasons of life. Keeping these two elements in mind, Nahray Jannat's NJ Eat And Fit is a weight loss programme focusing not only on helping women look and feel great, but also to motivate women to embark on a healthy lifestyle with regular exercise and dietary fulfilment.

Nahray Jannat's story starts from 2013, when she was making enough money as a corporate media employee and enjoying a luxurious lifestyle and travelling across the world. In some ways, her life was ideal. She did, however, sense that something was lacking. She realised she had gained weight and was living an unhealthy lifestyle whenever she looked in the mirror. She felt lost as a result of her unfit physical state and her lack of initiative to modify her lifestyle. It was with this realisation that she decided to take control of her life. Being motivated to improve her lifestyle, she started her journey on initiating NJ Eat And Fit, and becoming a fitness trainer.

Unlike most fitness programmes which blindly offer one set of dietary and exercise plans for all, NJ Eat And Fit focuses on each client's unique specifications and goals. It offers five different programmes: 12-Weeks weight loss programme, fat loss programme, pregnancy fitness programme, online monthly consultation, and corporate group well-being programme. Each of these programmes takes into account the client's current weight, height, body measurements, hormone stats, medical history and health conditions, among other things. They determine their client's body type and create a diet and exercise regimen accordingly. If the client does not

have any recent medical reports, Nahray recommends certain medical tests to evaluate the client's current health condition.

They also consider the client's stamina, lifestyle and injuries while designing an exercise routine and meal plan that allows them to perform in a way that is suitable for them and maintain that lifestyle conveniently. They work closely with their clients on the exercise and meal plans based on their goal.

Starting from focusing on mental health, increasing positive thinking and attitude to catering to the health requirements of mothers and their children to increasing strength, stamina and metabolism, each of NJ Eat And Fit's programmes address aspects needed to create and maintain a holistic healthy lifestyle.

Nahray believes that health is a priority and healthy women are crucial to run a healthy family. She says, "Strong women symbolise a strong nation. In our society, women's fitness is an overlooked topic, very alarmingly. This makes me want to work on women's fitness. She further adds, "I believe that I am capable of changing this scenario. I have helped more than 50 women this last year, and I am still trying."

Since it may not be possible for everyone to commit to the gym, NJ Eat And Fit believes in promoting sustainable healthy transformations by catering to the unique specification of their clients. With this initiative, NJ Eat And Fit is focused on changing the state of women's health and bringing about solutions which offer holistic improvements.

Anyone looking to take up Nahray's services can contact her through their Facebook page or directly call Humayra Khan Sara the Administrative Assistant and Communications Manager through 01775054902 and contact the coach through 01533598900.

**By Puja Sarkar**  
**Photo: NJ Eat And Fit**



## Swiss made 24k Minted GOLD BARS

launched by **Shakib Al Hasan's**  
**Reliable Commodities Exchange Co.,**  
in association with **QRIUS**

Shakib Al Hasan, one the most prominent Cricketers of Bangladesh National Cricket Team and also the Chairman of Reliable Commodities Exchange Co. has announced the launching of Swiss made 24k Minted GOLD BARS in variable denominations, in association with QRIUS, a fast growing lifestyle brand in Bangladesh. You will find these exquisite gold bars for purchase at the Banani outlet of QRIUS.

"In our country it was quite customary once to give gold gifts at various occasions, but a continual rising price of gold over the years has changed that habit of people. So we make this arrangement to make gold easily available to people while ensuring the right quality," said Shakib Al Hasan.

Investment in gold is quite common for people of Bangladesh, almost exclusively in the form of jewellery. Even though gold prices goes up over time, reselling

jewelleries wont ensure getting the best price as the price varies with design and quality of the gold not to mention any further monetary loss in terms of conversion rate.

This is where the Swiss Minted 24k GOLD BARS of Reliable Commodities

Exchange Co. excel as the imported gold standard is internationally tested and

recognized, making its sales value the same at home and aboard. 24k gold bars are quite popular around the world, be it as a savings instrument, investment opportunity or as a luxury gift item. The 24k Gold Bar is a 99.99 percent purity gold bar minted in Switzerland.

When asked what was the thought process behind launching gold bars starting with small sizes of one gram, Shakib Al Hasan said, "Let's say someone's monthly income has to be over Tk 1 lakh and upwards in order to buy a 50 or 100 gram gold bar, but anyone with an income of maybe Tk 50 thousand will be able to buy at least the one gram variant of the gold bar. Even if it's a small amount, we want people to buy gold bars affordably."

