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Life

Style

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Teenage

fashionistas

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PHOTO: SAZZAD IBNE SAYED
MODEL: ANSHA
MAKE-UP: SUMON RAHAT
WARDROBE: QRIUS
STYLING: SONIA YEASMIN ISHA



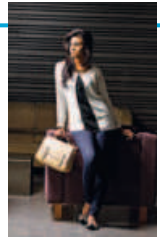
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সবার আস্থার শিখরে বার্জার রবিয়াল্যাক।
তারুণ্যে ভরা অনন্য এই রঙে রাঙিয়ে যাব দেশ একসাথে।



5 airport looks to try on your next trip

If you have always felt the need to look like a diva, then this article is for you. Back in your head you know that the paparazzi doesn't follow you everywhere, then again you also know that your personal Instagram handle stays by your side all the time. Doesn't it? Hope it rings a bell.

So, you have all the more reason to look your best, even before boarding a plane. And no, we don't want you to wear those 6-inch stilettos that have been collecting dust in



the shoe cabinet or have you put on tons of makeup before boarding a flight. Because 'too much' is backdated. So here are few handpicked and fresh ultra-chic looks that will make travelling more enjoyable and photography friendly.

The Jumpsuit

Recommended only for short trips. Maybe a Dhaka-Chattogram trip or a Dhaka-Kolkata trip. Trust us! You can never go wrong with this one, especially because its all fuss free. Throw on a simple

jacket if you must and look like a million dollars. Jumpsuits are number one in our list because it does not require wearing belts or any other accessories, which are usually considered an obstacle during the airport check-in process.

The Boho Queen

We are 'deshi' people and there must be some touch in our wardrobe to prove it. Take a cue from our next-door neighbour celebrities. Won't name anyone specifically, just google. Wear a

sleeveless kurti, a loose kaftan or a boho cape and pair it with jeggings, dhotis, palazzos or even tights in basic colours. Remember to take your sunglasses with you. No look is ever complete without the glares!

Casually Chic

You have stressed comfortable your entire life! Airport look is where you can emphasize your obsession. We even recommend athleisure to people who are fixated on workouts and gym wear. If you want a variation, then graphic tee's paired with blue

denims can be another option. But whatever the final choice, a 'comfy pair of sneakers' are a must-have in the final selection.

Statement Piece

While we recommend in keeping the outfits simple, an additional statement piece, never does any harm. It actually helps in making the indication that the person actually made an effort in dressing up. While you can go overboard on this with Leopard coats, or LV sunglasses, an inexpensive statement bag, earrings or belt would also do. Just remember to take it off during flight and during check-ins.

Style that suits you

If you feel comfortable wearing blazers or cotton saris, then go for it. Add in a bit of jazz from your side to authenticate the look further, maybe a scarf or snug flats to pair with the 'before takeoff' look.

Thank us later.

By Fashion Police

Photo: LS Archive/Sazzad Ibne Sayed



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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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রূপচর্চায় আভিজাত্য...



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CHEMICAL



Bangladesh from a foreign student's POINT OF VIEW

Going abroad to study can be an experience of a lifetime. Being introduced to new cultures, getting involved with new people, tasting new food and with a host of other novel experiences that follow, we not only enhance our educational qualifications, but also create bonds for a lifetime and memories to cherish forever.

While it is a common phenomenon for us Bangladeshis to pick a country outside for higher education, there also exists a group of students who choose to come to Bangladesh to study. While it is not very common to see foreign faces at universities, there is a niche group of international students.

How do they like the experience of studying in our country? A medley of good and bad, Bangladesh is the country they choose to make a temporary home away from home.

A land of opportunities

Being a fast-paced and developing country, Bangladesh is a land of opportunities where people thrive and dreams come true. The vivacious and energetic youth of the country have taken the definition of extracurricular activities while studying to newer heights.

This sentiment is echoed by several international students, including Regita Gurung, a communications strategist in Bhutan who completed her undergraduate studies in Bangladesh.

"During my time in Bangladesh, I received the opportunity to be involved in many forms of work, including part-time and freelance. This enabled me to learn and grow both as a person and professional while pursuing my education," she remarked.

Another student, Ruchi Dave, who is currently studying public health in Asian University for Women (AUW) stated, "There is an abundance of opportunities along with the required platforms for people in Bangladesh to start something of their own, such as a new business or getting involved in social activities like volunteering and youth activism. I am making the most of my

time here!"

These endless opportunities do not come without competition, which is why Bangladeshi students tend to be more competitive in nature. But even in this competitive landscape, students achieve and win together. As Bijay Mehta, an MBBS student said, "Although we compete, it's healthy competition. My peers feel delighted when I do well in exams and vice versa."

Exploring Bangladesh

Being in a new country provides the scope to explore new places and go on adventures, and this is something foreign students seem to enjoy the most. Among the many fond memories created, glimpses of the country's scenic beauty are etched in their memories forever.

"Coming from a landlocked country, my journey to St Martin's Island was nothing short of magical. The blur of blue where the sky meets the sea is one of the most glorious sights I have ever witnessed!" exclaimed Puja Khanal, a student from Nepal.

"I have a bucket list of places to visit from which I have already ticked off Sylhet, Rangamati, Cox's Bazar, and Bandarban. Yet, there is so much left to explore. After all, it is a country that has it all — from greenery to beaches to hills," she added.

