

VOLUME 21, ISSUE 50, TUESDAY, JUNE 14, 2022
JAISHTHA 31, 1429 BS

Star LIFE Style

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64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

Tying the knot on RAINY DAY



FOR NAVIGATING ALL RELATIONSHIP TROUBLES
ASK THE EXPERT P3

ROMANCE AND RAIN
MONSOON WEDDINGS C

A PINCH OF SALT, A DASH OF VINEGAR
RECIPES FOR SAVOURY CRAVINGS P8

PHOTO: SAZZAD IBNE SAYED ♦ MODEL: SUHI ♦ STYLING: SONIA YEASMIN ISHA ♦ WARDROBE: SUSIL BASAK ♦ JEWELLERY: SIX YARDS STORY
HAIR & MAKEUP: SUMON RAHAT ♦ LOCATION: INTERCONTINENTAL DHAKA

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CHECK IT OUT

BISHWO RANG DESIGNS FOR JAMAI SHOSHTI

In a traditional Hindu household, Jamai Shoshti is an occasion celebrated with much importance. Bishwo Rang has come up with a range of designs to help people select in their celebration of this auspicious occasion.

The fabrics have been selected from a range of various forms of silk and velvet. The colour scheme has taken cue from the seasonal palette. The dresses have been embellished with embroidery, zardozi, karchupi, cutwork and screen print.

The Bishwo Rang Jamai Shashti attires are available in their brick-and-mortar stores and also through their website, www.bishworang.website; and Facebook page: [bishworangfanclub](https://www.facebook.com/bishworangfanclub)



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ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

স্যান্ডালিনা সোপ

রূপচর্চার আভিজাত্য...

**KOHINOOR
CHEMICAL**

RELATIONSHIP EXPLAINED

TAWHIDA SHIROPA
 Founder & CEO Moner Bondhu



Relationship Matters: Discussing psychological problems

Our relationships and how we navigate them keep evolving with the times. Often, we find questions or worries so personal that they can only be shared with a stranger, but any random stranger is no real solace! Nor is the advice safe. With that in mind, Star Lifestyle brings to you a brand-new relationship advice column from certified experts. This hopes to tackle the host of worries, questions and forks in roads of the relationships plane that includes the personal, professional to psychological.

Read on for insights, and shoot us your concerns, even anonymously at lifestyleds@yahoo.com, or send us a message on Star Lifestyle's Facebook page.

"I have been married for 3 years now. Recently, I found my husband chatting on Facebook with his former lover. They often talk over the phone too. I believe my husband is cheating on me, and the thought is just killing me. Should I talk to him about this? How should I address this topic? Please let me know."

To begin with, thank you for your question. It's been a tough time for you and it's hindering your relationship with your husband. Being cheated on can make you feel isolated and alone. You mentioned that you now have a three-year marriage. So, my first question will be how did you find out? Did you see it from your husband's phone or did your husband share that with you? My second question is, what was your



response when you became aware of this? Did you simply ignore those things, or did something happen at that point? Now, we come to your question. You could take it up with your husband. But make sure this conversation keeps happening between the two of you. You might begin by sharing feelings, and sharing what you feel when he talks or chats with his former lover. You may find yourself hurt, lonely, and betrayed. So, you need your husband's assistance to reduce those unwanted feelings. How could he help you in this case? We can mention that his conversation has affected your relationship and marital life. Give him a chance to talk and explain the whole situation. You should listen to him actively. After getting an answer from your husband,



you can decide on what you need to do. At this moment, numerous negative thoughts might come to mind and you might feel overwhelmed to solve this problem.

Remember that it's okay to take your time to heal and trust your process because your feelings are unique to you and your life.

"My wife has mental health issues. I was not aware of her bipolar disorder when we got married. The last time my wife went to see the psychiatrist was before the pandemic. She has been taking the same medication for the last 2.5 years. Although she says she feels fine, I have recently observed some changes in her. How can I convince her to go see her Dr?"

— Najmus Sakib

Dear Sakib, I appreciate your concern for your wife and her mental health. It would be helpful if you could share how long ago you were married? You mentioned that your wife was diagnosed with bipolar disorder. Currently, she is on medication and refuses follow-up checkups. You also mentioned that you found some changes that concerns you. I would like to know more about the changes. Does she take her medicine regularly? Because medication is mandatory for her recovery. Besides this, counseling can also be helpful for her. You could discuss this with her psychiatrist. To convince her, you could show that you care for her and that her mental health and well-being are a concern for you. You could also share how her illness affects your relationships. As she has been taking the same medication for the last 2.5 years, she might have some serious dependency or health issues which also makes you worried. Try to share how you feel if she visits the psychiatrist for medication. Never forget to give importance to her feelings. What stopped her from going to the doctor? Is there any issue that she wants to share? Listen to her carefully and understand her properly. Be more empathetic to her. Also, you can separately discuss with a psychologist to convince her to take her to the doctor.