Gold ornaments play an integral part in our socio economic culture. In addition to adornment they also act as an investment against contingencies. Gold bars can be used to make ornaments of one's own preference and design, while also being a sustainable and risk free investment. Gold is considered a risk free and profitable investment as the market price of gold continues to rise around the world and Bangladesh.

The price of this exquisite gold is set at Tk 6,675 per gram and is available from one, two, five gram to all the way to 100 gram sizes. Offering a huge collection of lifestyle items alongside the gold bars, the QRIUS outlet is situated at Banani road number 11, Block F, House 58, Dhaka.

**By Feda Al Hossain**



#FASHION & BEAUTY

# BELTS ARE BACK!

## Get it right for the perfect shape

Belts can do a lot more for your outfit besides keeping your trousers in place. The right belt can enhance your silhouette and flatter your structure. Belts are also a great way to introduce pops of colour and contrast to outfits which may feel too bland. Here are some trends to look into if you are thinking of adding more belts to your wardrobe.

### WIDE WAIST BELTS

Wide waist belts have been an especially popular accessory due to the recent revival of 2000's fashion. Getting your hands on some wide waist belts in neutral shades are a sophisticated way to bring back the 2000's to your wardrobe. During colder months, wide waist belts are best worn over blazers, cardigans and sweaters. During sunnier days, you can pair it with a loose blouse instead. Depending on your body type, wide waist belts can be strategically worn to give an hourglass effect, so make sure to try different placements before settling on one.

### CHAIN BELTS

Another turn of the century accessory conquering high fashion this season is the chain belt. Chain belts come in various metallic shades and link types, making them adaptable to most wardrobes. You can even substitute chain belts with belly chains if you want something charmed and unique. For a chic and dainty look, you can wear a thin linked chain belt over a knit top or around high-waist trousers. If you desire something bolder, you can pair a thick, multi-layered chain belt with a velvet blouse.

### SUBSTITUTE WITH A SASH

Although sashes were previously reserved for western weddings and beauty pageants, they have been gradually becoming a fashionable substitute for belts. There are various ways in which you can incorporate a sash into your outfits. For a composed and elegant inclusion of the sash, you can tie it as a Japanese style *obi* belt over sweaters and cardigans. For a more carefree look, you can wear it over jumpsuits or rompers and tie a loose knot to the side. For a delicately feminine outfit, tie your sash into a bow the next time you sport a shirt-dress.

### ROPE BELTS

Although rope belts have been around for a

while, this nautical accessory can still bring a whimsical element to new wardrobes. If you are a fan of bohemian outfits and earthy shades, a sand coloured rope belt is a great buy.

Rope belts with tassels on the ends can help elevate the free-spirited nature of the accessory. If you want to make rope belts more office appropriate, you can go for a white rope belt with metallic caps to contrast trousers and blouses in darker hues. The convenient thing about these belts is that they are super easy to make at home if you have the right type of rope.

### BLENDED IN

Matching the colours of belts with trousers and dresses can add more dimension to your clothing in subtle ways. The key to this style is to ensure that the belt blends in with your pants, with only the texture appearing different. The shades of the trouser fabric and the belt strap should ideally display identical tonal hues. While this pairing works well with most colours, they are especially appealing when executed on bright warm hues or jewel tones. This small detail can help add layers to outfits, which may feel a bit lacklustre otherwise.

Before you go belt shopping, remember that belts can be worn over tops and dresses as well, even without belt loops.

It also helps to keep the broader colour scheme of your wardrobe in mind as belts look best when they match the accent of your accessories and shoes. Lastly, some belts are seasonal, just like other clothing items. While cloth belts can masterfully enhance summer and spring outfits, leather belts go well during winter and fall.

**By Tasfia Ahmed**

**Photo: Sazzad Ibne Sayed**

**Model: Tasnim**

**Styling: Sonia Yeasmin Isha**

**Make-up: Sumon Rahat**



# 4 Ways to MATCH HIGH HEELS with your Clothes

High heels are making a comeback and how! Here's a list of what heels are in vogue and how to team them up with the best of your wardrobe.

### BLOCK HEELS

Done quite chunky, block heels are the perfect transition back to the mighty heel. An ultimate marriage of comfort, class and sheer wearability, chunky clogs are in this season although they can be a little tricky to pair.