This is not only limited to exploring the various hotspots of Bangladesh, but students find joy and adventure in the little things as well — such as exploring street food, hawkers' markets, and rickshaw rides through narrow alleys.

A melting pot of cultures

We may be a small country but we are rich in culture and diversity, and foreign students are a testament to this. From the various things that comprise culture, our diverse food is what they fall in love with.

"I definitely miss the food from home, but our food isn't as colourful and flavourful as here," said Hina Azam from the UAE who has been studying in Bangladesh for three years. However, the Puja beg to differ, as they believe the momos we prepare are completely different from the authentic ones!

Apart from food, our colourful festivals are a representation of the vibrancy and joy among the people of our country — celebrations international students love to be part of.

"Weddings in Bangladesh are second to none. They are so grand and extravagant and I fully enjoy being part of all the ceremonies," a foreign student studying in Independent University, Bangladesh (IUB) shared.

While on one hand people appreciate the grand celebrations, on the other, they are left in awe of how harmoniously we follow our own religions.

"One thing that struck me in Bangladesh was hearing the sound of various religious practices at the same place, such as the peaceful Adhaan from mosques and tintinnabulation of bells from temples," said Halima Rahami, a student from Afghanistan.

Getting along with people

Despite all the joy and new experiences, staying away from home comes tied with missing family members and old friends. Luckily, new bonds of friendship help fill this void, especially when living in a dorm. International students find new family among locals for being with them through thick and thin, whether it is to accompany them in eerie roads or ensuring they have sufficient money.

"Coming to Bangladesh from Dubai felt like moving from one home to another. The people here are so hospitable, welcoming, and kind, that I never felt alone in a foreign

land," expressed Syeda Asghari, who is an undergraduate student at North South University (NSU).

Another foreign student from AUW (Asian University for Women) shared her experience, mentioning, "From celebrating together to suffering together, I have felt the essence of true sisterhood and unity during my time at AUW. The friendly nature of people here is surely a microcosm of the entire country."

Alongside, living in Bangladesh exposes its residents to people of all social classes, something many countries lack.

"In Bangladesh, I have to interact with all sorts of people, be it a shopkeeper for bargaining or a rickshaw puller for travelling. This has enabled me to learn a lot about other peoples' way of living," expressed Fahad Zaman, a student who came from the Middle East.

Getting the grit

Moving to a new country such as Bangladesh does not come without challenges, also add to it the stress of getting used to new educational methods and adjusting with the people, weather, and systems. Commute is a major problem we all face and slowly acclimatise to. However, for foreign students, the road system often comes as a shock.

Apart from that, the absurd amount of pollution is another setback as most complain about the air being "too heavy." Safety in some places and after certain hours, especially for girls, is another major concern. Another difficulty that has to be overcome is the utter chaos in our country, ranging from noisy neighbourhoods to mismanagement of systems.

Despite all this, certain factors make this journey enjoyable. Finding respite in our scenic beauty, developing bonds for life, celebrating our festivals and food draped in colours, and learning to adjust and live on their own are what make it a journey to cherish forever.

By Fariha Amber
Photo: Regita Gurung





A couple of years ago, I was on my phone looking for art residencies where I could learn hands-on how to paint large scale murals.

It was a dream for me to create those one day — as I myself was a budding self-taught artist with a penchant for street art. And maybe one day, find Dhaka highlighted with art, colour, and voice amidst the chaos.

I believe in the healing power of beauty and in art. I experienced how making art as a new hobby contributed to my personal growth and have witnessed examples throughout history and modern era how art can improve the lives of communities.

Ever since I got into painting, I was keen about mural arts and street art as a form of public art installation. I have seen around the world and read extensively across different economic contexts how the presence of street art positively impacts the well-being and productivity of a community. For instance, Medellin in Colombia, a town torn apart by the legacy of drug lord Pablo Escobar was decorated by public art to better community reintegration,

morale and drawing tourists and business attraction in, and it had worked successfully among many other examples across the globe.

My search led me to the incredible work by The Fearless Collective, a movement of participative story-telling involving large beautiful community murals. The murals were created in conjunction with the marginalised communities that the murals represent, in strong, empowering narratives. Spearheaded by artist Shilo Shiv Suleman, Fearless had visions of

expanding their methodology to South Asia. An art residency was to be conducted, and I immediately applied. With my passion and dabbling in murals to represent vulnerable communities, and general interest in street art, I aligned immediately with the Collective.

However, the COVID-19 outbreak started soon after, and despite several bonding moments over Zoom calls, the residency got postponed indefinitely. Two years later, we finally got a call to ask who were still interested, and I found my way to Sri Lanka to join a magical cohort of other strong female artists and trailblazers from India, Pakistan, and Sri Lanka, with me representing Bangladesh.

Even though I have never been to another art residency, I along with the other artists immediately felt this was going to be an extraordinary 10 days. Over the next few days, we began unpacking ourselves, and the histories we separately embodied. For the first three days, the nine women artists from across South Asia shared our personal and political histories, where we came from and the movements we now stand in. We spoke about the fears and the resistance movements in our countries.