Photo: Collected

#HEALTH & FITNESS

For a restful weekend

Does a feeling of dread and anxiety drown you the afternoon before a new work week begins? If not, consider yourself lucky, for a lot of people do feel anxious, irritable, fearful, and restless on Saturday/ Sunday evening, depending upon the day work week begins where you live.

According to research carried out by LinkedIn in 2018, 80 per cent of American professionals worry about the week ahead of Sundays. In the West, this is known by different names; Sunday syndrome, Sunday blues, Sunday sadness, Sunday scares, etc. The feeling is just the opposite of what you feel Thursday or Friday afternoon (again depending upon the day your work week ends) when you look forward to the weekend. The thought of weekend fills most of us with euphoria!

Feeling Sunday blues, I will call it Saturday blues to make it more relatable to my readers in Bangladesh, is not uncommon at all. If you feel the blues, do not think that you are the only one feeling it. There are a few things, however, that

you can consider doing to beat this sinking feeling that overwhelms you Saturday afternoon and evening.

Enjoy a relaxing-fun activity

Do some relaxing, fun activities at home with family or alone. Choose something that will help you unwind; make you smile and laugh. It could be playing board games, watching a good movie or your favourite TV show, listening to music, journaling, tending to plants, or even preparing a dessert to relish after dinner.

Do not check work email

Unless you are on call or expecting something urgent, do not check your work email on the weekends. You are not supposed to be working on the weekends, rather rejuvenating yourself so you can give 100 per cent at work on weekdays. Therefore, on a Saturday, stay away from checking your work inbox or talking about work on the phone.

Meditate and exercise

To declutter your mind, consider

meditating, exercising, or even walking for 30 minutes or more on a Saturday afternoon or evening. You will see that you are beginning to feel refreshed and relaxed right away.

Reflect

Instead of feeling dreadful about all the things you could not finish last week, and the tasks you will need to complete next week, reflect upon all the things that you completed successfully over the past week. Think about all the things for which you deserve a pat in the back. Instead of focusing on what you 'cannot,' focus on what you 'can' and you 'will.'

Sleep well

On the weekends, we tend to wake up and go to sleep late. However, having a sleep routine is important, weekday or not. You will see that when you have a fixed time to go to bed, it makes going through a hectic work day so much easier. On the weekends, stick to your weekday sleep routine. Yes, there will be weekends when you will need to stay up late because you have, for

instance, a get-together with friends or family. That is fine, but do not make late night hanging out with friends a regular activity, especially on a Saturday evening.

Make sure that your bedsheet and pillows are clean and comfortable. Put away your gadgets and switch off the TV at least an hour before you go to bed. Last but not least, do not eat or drink right before you sleep.

The world we live in today expects us to work, work, and work some more. Today, we work so much, but relax so little. The constant pressure that we feel upon our shoulders to chase money and success leave us drained at times. Many of us reach a point where we are terrified or plain sad at the idea of going to work because we know that it is the beginning of just another rat race. However, it does not have to be this way. Remind yourself to enjoy nature, simple living, and family time. Invest in yourself and your well-being; you only live once, after all.

By Wara Karim

#FASHION & BEAUTY



Top 5 rainy day accessories and where to get them

Monsoon along with its refreshing nature also brings us a host of problems. So, take proper planning and face the rain with the ideal accessories, with a plethora of options available catering to every budget segment and need.

Here are some rainy-day accessory ideas for you to tackle monsoon problems.

Rain boots to navigate the dirty waters

It's early in the morning, raining heavily and what's more, most roads are under dirty water. Regular shoes won't keep your feet dry, so what's the solution? Rain boots, also known as gumboots, are waterproof, typically calf length boots made of rubber or plastic. Putting a pair of gumboots will make sure you stay dry by protecting your feet against dirty water.

You can find rain boots on e-commerce sites like Daraz and at outdoor equipment markets like at Baitus Samir Market, Fulbaria; prices start from as low as Tk 500 and go as high as Tk 2500.

Waterproof backpack

The chances of books, important documents getting soaked badly increases if put in a typical bag on a rainy day, an ideal workaround for that is to use waterproof backpacks, made from water resistant



polyester fabric, which can protect laptop, books and any other important documents.

Waterproof bag prices range from Tk 150 to Tk 1500 depending on the quality, and they can be found in New Market, Bashundhara City Shopping Complex, and online.

Raincoats for a cool look

Though often assumed boring and

uncomfortable, modern raincoats have come a long way to make it part of your fashion statement. From ponchos which you slip on your head and typically fall to about hip length to knee, to the always trendy transparent ones which gives you a cool look, to the raincoat and trouser combo for bikers, there's no dearth of options.