Due to their nature, clogs will attract attention more than anything else in your attire so be sure to keep the rest of the ensemble light. Steering clear of full-length pants, dresses or skirts will help you avoid looking heavy or clumsy with this choice of footwear.

Pants that are one colour and a little higher up on the hemming will really bring out the magic of the block heels.

### KITTEN HEELS

Another smooth slide from the reigning comfort of home slides to street fashion is the effervescent kitten heel. For every Marilyn Monroe comfortable in the highest of high heels, is an Audrey Hepburn perfectly happy in one-to-two-inch kittens.

Kittens are versatile and come in trendy styles like mules, pumps, sandals and even boots. Kitten heels make for comfortable and stylish workwear and go with pantsuits and dresses equally well, transitioning well from morning to evening.

Conservative fashion loyalists swear by the pump kittens, but other styles like sling backs, mules and sandals work just as well for both office and evening affairs.

### WEDGES

Platform heels have zoomed back into our post pandemic lives straight from the '90s and we could

not be happier. Safer than stilettos and more visually dramatic than kittens, platforms give you height and come in sandal and even lace up sneaker forms. Pair wedged peep toes with summer dresses to give your attire a youthful sheen or wear them with ciggy pants in sandal form for a more professional set-up.

Lace up sneakers can be worn with skirts and tops as well, to give it an all-over casual feel. The wedges only keep things comfortable for your arches, it is your choice of shoe that does the actual talking.

### STILETTOS

Go gutsy or go out with this towering number on your toes. Stilettos are fun, and they scream of happier pasts and optimistic futures. Style demands the ultimate sacrifice of comfort and the style aficionados happily oblige.

Whether to make a powerful statement in the boardroom or to stake out your limelight on the dance floor, stilettos occupy top space in a shoe lover's closet.

Wear them with saris for weddings, with evening dresses, or simply swap them out for sneakers or pumps on jeans for when you're feeling that little bit extra. Stilettos are commonly taken out on choice occasions but there's no rule it cannot come out on a regular, happy day.

**By** Munira Fidai  
**Photo:** Sazzad Ibne Sayed  
**Model:** Proma  
**Styling:** Sonia Yeasmin Isha  
**Make-up:** Sumon Rahat  
**Location:** Pan Pacific Sonargaon, Dhaka



# Brazil, a rich mix of culture and natural beauty

It was a dream come true for me, having longed to visit Brazil — one of the most diverse countries on the planet and home to the wonderful Amazon forest and the Iguazu Falls. After a long gruelling flight, we reached Rio De Janeiro Airport early morning and immediately started for Copacabana.

With its white sandy beaches, soaring mountains and picturesque beachfront, it's no wonder that Rio de Janeiro is known as the "marvellous city." Facing the South Atlantic coast, Rio de Janeiro is one of the most visited cities in the southern hemisphere, and is blessed with one of the most beautiful natural settings — beaches like Copacabana, Ipanema, and Leblon.

We spent the very first evening in the downtown section of Rio, specifically the Lapa neighbourhood, known for its vibrant nightlife. Most of the architecture dates back to the 1800s, providing a scenic backdrop. We relished Brazilian coffee and just seeped in the ambience from one of the numerous sidewalk cafes.

One afternoon, we drove through the beautiful Tijuca National Park — one of the largest urban forests in the world with a huge area of a mostly mountainous forested landscape, and also spent some time at the Parque Lage, a beautiful park at the foot of the Mt Corcovado. Surrounded by rainforests, it boasts walking paths and gardens rich with sculptures.

We then availed a glass-walled cable car from a ground station at the base of Morro da Babilônia, to reach Morro da Urca and thence to Sugarloaf's summit. Rising above the mouth of Guanabara Bay, Sugarloaf Mountain is a monolith of quartz and granite. The name "Sugarloaf" was coined in the 16th century by the Portuguese during the heyday of sugar cane trade in Brazil. According to historians, blocks of sugar were placed in conical moulds made of clay to be transported on ships.

The shape of these moulds was



similar to the peak, hence the name.

From there, we took a second cable car up to the Corcovado mountain's summit and finally availed an elevator to reach the giant statue of "Christ the Redeemer." A symbol of Christianity across the world, the statue has also become a cultural icon of both Rio de Janeiro and Brazil. We were awed to see the giant statue with arms outstretched, which has also been named one of the new seven wonders of the world. The statue is considered the world's largest in the genre. The most panoramic views of Rio can be best appreciated from the summit. Simply stunning!