THE FEARLESS COLLECTIVE: Memoir of an artist in Sri Lanka amidst the economic crisis

What was special was not simply sharing our personal and political vulnerabilities— but in how we lived the shared experience of learning to transmute fear to beauty. Following the workshop, we sat and channelled our findings into creating self-portraits utilising the Fearless 6 step methodology.

This was the first step to taking the methodology to the community; by first integrating with ourselves and with our individual artistic expression.

We proceeded on to the workshop with the two communities we were going to be working with as two separate groups— namely, the Sisterhood Initiative, and the We Are From Here Project, an initiative to put the diverse diaspora community and the unique architectural elements in Slave Island, Colombo, on the non-literal map. As I was working with the We Are From Here Project with a resident artist from the community and a Pakistani artist-activist, we designed our workshop accordingly.

The goal was to reach community members' narratives of empowerment, and integrating that with their sufferings that mattered in the larger scheme and the various stories they gathered. We visited and walked around the community prior to the workshop to get a better feel of their lives. Slave Island was almost like a slum, or treated that way. But it was woven with stories of diaspora coming from various religious backgrounds and experiences from working as remittance workers in the Middle East.

I met a Bangladeshi family there as well. As Leena, the Pakistani artist, and I were outsiders while Vicky, the resident Sri Lankan artist, was from the Slave Island community, we aimed to integrate our outsider and insider's views. We formulated the questions — what have we lost, and what have we found?

The next



morning, we set up our ritual space, a beautifully decorate physical space ripened for the act of unfurling and healing wholly. We designed our ritual with soil from Slave Island as a grounding element which connected everyone. The community members, one by one, grabbed a fistful of soil and shared what they had lost. Many of them were remittance workers who had lost family members, or carried the financial burden of learning to fend for themselves and their families, even husbands.

Ritual spaces offer magic and beauty that create comfort and flow. They spoke of their grief, the people and homes they have lost holding on to the soil from the space that grounded them. They internalised that through the ritual. As Slave Island was rapidly changing and getting gentrified, many of them risked losing the spaces they came to call home and the community they built. When asked what they have found, they all spoke of building their own financial independence and finding one another in the community.

The ritual was closed as each looked into a mirror, and affirmed "I have found strength in myself and in the community" and ritually anointed themselves by refreshing themselves in rose water as a healing entity. They were rewriting their narratives of hardship

into strength.

We shared together, wept together and put together an image portraying their faces and elements that rebuilt their lives.

The image was designed so that while it recognised the struggles the women faced, the narrative was strong with the stories of their strength. Many of them had used their sewing or cooking skills to earn their way out of bankruptcy among other life crises.

The next few days were spent in



countless hours of painting. Bear in mind, Sri Lanka was now at the peak of its economic crisis. The entire island was swept with deep economic problems, fuel and power shortages among other things, while heavy protests were going on all over Colombo as well as other major cities. We painted almost continuously through it all, including rain and one day, there was a nationwide state of emergency declared.

This was the first time most of us painted a mural of this scale. Cranes and scaffolding were used for the first time. The mural stands tall today at the 30 ft x 40 ft back of Rio Cinema Hall in Colombo, Sri Lanka. The four artists worked hard and through rain, protests and power cuts to make it happen, including Shilo Shiv Suleyman, our mentor, who guided us

through the uniqueness of painting on such a large scale.

In the end, the mural was completed, not just by the artists, but by the entire community. Everyone participated in the painting process together. Children went up ladders and chairs to put in their mark, while their mothers helped out up the crane or on the ground, some while fasting for Ramadan, to erect the mural that now stands as a monument in celebration of the tenacity and resilience of the Slave Island women. They had participated in rewriting their narrative as well as the construction of the monumental mural that would stand rain and weathering for years to come, at a time when the nation was torn apart by crisis.

The success of actually being able to erect this mural as a self-taught mural artist really intensified the hunger in me to see more street art in Dhaka. I saw the joy and power it immediately brought into the community, and I'm eager to share it in Dhaka and beyond. I am optimistically seeing mural arts being more appreciated in Bangladesh, especially in the restaurant industry, but I hope to see the City Corporation and other government bodies utilising art-form and *deshi* artists to inspire morale and good civic sense. I also urge cultural organisations and donors to accept applications put forward by fervent young Bangladeshi artists to increase street art in Dhaka.

Isn't it time we find new ways to add colour to our city? Don't our people deserve beauty, smiles and a little morale boost or a place to take a picture because they are proud of the art in their city. Let's make that happen collectively.

By Dibarah Mahboob
Photo: The Fearless Collective





5 Teenage FASHION TRENDS for 2022

Teenagers have more liberty and are far more opinionated than what they used to be. Their fashion is no longer limited to what they see their parents or family/friends wear; it is now global as Social Media directly influences their lives the most.

"Fashion to me is comfort. As days are passing by and my body is evolving, I believe anything that makes me feel good and safe is fashionable to me. However, there are certain attires that are my go-to's and I think with time, that list will increase depending on what I am exposed to", said Zaina Jarjina Mahbub, a 16-year-old student studying at Sir John Wilson school.