You can buy basic polyester made raincoats from Tk 160, transparent ones from Tk 450 and other variants from Tk 500 to Tk 2500, available on e-commerce sites and super shops like Unimart and Shwapno.

Waterproof pouch for your handheld device

Even with water splashing protection found on most smartphones, it's a big hassle to operate a phone if rainwater is

constantly on the screen, not to mention the possibility of the phone getting damaged! Thankfully, we have waterproof pouches that are made from waterproof PVC materials. You can put your device in them and access the phone as the pouch is touch sensitive. Price ranges from Tk 60 to Tk 300, available online and in all mobile accessories' shops.

Umbrella: the quintessential rainy day accessory

No matter which rainy day gear we pick, an umbrella will always be the most preferred. There's the trusty auto open and close umbrellas which provides protection from rain at the touch of a button, or the chic mini folding capsule umbrellas that you can always carry in your backpack.

Feel like standing out among the crowd? Go for transparent or floral designed umbrellas that bring out your style, or if you just want to opt for something basic, then the classic straight long handle umbrellas will never disappoint. Prices of umbrellas range from Tk 450 to Tk 2000, and can be found on all e-commerce sites, shopping malls, and superstores.



By Feda Al Hossain

Photo: LS Archive/Sazzad Ibne Sayed



Romancing monsoon weddings

From the stiff winter-only affair, weddings have now spilled over to the rest of the year. True, that had traditionally been the case, but in recent times, pre-pandemic, we witnessed a surge in winter weddings. All that has changed now and monsoon weddings are the next most anticipated events in the calendar.

A monsoon wedding is not about having a rain drenched event. But God forbid that just may happen! So, be prepared.

The best thing about such an affair — a monsoon wedding that is — is the flexibility it offers. Think beyond the kachchi, the heavy makeup, the suffocating dresses — all that bling. Instead choose things that are easy on the tummy and easy on the body and thus the soul. From the wedding menu to the dresses of the bride, the groom and their entourage — everything can have a dreamy rainy air to it.

It would be silly to give up all the grandeur of a *deshi* wedding for the love of the rains (that however is the whole idea). Making simplicity the theme is the call of the hour. Forget about Bollywood style mehendis, or lavish holuds. It's time to return to the roots and feel really alive through a monsoon wedding!

[FLIP TO CENTRE FOR THE RELATED STORY](#)

Photo: Sazzad Ibne Sayed

Model: Suhi

Styling: Sonia Yeasmin Isha

Wardrobe: Susil Basak

Jewellery: Six Yards Story

Hair & Makeup: Sumon Rahat

Location: InterContinental Dhaka





The idea of a monsoon wedding instantly takes us to a beautiful fairy-tale image. The swishing of wind, the refreshing calmness all around, and a ceremony amongst the drizzle; no wonder some say that the phrase 'romance in the air' was invented for monsoon. However, as dreamy as it sounds, a wedding during such an unpredictable weather does come with some risks.

monsoon WEDDING wardrobe essentials



So here are some major wardrobe ideas to check out if you are attending weddings this monsoon.

THE PERFECT WEDDING OUTFITS

Whether you are the one getting married or attending one as a guest, the goal is to look and feel great all day. However, it becomes a little challenging when the constant battle of sun and rain creates a damp and humid weather. Water stains and sweat patches are the very last things you want on your fancy dress. You must then steer clear of heavy fabrics like katan, raw silk, georgette and velvet. While these are ideal for weddings, they can be rather stubborn when trying to wash out an accidental mud stain.



Star **LIFE** Style

Breathable fabrics like chiffon, traditional cotton, cotton-blend silk, and muslin will give you all the comfort you need while being light and easy to carry.

If you are indeed going to be a monsoon bride or groom, go all out in your commitment! Ditch the traditional deep shades, especially if you have a daytime ceremony. Colours like lavender, mauve pink, powder blue, and different shades of green, are guaranteed to brighten up your mood and your day.

Remember, the idea is to be easy-breezy just like the weather.

Heavily embroidered dupattas are quite the hassle to carry around. Netted or organza dupattas can give the same air of elegance while keeping you at ease.

For brides, these days trending outfits often come with double dupattas, one being a little more detailed than the other. If you opt for these, then make sure that the heavier dupatta is pleated and secured to one shoulder and the length ends well above your ankle.

MAKEUP AND HAIR

Now, there is no universal formula to what amount of makeup should be done on a person. Remember you are the piece of art and not an empty canvas to paint on. The key is to know yourself and how much you are comfortable with. That being said, beauty experts and stylists do have some suggestions for brides and guests alike:

- 1 You must, I repeat, must, waterproof your makeup because smudged eyeliner and blotchy base are absolute deal-breakers.
- 1 Your makeup should be able to withstand the humidity and possible oxidising. Keeping the long hours in mind, put special focus into a fresh and glowing base makeup.
- 1 For monsoon wedding, nudes and pops are more fun choice of colours

than the deep and bold ones when it comes to lipsticks.