Rio is famous for its inviting beaches bathed in the azure blue waters of the Atlantic. We found time to explore a few, and stayed by Copacabana. Visitors indulge in the sun, sea, and various beach sports, particularly football and volleyball as vendors hawk their wares of fruits, drinks and snacks from kiosks that line the beach. The walk along the white sandy beach is lovely. There are numerous closely-packed multi-storeyed hotels and apartments along the beach too, and the food, like the delicious fried sea fish and French fries we had from a wayside kiosk. Of particular interest was the makeshift night market along the Copacabana beach which remains open till the wee hours with vendors selling all types of boutiques items, handicrafts, art, toys and food.

Close by is the Ipanema Beach, one of Rio's most popular tourist spots. With its long expanse of soft white sand and rolling waves, Ipanema routinely tops

the best beaches of the world lists every year. The beach is bordered by a parade of shops, cafés and restaurants as well as an array of art galleries, theatres and clubs. To boost our energy, a cup of hot Brazilian coffee was enough. The Barra da Tijuca Beach nearby, the longest in Rio, boasts clean white sand and tends to attract active beach goers, and many surfers were spotted here.

We took a city tour one day and came across few fascinating places of interests. First we visited the Carioca Aqueduct — built in the mid-18th century as a way to supply Rio de Janeiro with fresh drinking water from the Carioca River. One of the features of the aqueduct was a segment that consisted of two storeys of huge arches, the top which carry a tram that connected the city centre to the neighbourhood of Santa Teresa. Presently, the arches are a popular meeting spot for locals, especially at night, when the area comes alive with street vendors, music and dancing.

We then moved to Maracanã Stadium, one of Rio's most important landmarks and currently the largest stadium in South America. Football is by far the most important sport in Brazil and Pele and Brazil are two sides of the same coin. Being a die-hard Brazil football fan myself, naturally, we were very excited to have visited one of the world's largest football stadiums. Next on our list was the Sambadrome, a permanent grandstand-lined parade avenue which is used during the well-known annual Brazilian carnival. However, because it was not carnival time, we had to be satisfied by driving through the barren avenue.

As evening fell, we visited the Cathedral of St Sebastian of Rio de Janeiro, the See

of the Metropolitan Archbishops of Rio. An architectural marvel, it was designed based on Mayan pyramids. The cathedral's four rectilinear stained glass windows soar from floor to ceiling in a conical form to symbolise the equidistance and closeness of people in relation to God.

Rio is famous for innovative and creative street art and the entire city looks like an art gallery.

Street art is very popular and the city fathers have made use of every walls to depict history, culture and lifestyle through brilliant display of colours.

The big bird then flew us to Sao Paulo, the largest and the most populous city in Brazil



in the southern hemisphere. The city is a mega cosmopolitan drawing immigrants from all over the world. The influence of Portuguese, Spanish, German, Jewish, Arab and Japanese residents on its life and culture are visible. Historically attractive to immigrants, it's one of the most diverse cities in the world. The local populace is very much outnumbered by residents of European countries, and to us, it felt more European. From the 16th to the early 19th century, Brazil was a colony and a part of the Portuguese Empire, and Portuguese has remained the national language as well as Latin. São Paulo also has one of the world's largest concentration of street art murals, thanks to an innovative group of dedicated artists who continue to refine the art.

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**FUSION FLAVOURS**  
CHIANGMI TALUKDER LENA



# Recipes with MATCHA TEA POWDER



With its potent nutritional properties, matcha can calm the mind, enhance one's mood and lower cholesterol.

Matcha is known to support a healthier immune system too.

The good thing is besides making tea, matcha can be used in baked goods, making ice-cream, chocolates and cooking pasta or noodles. Adding matcha to cake, cookies and brownies is so easy and a fun way to put a twist on classic recipes.

## MATCHA LATTE

### Ingredients

1½ tsp matcha powder  
1 tbsp hot water  
2 tsp honey or sugar to taste  
¾ cup hot milk

### Method

Sift the matcha powder, add sugar (if you use it instead of honey) into a cup, add hot water and stir until no lumps remain. Add honey and stir (if you didn't add sugar). Beat the hot milk using a beater for 2 minutes and then pour it. Sift/sprinkle some powder over it and serve.