Lightweight kurtis

Summer in tropical countries like Bangladesh can be superheated. Hence, stacking your wardrobe with bright and vibrant kurtis can help you level up your fashion game. You can purchase them from renowned places like Aarong, Jatra, Kay Kraft, Yellow, etc. The most in-demand kurtis are block prints on A-line kurti, Pakistani kurti with floral designs, short kurtis with classic embroidery, etc. Adding further, colour blocking and pastel colours on these kurtis make them look very attractive. With a budget ranging from Tk 1,500 to 5,000, you can get some beautiful kurtis to be your partner in fashion this summer.

Self-coloured tops and tees

"I adore self-coloured T-shirts and think they are very versatile too. You can pair them up with various pants and layer them as per your wish. My most favourite outfit in this scorching summer is a plain oversized t-shirt with straight pants and a cross-body bag. Sheer delight!" said Falak Haque, a fashion enthusiast who dreams to be a designer when she will be ready for grad school.

People can avail these for both men and women from Noir, Roar, Cats Eye, Ecstasy, Richman, Le Reve, etc. The budget can range from Tk 1,000 to 10,000 depending on the work that's put into the top or tee. Some of the most in-trend tops are cotton wraps, silk shirts, boatneck floral tops, cold shoulder linen tops, pastel coloured corset tops, etc.

Depending on what floats your boat, go ahead and make that purchase because it's never too late to be fashionably brand new!

Bell-bottoms and more

Some fashion items are timeless beauties. A bell bottom pant is just that. Be it the '80s rock and roll era, or the time of awareness and acceptance in 2022, it's a fit for all. These pants can be worn with western and eastern wear. It is available in all the stores mentioned above and can be bought within a budget of Tk 1,500 to 3,000. Some other in-trend pant types are cotton cargos, straight denims, baggy pants, loose-fitting pants, etc. As the young thug says "In my world, of course, it don't matter. You could be a gangster with a dress, you could be a gangster with baggy pants."

So, choose your pants in accordance with your top wear. If you are feeling chic, go for baggy pants. If you are feeling elegant, go for the bell bottoms. There might not be a solution to every problem but there is a pant that adds a touch of spice to every occasion.

Shades and sunglasses

Can you imagine life without sunglasses in this summer where the sunlight hits your face every time you walk outside? Since you cannot, why not make it a fashion statement too! Sunglasses like slim shades, neon glasses, aviator glasses, mono lens sunglasses etc. are very much in-trend right now. International brands like Gucci, Prada, Chanel and more are renowned to have housed the most fashionable sunglasses but within a very high price range.

If you want something locally made and readily available, you can visit Lunettes, Miniso, Yoyoso etc. to get a pair of shades within the range of Tk 800 to 2,000.

Amrin Tasnim Jaima, a digital content

creator with almost 20,000 followers on Instagram had this to say: "I don't and never will leave my house without my shades and sunscreen. The shades that I own not only makes me feel protected against the sun but gives a sense of being a diva on the runway. I love it and honestly, there is no end to accessorising myself when it comes to these mini yet impactful add-ons".

Scarves

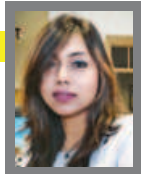
Moving forward, scarves are another piece of accessory that makes you look good on a whole new level. How you wear it, with what you wear it and when you wear it is up to you but layering your top or kurti this summer with a scarf is something you should consider. You can get a scarf from a local shop or the ones that are mentioned above within a price range of Tk 1,000 to 2,000. The most trending scarves right now are chiffon scarves, silk scarves, cashmere scarves, pashmina scarves, etc. Your wardrobe can never have too many scarves so get set to shop!

As stated earlier, fashion is comfort but it has an influence on the people, place and things you surround yourself with. Wear what makes you feel great, confident and bold. Fashion is a never-ending school of thoughts which has an understanding varies from person to person.

By Zeba Fareha Hossain
Photo: Sazzad Ibne Sayed
Model: Ansha
Make-up: Sumon Rahat
Wardrobe: Qrius
Styling: Sonia Yeasmin Isha

LIFE AS IT IS**WARA KARIM**

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Self-care is not selfish

Take a break to take care of yourself. We spend so much of our time working and taking care of others that we neglect our own selves. It slips our mind that we can only take better care of others when we ourselves feel our best.

Self-care often takes a backseat in our lives. However, nurturing our own body, mind, and soul is imperative to living a more satisfied and successful life. Therefore, leave behind all feelings of guilt and take some time to focus on yourself and only yourself, if not every day, then at least a few times a week.

How to self-care

Self-care is referred to addressing the needs of our mind, body, and soul. Exercise, meditation, eating healthy, gardening, crafting, reading, listening to music, relaxing at a spa, journaling, talking to friends, etc. are all different ways to nourish our body and mind. Different things and techniques work for different people.

Upoma Haq, a Senior Vice President at a multinational bank in Bangladesh, says that walking has been critical to her well-being, both physical and emotional.

"There was a point when I poured myself into work and did nothing else. That was a type of escapism, but not a long-term solution to your life's problems," she said. She also now consciously reaches out to her close friends and meets up with them to feel light and happy.

Even at workplace, one becomes less productive and less creative, if they stop looking after themselves and addressing their emotional needs.

"Because you are not meeting new people or experiencing new things, you cannot bring fresh ideas to the table," Upoma Haq said.

Haseen Cherry, a UK-based microbiologist of Bangladeshi descent, says that as a professional woman and mother of two children, her daily life is immensely stressful. In addition to walking 12,000 steps every day, video-chatting with friends, reading, and listening to music, she regularly takes care of her skin and hair as ways to self-care.