While shimmer and shine are all time favourites, you can choose to be the unique one by opting for a matte eye makeup with rosy pink base that will undoubtedly bring out the monsoon queen in you.



The hair is quite possibly the most worrying part of our look, especially when we know that the humidity will catch up to it eventually. Ponytails and messy buns go well with almost all outfits and are less risky for monsoon as they promise to keep the frizz at bay.

BRIDAL ACCESSORIES

The jewellery choice will depend largely on the type of hairstyle you are going for. A high bun accentuates your neck and

chokers may be a great choice since it's trending at the moment, you can also go for statement necklace that lay flat on your collar bone with matching ear studs. Just make sure you are comfortable wearing the jewellery. Silver is back in fashion, try wearing one matching with your traditional saris. For open hairstyles, long necklaces are better with medium to long earrings.

You can also alternate by opting for a pair of gorgeous earrings and cancel the necklace altogether, or vice versa.

The most hyped head jewellerys these days are the head chains that complement literally any hairstyle. They are also incredibly lightweight and easy to carry unlike their traditional counterparts.

WEDDING SHOES

Juttis, whether they are plain, printed, or embellished are both trendy and versatile. Whether you are the bride or the guest, there is a perfect jutti for every outfit. The 'no heels' jutti is super comfortable and safe for parading around both indoors and outdoors.

Heels, especially stilettos, are a big no for weddings in this season. I mean, imagine the sheer horror of your heels getting stuck in wet grass after a dreamy photo session!

Block heels or wedges are a safer choice if you do decide to go for heels.

At the end of the day, you must prioritise your comfort above all else. When you feel like yourself, that smile will always make heads turn.

By Nusrath Jahan
Photo: Sazzad Ibne Sayed
Model: Suhi
Styling: Sonia Yeasmin Isha
Wardrobe: Susil Basak
Jewellery: Six Yards Story
Hair & Makeup: Sumon Rahat
Location: InterContinental Dhaka



Jazz up your food with SALT AND VINEGAR

THE MILLENNIAL COOK
FARIHA AMBER



Epicureans everywhere are thankful for a few flavour pairings that were invented, either by accident or to feed one's curious appetite, and the flavour combination of salt and vinegar is one such creation we ought to be grateful for.

What initiated as a sensational flavour of chips, coming as a complete game-changer in the world of potato crisps, has now moulded itself as an indispensable part of contemporary cooking. However, it would be unwise to limit this amazing flavour pairing to crisps only.

With these two rudimentary kitchen condiments, the sky is really your limit when it comes to elevating the flavour profile of any dish! Thus, here are a few lip-smacking recipes highlighting this classic combination along with a delicious salad dressing.

CLASSIC POTATO CHIPS

Salt and vinegar flavoured chips, albeit all too common, is now a snack residing in every household pantry, and yet a classic that will always hold its reigning dominance. This homemade version is more filling as it swaps the thin potato wafers for a rather chunky bite.

Ingredients

2 large potatoes
1½ cup white vinegar
½ cup cold water + more to cover

Oil for frying
2 tsp salt

Method

Peel and cut the potatoes into thin batons and cover them completely with cold water. Mix cold water and vinegar together and after 10 minutes, submerge the drained potatoes into this mixture. Let them sit for half an hour before frying them in hot oil, until they are crisp and golden. Drain them on a wire rack and generously sprinkle over salt while they are still hot.



BAKED CHICKEN WINGS

These salty and tangy wings pack a punch of flavour that is hard to resist. As a bonus, these wings are baked and use minimal oil, so that you may indulge in these

delicious bites without any remorse or guilt afterwards!

Ingredients

8 pieces chicken wings
2 tsp baking powder
1 tbs oil
For the marinade -
½ cup white vinegar

½ tsp garlic powder
½ tsp white pepper
1 tsp salt

Method

Mix the vinegar, salt, garlic powder, and white pepper until all the condiments are dissolved. Pour this mixture over the chicken wings and let this marinate in the refrigerator for a couple of hours. After that, drain excess marinade and pat the wings dry with a kitchen towel. Toss the wings with baking powder before transferring them onto a greased baking rack.

Bake them in a preheated oven at 120°C initially for 30 minutes before flipping them and taking the temperature up to 200°C for another 20-30 minutes. Once done, sprinkle over more salt while they

are still hot and serve!

TANGY POPCORN

Munch on this fun snack next time you binge-watch your favourite movies or shows. These popcorns are popping with a tangy and salty flavour profile that is irresistible. If you are a fan of salt and vinegar chips, then you are definitely going to love these!