## MATCHA CUPCAKE

### Ingredients

100g unsalted butter (softened)  
150g sugar

3 large eggs  
210g all-purpose flour  
3g salt  
6g baking powder  
15g matcha powder  
120ml milk

### Method

Put butter and sugar in a mixing bowl and beat until light and fluffy. Add eggs one at a time and beat well. Take another bowl and put flour, salt, baking powder and matcha powder and whisk to mix properly. Add flour, bit by bit, pour milk into the egg batter and fold gently. Pour batter evenly into the cupcake tray prepared with cupcake liners. Bake in a pre-heated oven at 175° C for 25-30 minutes. Serve with your favourite frosting.

## MATCHA PESTO PASTA

### Ingredients

80g fresh basil  
4 pieces garlic  
2 tsp matcha powder  
¼ cup peanuts (toasted)  
1/3 cup olive oil  
227g pasta or spaghetti (boiled)  
Drizzle of olive oil  
Salt and pepper to taste  
1 cup canned chickpeas

6-8 pcs shrimp (cleaned and shelled)

### Method

Add basil, garlic, salt, pepper, matcha powder, peanuts, and olive oil to the blender and whisk for about 15-20 seconds. Pour the matcha pesto into a container and set aside. (Can keep this in the fridge to enjoy for up to a couple of weeks). Heat a non-stick pan to medium heat. Add a drizzle of olive oil, shrimp, chickpeas, salt and pepper and sauté for 2-3 minutes. Add spaghetti, 4-5 tablespoons of the matcha pesto paste and give a good mix. Ready to serve.

## MATCHA BARK

### Ingredients

200g white chocolate  
15g matcha powder  
½ cup coconut flakes  
Sprinkles to decorate

### Method

Melt the chocolate in a double boiler. Add matcha powder and stir well to mix it evenly. Add coconut flakes and mix. Pour the chocolate into a baking tray and spread evenly. Decorate with some colourful sprinkles, coconut flakes, dry fruits etc.

**Photo and Food: Chiangmi Talukder Lena**

Matcha is a type of green tea made by taking young tea leaves of *Camellia sinensis* tea plant and grinding them into a bright green powder. Sipping matcha daily can have a positive impact on one's energy levels and overall health. This trendy powder is packed with health benefits like having significantly greater levels of antioxidants per serving than brewed green tea.



# Brazil, a rich mix of culture and natural beauty

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We lodged at Avenida Paulista — one of São Paulo's most popular postcard features. It is one of the largest business centres, and probably the largest cultural region in the city. Its architectural contrast reflects the fact that the avenue is located between the "old" and "new" parts of the city. The avenue and its surroundings, such as Rua Augusta, Alameda Santos and Rua Oscar Freire, contain numerous shops, art galleries, movie theatre, pubs, hotels, coffee shops, bookstores, gourmet restaurants and museums, including the São Paulo Museum of Art (MASP). It was a pleasure to stroll leisurely in the evening at the nearby Parque Trianon, which provides a foliage-dense oasis right in the city centre.

The São Paulo Museum of Art, known locally as MASP, has the most representative and comprehensive collection of western art in Latin America. This is one of the first art museums on the continent to focus on artists of the mid-20th century and later, as well as on contemporary artists in Brazil. The building itself is an architectural gem.

An entire day was spent at the Ibirapuera Park, the city's largest park and an immense urban green space. With its monuments, museums, playgrounds, gardens, trails, lakes, and performance spaces, it is a leisure paradise, as well as a showcase of modern architecture and culture. It includes several museums, including the Museu



Afro-Brazil and the Modern Art Museum. The park's entrance is marked by a huge sculpture called Monumento as Bandeiras (The Monument to the Flags), which commemorates the multi-ethnic pioneers who opened up Brazil. An impressive obelisk nearby commemorates those who died in 1932 in the struggle for a new constitution.

Sao Paulo is a city of architectural wonders. Among them is the dome shaped Oca, one of the several buildings that make up an interesting architectural complex in

Ibirapuera Park. Designed by one of the 20th century's best-known architects, Oscar Niemeyer, the building houses exhibitions on three floors. Auditório Ibirapuera, the ultra-modern music hall is considered one of São Paulo's best concert venues. A marquee, executed in red painted metal, covers the main access and gives identity to the building, characterising it and differentiating it from other buildings.

In São Paulo's Ipiranga district, is the popular Independence Park. Overlooking the formal gardens of roses, topiaries and

fountains, is the Museu Paulista. Inside are large collections of costumes, decorative arts, paintings, and furniture of the Imperial Period.