"I also wear nice clothes and light make-up to work to feel more confident," she said. "All this makes me happy, too!"

In 2020, terms related to 'self-care' reached an all-time high on Google Trends, which means that more and more people across the globe were searching for ideas to take better care of their physical and emotional health. The COVID-19 pandemic

and lockdown conditions showed us the importance of self-care as we struggled to stay physically and mentally healthy in a time of isolation.

The long-term effect of self-care

Thirteen years ago, Rezwan Md Chowdhury weighed a whopping 119 kg, today he not only weighs just 68 kg, but also feels happier and healthier than he ever did.

How did he do this?

Through walking, running, exercising, and changing his food habit. The day Chowdhury fathomed the seriousness of self-care, he never looked back. From a young man who used to take medication for hypertension and insulin to control his blood sugar levels, he, who is now in his late-thirties, runs four half marathons (21.1km) four times a week! He no longer takes any kind of medicine, leads a stress-free life, and is more productive and focused at work.

Rezwan Md Chowdhury, who is the Head of Internet Business at Grameenphone Ltd., wakes up before anyone else in his house.

The first 30 minutes to one hour of his day, he exclusively dedicates to himself.

"That first hour of the day is mine. I use that time to read, listen to podcasts, walk, run and/or exercise," he said. "The quality of my life began to improve the day I decided to take charge of my mental and physical well-being."

He added, "It was not easy, but self-care is something worth giving a try, because if you do not take care of yourself, you cannot take care of others."

Setting priorities in life is important to be happy and healthy. However, most of us do not realise that it should be our top priority to take good care of ourselves. As a result, we neglect ourselves and our well-being day after day. Eventually, we reach a point where we become frustrated with life and everything that we do for the people around us.

We think that we are only giving but not getting anything or enough in return. This bitterness and frustration with life, however, would not have happened, if we gave importance to our physical and emotional wellness from the beginning.

Do not feel guilty, if you set aside an hour of your day to do something that you enjoy, to take care of yourself, to unwind, or to spend some time with yourself. This is the time when you should not be available for anyone, but yourself, exclusively.

By Wara Karim
Photo: LS Archive/Sazzad Ibne Sayed

**#FASHION & BEAUTY**

Managing dry skin

Whether you spend time after skincare and grooming yourself or not, dry skin is a problem that even the most unperturbed person loathes. It has more to do with your health than your appearance.

There are a number of reasons that could cause dry skin. From age to climate, a person's inherent genetics, diseases, and of course, their lifestyle.

Believe it or not, taking long showers are not overly healthy for you. They can have harsh effects on your skin. This only gets worse if you take hot showers. Remember, taking warm showers are good, hot showers — not so much. They dry out your skin from all moisture, which can not only lead to dry skin but also skin related discomforts.

After you have finished your shower or are done washing yourself, pat your skin dry rather than harshly rubbing the towel on your skin. Such actions can aggravate skin irritations.

Using a moisturiser is strongly recommended if you want to get rid of dry skin. They work by trapping moisture, which is why it is suggested that you use moisturisers within few minutes of finishing your shower while your skin is still damp. Moisturisers can come in different forms — whichever one you are using, make sure that it suits your skin type.

Using cleansers, soaps or shampoos

during shower or washing is a good idea, but careful not to use any product that are heavy in chemicals or contains alcohol. Alcohol dries out the skin, which is highly undesirable. If you are about to use any homemade ointment, make sure that they are not detrimental to your skin. For people with sensitive skin, extra caution should be exercised.

Keep in the mind that the weather has a big effect on your skin health. Staying too long in direct sunlight is not ideal and sometimes you might be tempted to take frequent showers, but more than one shower a day is not recommended. Avoid using any fabric that irritates your skin.

Try to drink as much fluid as often you can. If your body is dehydrated, your skin will suffer. Bad habits such as smoking also have an effect, as does stress. So, try to bring positive changes to your lifestyle.

If the dry skin irritates you too much and is turning into red scaly patches and there's no change despite your best efforts, then perhaps it is time to see a dermatologist.

By Ashif Ahmed Rudro
Photo: LS Archive/Sazzad Ibne Sayed

#FOOD & RECIPES

Easy baked fish recipe

In only 15 minutes, one can just throw everything into the pan where fish is baked with a creamy lemon sauce. This recipe can be made no matter how hectic your day or household has been because it's this easy:

Mix butter, cream, garlic, mustard and lemon; pour over fish; and bake – no flipping required.

And out comes this tender baked fish fillets with a beautiful lemon cream sauce that's perfect with any white-meat fish, preferably Basa fish from Bengal Meat!

Many naysayers might describe the idea of baked fish with the words pale, colourless and bland. However, this one is going to be an explosion of flavours on your palate!

The Lemon Cream Sauce for Fish

At first, the simple sauce can come across as a bit unimpressive when you mix it all up, but once it's baked on the hot bed of the baking dish, the fish juices mix in with it and transform into an incredible sauce. It's basically like making a sauce with real homemade fish stock.

What this tastes like

Despite the name of the recipe, which implies that the sauce is rich but actually, it is not! Once you finish baking it, you will experience a taste that is kind of light and fresh,

yet a bit creamy. For those who love mopping up the leftover sauce with bread or spooning over mashed potato, there will be plenty!