Ingredients

70g unflavoured popping corn kernels
1½ tbs butter
½ tbs white vinegar
1 tsp salt
½ tsp dried dill

Method

Prepare the popcorn according to package instructions. In a pan, melt butter and vinegar together and stir to combine. Drizzle this over the popcorn just as they are done and shake them well to coat. Start with a little amount and add more as you go to prevent making them soggy. Sprinkle over salt and dill and shake again to coat entirely before digging in.

BALSAMIC VINAIGRETTE DRESSING

A vinaigrette is a basic salad dressing that is extremely facile to put together. And once you understand how to equate the ratios to balance flavours, you may come up with a dressing that suits your unique taste buds. This one is my personal favourite.

Ingredients

¾ cup olive oil
¼ cup balsamic vinegar
1 tsp mustard
1 tsp honey
½ tsp salt

Method

Combine all the ingredients in a jar and shake vigorously until emulsified. Give this a taste and balance the flavours with additions as required. This will separate so pour this dressing over your salad instantly.

By Fariha Amber
Food and Photo: Fariha Amber

Easy cheat code recipes

Some recipes may seem daunting, but only to the unseasoned cook. Try these simple methods to tweak those complex recipes into simpler ones.

CHICKEN REZALA

Ingredients

1 free range country chicken, cut into pieces
250g onion, cut in to thick rounds
1 cup yoghurt
½ tsp poppy seed paste
½ tsp ginger-garlic paste
½ cup ghee
¾ tsp chilli powder
1 tsp whole spices (green bay leaves, cinnamon, star anise, cardamom)

Method

Mix all ingredients in a heavy bottom pan and add the chicken in the marinade. Rest for 7 to 10 minutes. Place the pan on medium heat with the lid on and cook until the chicken releases its own water and the meat becomes tender. The gravy should not be runny. Serve with hot parathas, this dish is a winner with children and adults both.



texture of the meat and roll into meatballs. In a separate pan boil water and throw the whole spices into it to release its aroma and taste, add salt to it. In to the boiling water add the meatballs and cook until they are softly poached.

In a separate pan, add oil and rest of the spice paste and cook till the oil separates from the spices. Add the cooked meatballs and add a cup water to for everything to come together, cook on medium heat for 15 minutes or till the oil simmers. Add green chili, and green bay leaves as garnish and sprinkle the garam masala powder on top of it. Serve with rumali roti.

SHUNDHI DAAL BHUNA

Ingredients

1½ cup assorted dal (mushur, mung, orhor, maskalai, and boot dal)
1 tbsp whole spice (cinnamon, cardamom, bay leaves, star anise)
1½ tsp ginger-garlic paste

2 large onions, diced
½ tsp mace and nutmeg paste
1 tsp chilli and turmeric powder
½ tsp garam masala powder
½ cup oil
Salt to taste

Method

Roast the mung dal and pre-soak the rest of the lentils for half an hour. Parboil the assorted lentils in salted water. Keep aside. In a separate pan add oil and the whole spices. Sauté the onions until translucent then add the spices and cook until the oil separates from the spices. Add the boiled lentils and fry it for at least five minutes. Add hot water and cook till the lentils are tender. Garnish with green chili and coriander leaves.

Serve hot with garlic naan.

VEGETABLE KHICHURI

Ingredients

6 florets cauliflower
6 florets broccoli
1 carrot, diced
100g peas
Few sprigs spinach
1 cup chinigura rice
1 cup assorted lentils (mung, orhor, boot dal; pre-soaked and boiled)
½ cup mustard oil or ghee
2 tsp salt
1½ ginger-garlic paste
1 tsp chilli and turmeric powder

1 tsp whole masala (green bay leaves, cinnamon, cardamom, dry chilli)