One fine morning, we hopped to the Igreja Nossa Senhora Do Brasil. This unique Baroque-style church is dedicated to Our Lady of Brazil. The design of the church draws upon aspects of other amazing churches and brings them together into one design. Its ceramic panels look like St Basil's in Moscow; its towers bear resemblance to Muslim minarets; the interior recalls churches in Portugal, while the ceiling is covered in reproductions of the Sistine Chapel's paintings.

Our next station was the Mesquita Brasil, a mosque located in Cambuci, district of São Paulo city. It is the oldest mosque in Brazil and one of the oldest mosques in South America. Unfortunately, the doors were found closed, and we were told that the mosque remains open only during prayer time. We had to content ourselves with sumptuous lunch in the vicinity of the mosque with fried fish, shrimp, mixed vegetables with mushroom, fried chicken and lentils.

Brazil amazed us with its richness of culture and natural beauty, and the memories will be cherished forever.

**By Dr Shamim Ahmed**  
**Photo: Dr Shamim Ahmed**

## #FASHION & BEAUTY

# Cost Per Wear: An important fashion rule

Have you ever tried to work out the value of your investment in clothing, shoes, and accessories? Do you know if the money you spend on a dress, a pair of shoes, or a piece of costume jewellery is really worth it? What is the cost of wearing, for instance, a dress every time? Understanding Cost Per Wear (CPW) is important, if you want to get maximum return on your investment in fashion.

CPW follows a simple formula. You divide the upfront price you pay for an item by the number of times you think you are going to wear it.

**CPW = cost of an item ÷ number of wears**  
In a world dominated by fast fashion, most of us do not look past the price tag. Purchasing a cheaper item may initially look like a clever decision, but in most cases, "you get what you pay for." A cheaper item will not likely last long, look frumpy after a few washes, and will be discarded quickly. If you think deeply, it is never a good investment of your money. Yes, you probably do not care because you bought it cheap, but it is not only "price" that is involved here, there are other issues, too.

Fast fashion is cheap because their manufacturers use cheap materials and cheap labour. In fast fashion, for instance, the manufacturers use synthetic fabrics like polyester, acrylic, rayon, and nylon to keep costs low. The production of these synthetic fabrics results in serious environmental damages — from water and air pollution during the long and toxic production process, to microplastics being released to waterways and sewers with every wash.

Also, when a garment made from synthetic fabric like polyester is discarded, it eventually ends up in a landfill, where it will take hundreds of years to break down! The environmental impact of fast fashion is huge.



Purchasing a durable, timeless article of clothing made from natural fabric is always better, because it will last longer, feel nice on the skin, and you will get a good return on the money you spent. Yes, you pay a higher price upfront but if you take a minute to calculate the Cost Per Wear, you will see that you get a much better return on your investment when you buy a better product.

Here in the US, I can, for example, buy a polyester T-shirt for as low as \$5, which is much cheaper than a good-quality 100 percent cotton T-shirt with a price tag of \$35. However, the cheaper polyester T-shirt is often good for one or two wears; it looks shabby after one wash. It also does not feel nice on the skin because of its poor fabric quality. When you calculate the CPW of this kind of a T-shirt, it is \$2.50 per wear. I have divided the cost of the T-shirt, which is \$5 by the number of wears, which is 2.

Now think of the T-shirt that I bought for \$35. A good-quality cotton T-shirt can withstand as many as one hundred washes and still hold up well. The cost per wear of the \$35 T-shirt is only 70 cents, if I wear it 50 times. However, in most cases, I am able to wear a high-quality cotton T-shirt more than 50 times, which brings down the Cost Per Wear even more!

Fashion experts will tell you to spend your hard-earned money on better-quality items, because inferior-quality clothes, shoes, and

accessories will only drain your wallet. A lot of us have purchased, for instance, a dress, a shirt, or a pair of footwear on the whim or because it was on sale, wearing them only once, twice, or never! Who is the loser here? You, the consumer. The retailer certainly is not, because he has just made some money out of your impulsive nature.



Consumerism is making us spend the money that we do not have (credit card) and creating more trash for this planet. The good news is that more and more people are abandoning the consumerist society, the society where people spend a great deal of time, money, and energy to buy new things and place a lot of importance on owning many things, even if they fall apart after single use.

The non-fans of fast fashion save their hard-earned earnings to buy a high or

premium-quality product that their money can afford and wear it well. They do not mind repeating their clothes, shoes, and accessories. Why would they? After all, you can only repeat the things that are well made. Poorly-made things fall apart after a few wears. Well-made items can even last a lifetime, if you take proper care of them. People pass such items down to their children, grandchildren, nieces, and nephews. For instance, a cashmere shawl, a Jamdani sari, a piece of gold jewellery, or an heirloom watch. Last but not least, a premium-quality product can also be resold at a good price, if it stays in good condition.

