



#CHECK IT OUT

# On the occasion of International Men's Day

The fact that International Men's Day is on the same date as World Toilet Day has been the source of many jokes! Anyway, the date we are talking about is 19 November -- a day to celebrate the men in our lives, to raise awareness about men's health and well-being, etc.

And hence this Tuesday, with the upcoming International Men's Day in mind, Star Lifestyle presents you with a kaleidoscope of stories discussing various issues that are of interest to men and those concern men in daily lives.

We explore mental health and well-being, for example, how societal pressures like "men don't cry" are absolutely absurd.

Meanwhile, parenting is a challenge for everyone. Focusing on fatherhood, we share some life hacks for the new dads out there -- to handle this role like a pro.

On the other hand, our style guide for beards is a must-read for those who love sporting facial hair, suggesting various trendy types and styles to follow.

Just donning a stylish beard does not make one suave, of course. Gadgets and gears and perfumes and so on add to your persona, and define who you are. Read our magazine today to take a dive into this tantalising world of hobbies and passions.

Amidst all, finding time to hang out with your buddies is very important to wind down. So, take a look at our recommendations for a men's night out.

All said and done, do check out our exclusive on the celebrated artiste, Kanak Aditya, as the musical maestro opened his doors for us, giving a look at his awe-inspiring home as well as his equally awe-inspiring lifestyle.

Without further ado, flip through the pages of today's Star Lifestyle. This one is for all the men out there!

— LS Desk

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**Model:** Rabbi

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