Method

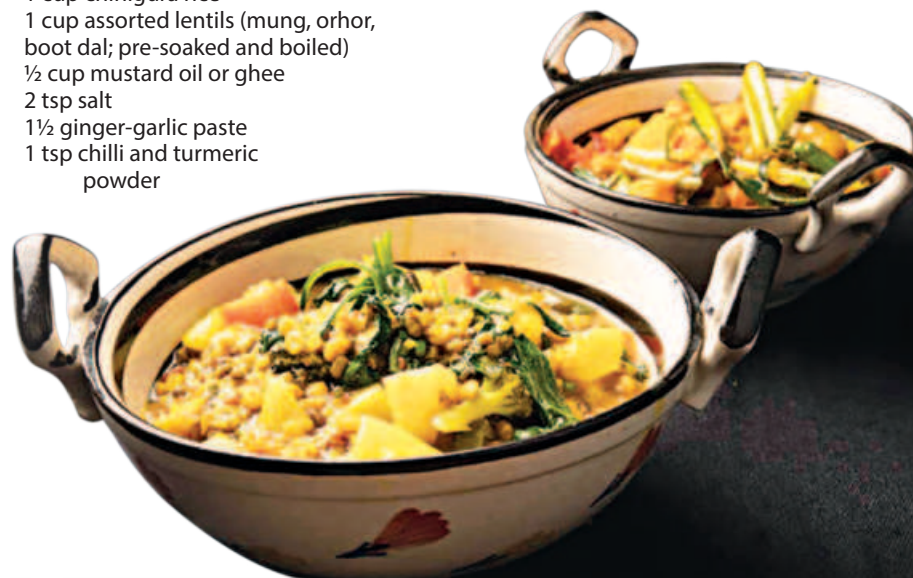
Parboil the vegetables except spinach leaves. In a pot, add mustard oil or ghee and toss the whole masala together for a while until semi fried. Add the grounded masala paste and powder. Keep on stirring.

Once the grains are thoroughly fried add 5 cups of hot water. Remember your khichuri will be of risotto consistency for which you will need extra cup of water. Once the rice and lentil mix start to boil, add the parboiled vegetables to it. Cover the pan and let it cook on low heat. When the grains are mushy and the broth is simmering. Add the spinach leaves and check for seasoning.

Serve the vegetable khichuri with fritters and a side dish of masala eggs.

By RBR

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



SPICY KOFTA

Ingredients

½ kg premium beef finely minced
1 tbsp whole spices (cinnamon, cardamom, bay leaves, star anise)
1½ tsp garlic and ginger paste
1 tsp onion paste
½ tsp mace and nutmeg paste
1 tsp chilli and turmeric powder
½ tsp garam masala powder
½ cup oil
Salt to taste

Method

You need to grind the minced meat further to ensure smooth

The ABCs of Cycling

Have you ever been stuck in traffic on a tedious bus commute and wanted to just skip through? That's a silly question since traffic in Dhaka is never friendly and always dreaded. If you were on a pair of wheels yourself, riding a bicycle, you could just slip through the traffic like a hummingbird.

Bicycle needs no introduction. It's a popular mean of transportation in the rural areas. Perhaps not so much in the cities. But why not consider the idea for a moment?

Why get a bicycle?

There are a number of reasons. The most obvious one is of course — for transportation. If you want an easy ride that gets you to work and back at home, a bicycle should definitely be considered. It will save you bus fares and not to mention, you could navigate through narrow streets and traffic jams with ease without getting stuck. This saves you the trouble of hanging onto the bus handles and every time the buses shy away from the roads, you will appreciate your bicycle even more.



Bicycles also promote sound health. Regular cycling improves your stamina and builds muscles. The act stimulates the heart and lungs and blood circulation. In other words, cycling means you do not have to worry about your daily exercise. You will also notice increase in appetite get better sleep.

Which one to get?

There are a few things you need to consider before buying a bicycle. First of all, you need to decide what type of cycle you want to buy. And this will depend on your purpose of cycling. Do you want to just cycle for pleasure? Or commute? Or are you planning a long cycle tour? Your need will lead you to your decision. But for Dhaka city and for casual commuting as well as beginners, mountain bike (MTB) is a good choice.

"It's suitable for Dhaka streets and easier to handle", assured Sakiul Islam Antor, admin of Riders71, one of the most active cycling groups in Dhaka.



You will notice that there are different styles of handles, different types of brakes and so on. You should always pick the one you feel comfortable with. "For casual use, try to pick a bicycle without gears. Gears can be hectic to maintain and in the long run, a gearless cycle would be better", said Md Jubair Ahmed, Management Director of Golden Wheel BD.

Remember the accessories

If you get a bicycle, you will need a number of accessories to make your ride safe and smooth. First and most importantly you will need to get a helmet. Safety comes first and you should never ride without a helmet. Gloves, kneepads and a pair of goggles should also be considered for personal safety.

Your bicycle is your companion and it

would be a shame should it got stolen. So, for your bike's safety, you will need to get a lock. There are so many different choices for that — pick whichever one satisfies you. For the streets, you will need to get a horn or bell and if you have any plans or possibilities of cycling after dark, you should get headlight and taillight. Both of which are highly recommended for cycling in the city.

Maintenance

Think of your bicycle as your steel horse and horses need attending to. A bicycle will remain in good condition if it's used and maintained regularly. Leaving it in a corner will reduce its performance.

Maintenance cost is not very high and most of the smaller issues can be handled by yourself with the help of some simple tools.

"If you have a patch kit, tyre lever, allen keys, pliers, chain cutter and pumper, you can handle the simple issues yourself", added Sakiul Islam Antor. However, complicated issues that include the braking mechanisms and such should not be meddled with and done by professionals.