The fans of sustainable fashion see money spent on clothes, shoes, and accessories as an investment, not an expense, and therefore want to maximise the Cost Per Wear of the things they own. They are all for building a sustainable closet! They do not believe that the lifespan of a clothing item or a piece of jewellery is one Instagram-worthy photo and that's it! This new breed of consumers also cares about the environmental impact of their consumption and want to reduce the carbon footprint that results from their lifestyle choices.

Consider the Cost Per Wear of clothes, shoes, and accessories next time you add an item to your wardrobe. Money spent is money spent, it is not coming back to you, so why not quickly calculate if you are getting your money's worth before purchasing something. Smart shopping will help you enjoy your purchases for a long time, save money, save the environment, and keep your home clutter-free.

**By Wara Karim**  
**Photo: LS Archive/ Shahrear Kabir Heemel**

# Chef Shaheda Yesmin appointed CSF Ambassador for Bangladesh

Chef Sans Frontieres (CSF), was born with the purpose of raising funds to support small producers and farmers who have lost their livelihoods and businesses caused by uncontrollable traumas and natural disasters. The aim is to support, rebuild lives and businesses of local and regional artisanal food and beverage producers, preserving cultural gastronomy, culinary heritage and traditional skills for future generations to



come. Every cent of funds raised will go towards the purchase of vital equipment, products, and livestock. Having Chef Shaheda Yesmin representing Bangladesh will ensure the country is well supported and together the CSF family of chefs can try to make a positive difference in times of need.

More information about Chefs Sans Frontieres: [www.csfint.com](http://www.csfint.com)

## ◆ HOROSCOPE ◆



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

Try saving rather than spending everything. Go out with loved ones. Avoid confronts with in-laws. Your lucky day this week will be Wednesday.



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

Additional responsibilities will yield higher pay and respect. Property investments should payoff. Don't spend too much on entertainment. Your lucky day this week will be Thursday.



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

Your family won't entertain your decisions. Don't say anything you will regret. Your sensitivity could get you hurt. Your lucky day this week will be Thursday.



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

Spend time with friends. Don't overwork yourself. Your mood swings will be erratic this week. Your lucky day this week will be Monday.



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

Help out your elders. Friction can arise at the workplace this week. Let your personal life settle down. Your lucky day this week will be Monday.



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

You will make things difficult for your partner. Listen to those with more experience. Keep track of changes you make. Your lucky day this week will be Friday.



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

Travel could be in order. Try to stay ahead of the game. Avoid resorting to emotional blackmail. Your lucky day this week will be Thursday.



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

Focus on home improvement projects. Re-evaluate your motives. Your partner can get on your nerves this week. Your lucky day this week will be Thursday.



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

Help children with important projects. Avoid being judgemental. Make money through your own creative efforts. Your lucky day this week will be Thursday.



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

Children could be a source of trouble. Don't let others make you do anything. Arguments with your partner are likely. Your lucky day this week will be Friday.



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

Property purchases should be on your mind. Make time for your partner. Don't divulge secret information this week. Your lucky day this week will be Tuesday.



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

Don't let mistakes dent your confidence. Romantic opportunities are evident. Seek out medical care in case of health issues. Your lucky day this week will be Monday.

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

১ টি  ৫৭০ লব্ধীসোপ **ফ্রী!**







#MENTAL HEALTH

# Virtual psychology counselling: ShobThik is here to hear you

In this chaotic world where everyone seems to be going about their own business, there is one issue we all deal with at some point in our lives, and that is mental health problems. Despite being something as omnipresent that seems to hamper every aspect of our lives, mental health keeps being regarded as a taboo.

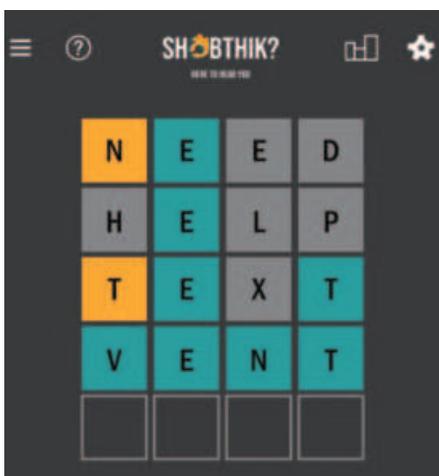


shobthik.com/#home, create an account using your Gmail ID, login, and select whether you want to avail VENT or therapy, the only condition being you are aged 18 or above.