What you need

Not very much!

White Fish fillet – any fairly flat white fish fillet is fine here, preferably Basa fillets, about 2 cm/ 4/5" thick or less. Any thicker, and the fish will take longer to bake which will thicken the sauce too much, so you will need to thin it with a splash of water.

Onion — Use the white part of green onions as a sub, or really finely minced normal onion.

Dijon Mustard — sauce thickener. Can sub with other non-seedy mustards.

Garlic — goes in almost everything in my world!

Cream — use heavy/thickened cream if you can, to help with sauce consistency.

Butter — just a tablespoon of it. There is no substitute!

Lemon — lime would work in an emergency situation.

Olive oil — Just splash enough on the empty dish before laying out the fish.

Salt, pepper, paprika — A pinch or two is just fine, depending on your taste.

Spring or Green Onion — Use it for garnish (Optional)

How to do it

Splash and coat the baking dish with one tablespoon of olive oil. Add enough slices of onions as a bed for the fish. Season the Basa fish fillets with salt, pepper and paprika properly and lay the fillets on the dish.

Now comes the sauce, add the butter, Dijon mustard, minced garlic, cream, lemon juice, salt, pepper and paprika. Heat it up in a microwave oven for 40 seconds.

Pour it all over the fillet resting on the dish and put it into your electric oven for 15 minutes at 220° Celsius!

Add chopped green onions as garnish once you take out the dish.

Dinner is on the table in just 15 minutes. Tender, juicy fish with a creamy lemon sauce. A really fantastic way to make baked fish — it's so good!

You can try it with sides like mashed potatoes, garlic or steamed rice or even just plain lettuce salads.

By K Tanzeel Zaman

Photo and Food: K Tanzeel Zaman



#HEALTH & RECIPES

Nutritional Value of STRAWBERRIES

Let's be honest, strawberries are everyone's favourite berry, and why wouldn't they be? Sweet, juicy and a beauty to behold — there are never-ending ways to consume strawberries. But strawberries are just as good for our bodies as they are for our taste buds.



Strawberries are high in fibre and vitamin C, a dietary combination that is beneficial for lowering oxidative stress which in turn can lower the risk of heart diseases and cancer. The potassium present in strawberries also helps in regulating

blood pressure which further deviates the risk of heart diseases, etc. On top of that, the delicious berries may also aid in reducing LDL (bad) cholesterol and improving HDL (good) cholesterol. They

are also extremely rich in antioxidants which are extremely beneficial for heart health maintenance.

Vitamin C is important for not only your immune system but also skin health. It's a wonderful case then that one serving of strawberries (about eight of the berries) provides more vitamin C than an orange! So as the season changes and the chances of getting sick increases, this is the perfect time to eat as many strawberries as one can to prevent and lessen the common colds and other ailments!

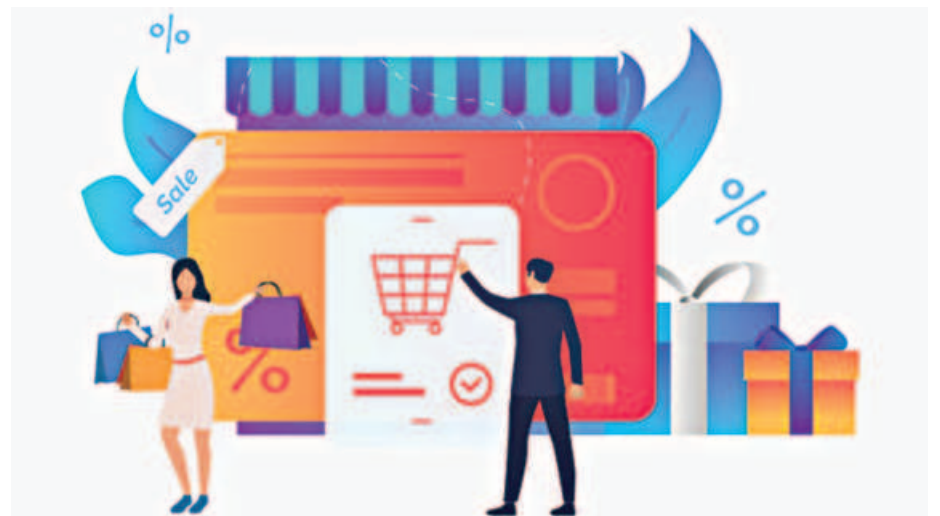
Strawberries are also beneficial for people with diabetes. Strawberries appear to significantly decrease glucose digestion and minimize surges in both glucose and insulin after a carbohydrate-rich meal when compared to a carbohydrate-rich meal without strawberries. Interestingly, strawberries are naturally sweet and yet have low enough sugar that it doesn't affect glucose levels. This means you can greatly satisfy your sweet tooth without compromising your health!

To a lesser amount, strawberries also provide iron, copper, magnesium, phosphorus, and vitamins B6, B9, K, and E as well as fibre. These are not only important for normal tissue growth and cell function but also increasingly fundamental for pregnant people and older adults. The fibre in strawberries also helps in maintaining regular bowel movements.