Where to buy?

There are a number of places you could get a bicycle in Dhaka. Gulshan link road, Tejturi Bazar, Mirpur — all of these places offer a number of bicycle stores. But 'Bangshal Cycle Market' is where you should consider visiting. It's the biggest

cycle market in Dhaka and you will have a myriad of options, not just in terms of cycles but in shops as well. And it's always good to have options.

"The bicycle market is very dependent on importing and Bangshal is where most of the importers are" reminded Md Jubair Ahmed of Golden Wheel BD who are importers themselves. You will also find all the accessories and tools you need for maintenance at Bangshal.

Café cyclist, Bikeshop BD, Cycle Surgery are some of the renown shops across Dhaka that will offer the accessories as well.

Life behind bars

It's easy to get hooked with cycling once you start. It does not take long to learn cycling and it's even easier as an adult. Once you start cycling, you might consider a cycle tour with friends and family. Bosila, Keraniganj, Mawa Road, Green model town, Amulia model town, a number of spots in Mirpur — these are the best roads for cycling around Dhaka.

You should consider joining a cycling community since they arrange weekly events regularly and it's a great way to hangout, make friends and rejuvenate yourself. You can easily find your local cycling community through Facebook. BD Cyclist, Riders71, North Dhaka Cyclist, South Dhaka Cyclist, Family Cyclist are some of the active groups and it might be worth mentioning that they are very welcoming.

Remember, cycling might be a way of saving time buy driving recklessly to save time should always be avoided. A bicycle is the lightest vehicle on the streets and in case of a crash, the cyclist is most likely to get hurt. So, stay safe, drive safe and always wear your helmet.

By Ashif Ahmed Rudro
Photo: Riders71



#PRESS RELEASES

Marie Stopes Bangladesh opens premium maternity hospital in Mirpur

With a vision to provide quality maternity healthcare services, Marie Stopes Bangladesh (MSB) has taken the initiative to open a maternity hospital in Mirpur to serve its clients.

Marie Stopes Bangladesh, an affiliate of MSI Reproductive Choices that operates in 37 countries around the world, has dedicated themselves in improving sexual and reproductive health of women, men and adolescents across Bangladesh for the past three decades. In 1988, they started off with contraception and family planning services and since then, have opened 40 clinics in 28 districts, out of which 7 are maternity hospitals. They strictly adhere to International Quality protocols that are

followed by Marie Stopes Clinics. This is monitored by teams at Head Quarters in the UK and by their own quality monitoring team at Marie Stopes Bangladesh Head Quarters in Dhaka.

During a conversation, Kishwar Imdad, Country Director, Marie Stopes Bangladesh, told The Daily Star about MSB's premium maternity hospital, which was established to provide premium services to clients who require extra facilities and benefits. This income would support Marie Stopes Bangladesh to be a sustainable organisation and not be dependent on donor funding.

The premium maternity hospital of Marie Stopes Bangladesh promises improved facilities that includes, among others, a

pharmacy where medicines are stored at proper temperatures with zero possibilities of expired or counterfeit medicines. In addition, there is a five per cent discount on all medicines purchased from their pharmacy.

Proficient consultants and counsellors tend to patients' physical and mental health along with a nutritionist to guide the mothers through the dos and don'ts of pregnancy diet. Furthermore, there is also a feedback box which helps them to understand their clients better and customise their services according to their feedback.

'Professional maternal healthcare services are essential to bring down

maternal mortality and infant mortality rates,' said Kishwar Imdad.

The clinic was launched on 4 June by Dr Naushad Faiz, Vice-Chairperson, Board of Directors, Marie Stopes Bangladesh; Kishwar Imdad chaired the opening ceremony.

With spacious air-conditioned rooms and developed Operation Theatre facilities, Marie Stopes Bangladesh celebrates the beginning of a hopeful journey towards a healthier nation.

The Marie Stopes Bangladesh premium maternity clinic is located in House #02, Road #04, Block #A, Section #10, Mirpur.

By Tanzila Kamal Protyasha

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Your conquest might not end in victory. Call on your contacts for help. Make changes at home. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)

Keep your cool in confrontational situations. Be cautious when operating anything this week. You could end relationships with your stubbornness. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

Plan a trip outside the city. You might not see the situation clearly. Get together with friends. Your lucky day this week will be Friday.



CANCER
(JUN. 22-JUL. 22)

Don't let unfortunate incidents hold you back. Enjoy short trips during holidays. Throw yourself into your work. Your lucky day this week will be Wednesday.



LEO
(JUL. 23-AUG. 22)

Relatives will be difficult this week. Keep your temper in check. Don't turn down opportunities to meet someone new. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Don't expect romantic encounters to last. Plan outings with loved ones. Get involved in creative groups. Your lucky day this week will be Wednesday.