The entire platform operates virtually and the services are affordable, which creates an amazing ecosystem of mental health solutions where people are able to seek these services effortlessly, regardless of their location and socio-economic condition making therapy accessible to every national in the country in a quick and unproblematic manner.

“At ShobThik, we want to be there for people, and we envisage an enhanced life for them, enabling them to view the world in a better way, through a positive lens. We want to be the enabler for them to leave behind their trauma, stress, and difficulties and move forward,” Ahmed said.

ShobThik is all about advocating for mental health and taking action to improve the situation of mental health in our country, by bridging the gap between the seekers and providers of help. In pursuit of a better life, it is necessary to understand the importance and impact of mental health on our lives and ShobThik is on a mission to bring about a positive shift in perception.



However, ensuring we are at our best in terms of mental health is as important as physical wellbeing. In order to mitigate the woes of the victims of mental health conditions, ShobThik was conceived in October 2021. Being the brainchild of Shuvo Datta, this platform lives by its motto of “here to hear you,” and that is precisely what they do.

“Our main aim behind this initiative is to help the victims of mental health problems. People from all walks of life are suffering but they lack guidance or are unaware where to seek help,” said Alauddin Ahmed, Chief Operating Officer at ShobThik.

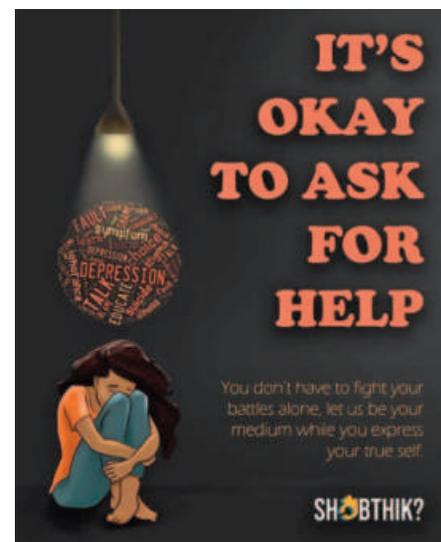
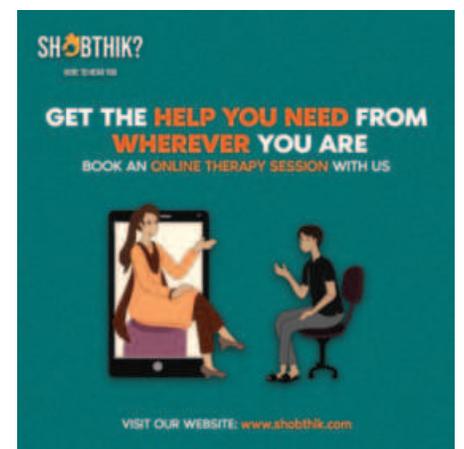
Living in a conventional society where struggling with mental health is still perceived as a stigma, it is often difficult for sufferers to open up to friends and family for fear of lack of support and empathy. But sometimes, all we need is a therapeutic conversation to feel better, and this is where ShobThik comes to aid with their service VENT.

Through VENT, you can freely and anonymously talk about your difficulties and stress with people who understand in a secured manner. Owing to their double-blind system, the identity of each other is never disclosed. These listeners are internationally trained psychology students who are there for empathetic listening only, and not to prescribe any sort of treatment.

The best part is that VENT is entirely free of cost and you can talk at your convenient time anywhere between 12pm to 3am every day, without any time limit!

Another service by ShobThik is therapy, that is provided by practicing professionals in the field of psychology. If the volunteers for VENT feel therapy is needed, they shall recommend it, but it is up to the person to decide whether to avail this or not. Therapy sessions are charged in a budget friendly manner.

Availing any of these services you feel is required is extremely easy. All you have to do is visit their website <https://www.shobthik.com>.



In the future, ShobThik aims to spread its wings globally, and start conducting mental health workshops in schools and offices around the country in order to educate people of all age groups including children, adults, and parents, so that conversations around mental health are no longer stigmatised.

To know more about the platform, check out their:

Website: <https://www.shobthik.com/#home>

Facebook: <https://www.facebook.com/shob.thik>

Instagram: <https://www.instagram.com/shob.thik/>

By Fariha Amber  
Photo: ShobThik