As the strawberry season nears the end, it's essential we enjoy and consume as many strawberries as we can — and never feel guilty for the overindulgence because after all, it's good for our health!

By Dilshana Naureen
Photo: Sazzad Ibne Sayed





#TECHNOLOGY

Online vs offline shopping in Bangladesh: A look into a post pandemic debate

With the rapid rise of technology, the hectic schedules of our lives compounded with COVID-19, the popularity of online shopping has been soaring through the roof. To cater to that demand, more and more online shopping places have been popping up, especially on social media platforms such as Facebook.

At the start of the pandemic, many speculated that shopping styles will be changed forever, as more people will transition to shopping online. But with the pandemic waning out, will in-store shopping become the preferred choice again? Does online shopping pose a threat to brick-and-mortar retail stores?

Why is online shopping so popular?

With a greater amount of Internet access, people becoming busier in their lives, and the ever-increasing traffic jams, online shopping is growing to be the preferred mode of shopping for a lot of people.

Rimi, a university student in Dhaka, points out the convenience of online shopping, saying that browsing through the products is far less time and energy consuming than going through multiple physical stores.

Indeed, the search cost involved with searching for products and information is quite low in contrast to its brick-and-mortar counterpart. There is no need to beat the horrendous traffic, browse multiple stores, sometimes located quite far away from each other to find the desired products when shopping online. With a few taps, customers can look at multiple pieces and place orders at any time of the day, and even pay electronically for the products.

From the perspective of business owners, setting up an online business is easier as it requires lower capital, and many costs like store rent, utility bills, etc. can be avoided. Businesses can be operated from the convenience of home. Tasneem Rahman, the owner of The Clothing Basket, a Facebook-based clothing store said, "Having a store would increase a number of fixed costs for me. Whether I'm having good sales or not, I would have to bear the costs. That would make it very difficult for me to

sustain in the market."

She further mentions that the pandemic has propelled the growth of her sales upward.

So, is in-store shopping slowly dying?

The soaring growth of online sales might have you believe that shopping physically for commodities is soon to become a thing of the past, but that is far from the truth. Despite COVID risks still being there, many people still opt for brick-and-mortar stores to get purchase products.

Prothom, a student of BRAC University in Dhaka, notes the tangibility and the trialability aspect of in-store shopping.

"I prefer offline shopping as I get to see

deal of delight and joy to a wide range of people. The terms "retail therapy" and "comfort buys" are generated from these feelings of happiness that shopping can add to someone's mood. This is why, to get that ultimate shopping experience, many people choose to buy offline.

Nabila and Zaheer expressed that they prefer walking in stores and seeing things, all of it contributing to a beautiful experience. Another case in point: Eid and wedding shopping with family members and friends. The joy of shopping together for festive occasions such as these brings real happiness and unforgettable memories for many.

also been accused of defrauding people online. They have been accused of sending defective products, providing false descriptions of the products online, colour mismatching between photos and actual items, providing cheaper, lower quality products, etc. Prothom points out that most of the time, the prices are set higher than standard physical market prices.

Another drawback of small online shops is the lack of return and refund policies. A lot of places lack return policies if customers are dissatisfied. It is also harder to receive compensation for receiving defective items. There have been many instances where shops had to be publicly called out on social media due to their lack of cooperation and subsequent rude behaviour with customers with complaints.

Post-pandemic shopping behaviour

With COVID-19 slowly becoming weaker and vaccination rates going upwards, more people are reverting back to in-store shopping, letting go of their fears. There has not been a radical shift as many had expected, but online shopping will still experience the growth it has been experiencing.

In Bangladesh, instead of being in competing positions, online shopping has emerged as a complementary offering to brick and mortar stores, providing folks with more accessibility and options. Especially with many stores providing countrywide delivery services, residents of various districts are able to order things that might not have been accessible and available in their respective regions.

Overall, it can be said that brick and mortar stores are not going away anytime soon and if online stores focus more on building trust, they can widen their customer base. Whatever your preferred mode of shopping might be, one thing is for sure, that you as a customer end up as the winner as you end with more variety and accessibility in shopping.

By Maliha Arosha Hasan
Photo: Collected



the products myself, know how they exactly look like and what material it is."

A similar sentiment was echoed by Oishi, a student at the Bangladesh University of Professionals.

Offline shopping is also opted for by customers depending on the type of products being bought. Mantaka, a student of the University of Dhaka, mentioned, "As gadgets are fragile, they can be easily damaged while shipping if not handled/packed properly. Besides, you have to check if it works smoothly in front of the seller/shopkeeper in case something goes wrong."

Shopping, as we all know brings a great

Why do some people prefer shopping offline over online?

In Bangladesh, offline shopping still reigns supreme in the minds of a lot of people, especially the older generations who are not well versed with the Internet. Their aversion is also generated from the distrust that has risen from the latest revelations of fraud surrounding a lot of e-retailers. In recent times, some big e-commerce websites have been exposed because of their fraudulent activities and taking away large sums of money from customers without delivering promised products.

Small Facebook-based shops have

#PRESS RELEASE

Bangabandhu Statue of Speech and Freedom built in Jhenidah

A Statue of Speech and Freedom has been built acquiring 50 decimal land at Bangabandhu Sheikh Mujib Memorial College campus at Shamsheer Nagar village, Kaliganj upazila in Jhenidah.