LIBRA
(SEP. 24-OCT. 23)

Don't judge too harshly. Be careful while traveling. Don't force your opinion on others. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

Keep important information to yourself. Get involved in groups. You will be quite fortunate this week. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

This period of uncertainty will end soon. Clear up any pending work. Don't let relatives get the better of you. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Help sort out issues among friends. Avoid confrontations as much as possible. Think twice before making a move. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Not everyone will agree with you. Throw yourself into work. Travel will alleviate stress. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)

Start planning for your own business venture. Your devotion will be persuasive. Be helpful towards your colleagues. Your lucky day this week will be Saturday.

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#FASHION & BEAUTY

Style guide for wearing jeans that fit you well

The appeal for jeans is universal. We have all seen, admired and worn them — the classic skinny jeans, the retro boyfriend jeans, the flares aka bell-bottoms — denim are certainly an indispensable anchor to any wardrobe and are donned as casual wear by many. Again, it is unanimously acknowledged that denim pants never go out of style, and they function as versatile wear in countless occasions; however, ill-fitted jeans can be anyone's worst nightmare and negatively impact the overall look.

Here are some tips to help you choose jeans that complement your natural form.

Understand your body shape
No two people have the exact curves in the same places, and everybody has their unique fits. Nevertheless, there are five distinctive silhouettes that determine body shapes: hourglass, banana, strawberry, apple, and pear. Hence, figuring out your body shape is crucial for choosing the correct jeans that will precisely suit and accentuate your figure.

Each type of jeans hug and bring out the finest features of different shapes very distinctively; therefore, it is a difficult task to find one variation of jeans that suits every type of body shape — if the upper part of your body is in proportion with the lower half and if you have slim legs and a flat hip, then you are in the possession of an apple-shaped body! And for you, straight-leg, skinny and flare jeans will be the most suitable options.

Have you ever closely noticed a coke bottle? Well, an hourglass shape uncannily mirrors the figure of a coke bottle — or else, think about Marilyn Monroe. High-waisted, wide-leg and skinny jeans will accentuate your curves



and shape

stunningly. And if you have a pear-shaped body (small shoulder and wide hip), go for a bootcut and slim-straight jeans.

Strawberry shaped body types resemble the shape of a triangle — wide shoulders, slim hips and very little weight around the thigh area. So, your goal should be to make your silhouette or top half seem balanced; try to avoid skinny jeans and opt for flared and straight-leg versions.

As unnatural as it may sound — a banana-shaped body lacks a natural waist definition! And the hips are almost as wide as the waist. Stay away from baggy and boyfriend jeans, and go for the jeans that fit right above the hips or low on the waist.

The versatility of jeans

Jeans are stylish, versatile and easy to maintain; and we all possess at least a middling amount of

wash jeans. And voila! You can easily rock a look that you can effortlessly wear to office, parties or family gatherings. However, do remember to avoid ripped or faded jeans as they can be deemed inappropriate and are not included in the "smart-casual" dress code.

Again, jeans can be donned as business-casual wear when paired with business attire and styled for the office environment. If you have black straight-leg jeans, a button-down shirt and an elegant jacket or blazer, you can easily transform the outfit into business-casual wear by pairing it with a nice pair of loafers or dress heels or flats.

Nevertheless, it is always a good idea to check with a specific company's dress code — so, if ever in doubt, do not hesitate to ask the company if they have any particular dress code, especially, if you are interviewing for a job.

Dos and Don'ts

Jeans are certainly a popular and preferable item of clothing for many — some like to don it as casual wear whereas others as both smart and business casual wear — and nowadays, many shapes and styles of jeans are available at everyone's disposal.

But no matter how comfortable and fashionable they may be, there are a few dos and don'ts that should be kept in mind while wearing denim pants.

Jeans come in a variety of washes, so do choose dark wash denim, especially black and other dark colours as they are more formal and transitional. However,

don't choose overly distressed denim or jeans with splashy patterns.

By all means, do get a pair of well-fitted jeans as the jeans that fit you just right will naturally highlight your best features and style. And in the least, don't buy low-hanging jeans!

On a final note, always remember to choose the types of jeans that make you feel confident and comfortable — as by finding the right fit, you can not only show off your style but also can feel phenomenal in any situation.

By Ayman Anika

Photo: Ls Archive/Sazzad Ibne Sayed



sartorial imagination — so why not be creative and make jeans the ultimate go-to clothing item in our wardrobe that is perfect for every occasion?

Jeans can be regarded as the



quintessential smart-casual wear. Ponder over blouses, polo shirts, button-downs or even panjabi/kurti and pair them with straight or tailored-fit dark