The colossal statue of Bangabandhu has been set up along with that of the family members of the Father of the Nation who were killed on the night of 15 August 1975. In total, 52 statues of various sizes have been commissioned including that of Kazi Nazrul Islam,



Rabindranath Tagore, former Indian Prime Minister Indira Gandhi, the Bir Shreshthas, martyrs of the Language Movement of 1952, and the last Nawab of Bengal Nawab Siraj Uddowla.

Founder Principal of Bangabandhu Sheikh Mujib Memorial College, Md Shafiqul Islam, mentioned that a six storied building is being constructed as a symbol of the Six-point demand of 1966. In the first floor there will be a cafeteria, Bangabandhu museum will be located in the 2nd and 3rd floor; in the 4th floor there will be

Bangabandhu research laboratory and library; Chchatra Shangsad and The Young Bangla Sporting Club will be at 5th floor, and in the 6th floor there will be a Projonmo-71 and Muktijodha office.

UNO Sadia Zerin of Kaliganj upazilla appreciated the fact that being a college principal, Md Shafiqul Islam has taken the initiative to construct a statue of speech and freedom, which will hopefully become a tourist destination.

By Azibor Rahman, Jhenidah
Photo: Azibor Rahman

◆ 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

ফ্রী!

ফ্রী!

#REVIEW

ZAF JEWELS

Ottoman inspired jewellery store in Dhaka

It is the latest cool-girl go-to jewellery store, one that displays stunning pieces you are sure not to find anywhere else in town, a promise conscientiously made to anyone reading this! Zaf Jewels may have been inaugurated fairly recently, with its doors flung open to the public on 25 April, and its statement pieces sparkling in the warm glow of its chandeliers ever since, but Zafreen Khan, owner and creative designer, has an inspirational backstory to her enterprise tucked away until asked.

"Zaf Jewels has been operating for some time now as a purely F-commerce business and it really took off during the



emeralds.

If flower power is your mantra, Zaf Jewels' designs of bold blossoms set in sapphires, rubies and glass is sure to be your best bet to turn heads this summer. Fuchsias, jades, ivories and peaches are just some of the shades this label's daisy and rose studs come in, sometimes also with dangling opulence in the shape of pearls or more diamante crystals. Perfect for every day, perfectly understated.

Perhaps, the most signature designs



that Zaf Jewels boasts are its rarest creations. Helping you channel your untamed self are the jeweller's exquisite Zebra pearl drop earrings, studded with turquoise eyes and crystals tricking you as if they were diamonds. These are hand-crafted atop a meenakari base. If zebras are not quite your spirit animal, scream to the world how fierce you are but only through your mesmerising serpent

earrings. Its semi-precious stones catch the brightest beam of light and baroque pearls exude an air of sophistication, both adding to an unsung note of glamour your outfit of choice will thank you for!

If you are still confused about what prized possession Zaf Jewels can add to your treasure trove of

jewellery, browse through more of its luxury creations such as its pink stone necklace boasting tourmalines and genuine gemstones, Ottoman swan necklace, complete with ivory crystals and rice pearls, jaguar cuffs with leather straps, more meenakari bangles, scintillating chandelier earrings and so many more — its diverse catalogue would span pages!

If it was not clear already, Zaf Jewels is not your run-of-the-mill jewellery corner, ubiquitously mushroomed in every lane that will have them. It has style, panache and a unique nod to Turkish craftsmanship and the history of the Ottoman Empire. Every crystal, stone, semi or precious stone is meticulously pieced together and curated by none other than, Zafreen Khan, she who makes the brand what we see it to be today.

When asked about her personal preferences, Khan is quick to state, "Trends and it-pieces define my personal style quotient. My tales of travel inspire me and I pick up ideas from wherever I go. And that is how I have added to my collection at Zaf Jewels. This is a curated exhibition of rare, extraordinary jewellery and that is what I want my customers to recognise and appreciate."

And with such high hopes and standards, Zaf Jewels continues to make its mark and strive to leave an unfathomable imprint in the ever-evolving jewellery scene of Dhaka.

By Ramisa Haque
Photo: Abdus Salam

Essentials:

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 Centre
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 775731
 Facebook: <https://m.facebook.com/177152702892993>
 Instagram:
 jewelsottoman



downtime the pandemic offered us. We have, over the years, slowly built a loyal following of customers, many of whom we have had the pleasure of serving more than once, maybe twice or, even thrice. But now I am excited to take a traditional entrepreneurial route and grow my brand from its new-found roots here at Pink City," Khan says of Zaf Jewel's diamond-encrusted history.

"This is the start of a new journey for Zaf Jewels and there's no turning back now," she muses.

Zaf Jewels is a Facebook success story that took off via promotional live sessions and seasonal pop-up and trunk shows. But more than any of these, what really paid off for the now-established brand is the kind of jewellery it brings to its customers.

Every piece at Zaf Jewels demands your attention and this is because not one of them is ordinary or commonplace. You may waltz through the store and fixate your eyes on a pair of tablet emerald drop earrings beautifully set on a bed of 18-carat white gold. You may even be so bedazzled by the emulating green that a force beyond your beckoning could pull you to create a complete adornment and reach for the entire set: a diamante bracelet and a singularly-studded, filigree ring, both set with more matching

