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Star

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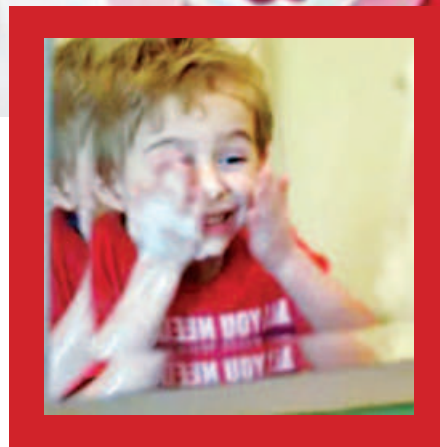
E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A pu

Repeating *your* WEDDING couture?

Repeating wedding couture:
Promoting a new styling mantra

REPEATING WEDDING COUTURE: PROMOTING A NEW
STYLING MANTRA
IN CONVERSATION WITH SAIMUL KARIM **P4**
ESKAY DECOR AND ESKAY EVENTZ
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STEW RECIPES
PHOTO: SAZZAD IBNE SAYED
MODEL: EFA
JEWELRY: SIX YARDS STORY
BLOUSE: THE BLOUSE HOUSE
WARDROBE: TANGAIL SAREE KUTIR
STYLING: SONIA YEASMIN ISHA
ASSISTANT COORDINATOR: SUMON RAHAT
MAKEUP: MASUM, SHUMON
LOCATION: SHERATON DHAKA

Get your children excited about washing



Hygienic practices begin at home. When it comes to children, what they eat, play with, and the products they use on their bodies are things that parents need to look over. Additionally, we want to ensure that our children can develop the habit of frequently washing their hands, using soap while taking a bath, and other similar hygiene habits. It can be tricky at times as these habits seem tedious to children and not something they can enjoy. However, there are ways to install these habits in them by creating fun routines.

First of all, children are more likely to adhere to any habit once they understand its importance. Taking some time to properly explain to them why washing their hands regularly and using body wash or soap during bath time is important, will encourage them to do so. Next, teach them how to and make it easy. For instance, provide them with a simple routine of washing up like:

- Step 1: Get wet and soapy
- Step 2: Rub the soap all over
- Step 3: Rinse with water
- Step 4: Dry yourself with a towel

It might be worth having a small piece of paper with the steps written close by so they can learn to do this themselves as a game. Additionally, your children could have trouble simply reaching the sink or faucets. It is wise to buy a child-safe stool or step that they can use instead of placing the basin at the child's height. Be sure to ensure that the soap or body wash is accessible and within their reach as well.

There are many ways to make bath time and hand washing enjoyable for kids in order to encourage them to develop these habits and become excited about them. A smart place to start is by using soap in the shape of characters or coloured soap. Another entertaining method is to teach them the process using rhymes. For example:

Twinkle, twinkle little star
Look how clean my two hands are
With soap and water, wash and scrub
Got those germs off, rub-a-dub-dub
Twinkle, twinkle little star
Look how clean my two hands are!

There are many other rhymes available on the Internet that might help make this habit easier for children to learn. In this way, it helps integrate such practices into their routine instead of making it a chore that they are more reluctant to fulfil.

What might encourage them even more is a reward. It is not always necessary to reward good behaviour with gifts or snacks. Your child may benefit from a straightforward star system where each time they wash their hands, they receive a sticker. Perhaps the only incentive children require is your congratulations and acknowledgment.

Overall, as they grow older, these habits will slowly become a part of their daily routine and they will continue doing these things without any monitoring. Besides, proper cleanliness and hygiene habits are necessary for everyone in the family to protect themselves from germs and diseases. It might be a little time-consuming to get the little ones accustomed to these practices, but it will benefit them and everyone around them with a healthier lifestyle.

By Puja Sarkar
Photo: Collected



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Saimul Karim: The man behind Eskay Decor and Eskay Eventz

As we are evolving with time, there are a few things that have become an integral part of our lives. Luxury furniture and seeking help from professionals to make events hassle-free were probably not a priority for us even 10 years ago, but Saimul Karim realised the need and tapped into these fields, way before any of his contemporaries. Back in the early 2010s, when Saimul started working with different brands as a designer, he soon realised he has the potential to do something of his own. Thus, Eskay Decor and Eskay Eventz came into being.

"I have always had a good eye for décor.



So, when I decided to turn my passion into a profession, I knew I needed to bring something to my clients that no one else is bringing," shared Saimul, explaining the thought behind Eskay Decor.

Eskay Decor combines luxurious furniture materials with imaginative designs to create something unique. Every piece of furniture they have defines luxury, whether it's a bed base, a leather sofa, a solid wood dining table, or a sideboard, Saimul makes sure quality and aesthetics are never compromised.

"The pieces that you will find at Eskay Decor are more than just furniture. They are an expression of luxury blended with art," shared Saimul.

Another successful venture of Saimul Karim is Eskay Eventz. Specialising in specific theme-based celebrations, Eskay Eventz tailors their services according to the need of its clients. From outdoor settings to exquisite hall rooms, no matter the venue, they turn the vision of their clients into reality with utmost dedication.

Some of the biggest events of the

country that created a buzz among netizens were organised by Eskay Eventz. Actress Pori Moni, who is known to celebrate her birthday lavishly, also chose Eskay's services to celebrate her birthdays.

"Events of such scale have a lot of anticipation behind them. It was quite hectic arranging the much-awaited birthday and there were a lot of eyes on us. But at the end of the day, it was successfully done by us," shared Saimul Karim.

Eskay Eventz was also responsible for creating a breath-taking atmosphere for actress Bidya Sinha Mim's engagement ceremony. Explaining more on the thought behind the event, Saimul Karim shared, "Mim had a very specific vision for her special day. She wanted a contemporary décor, which would allow her friends and family to enjoy the day without any inhibitions, and that's what we aimed to do for her."

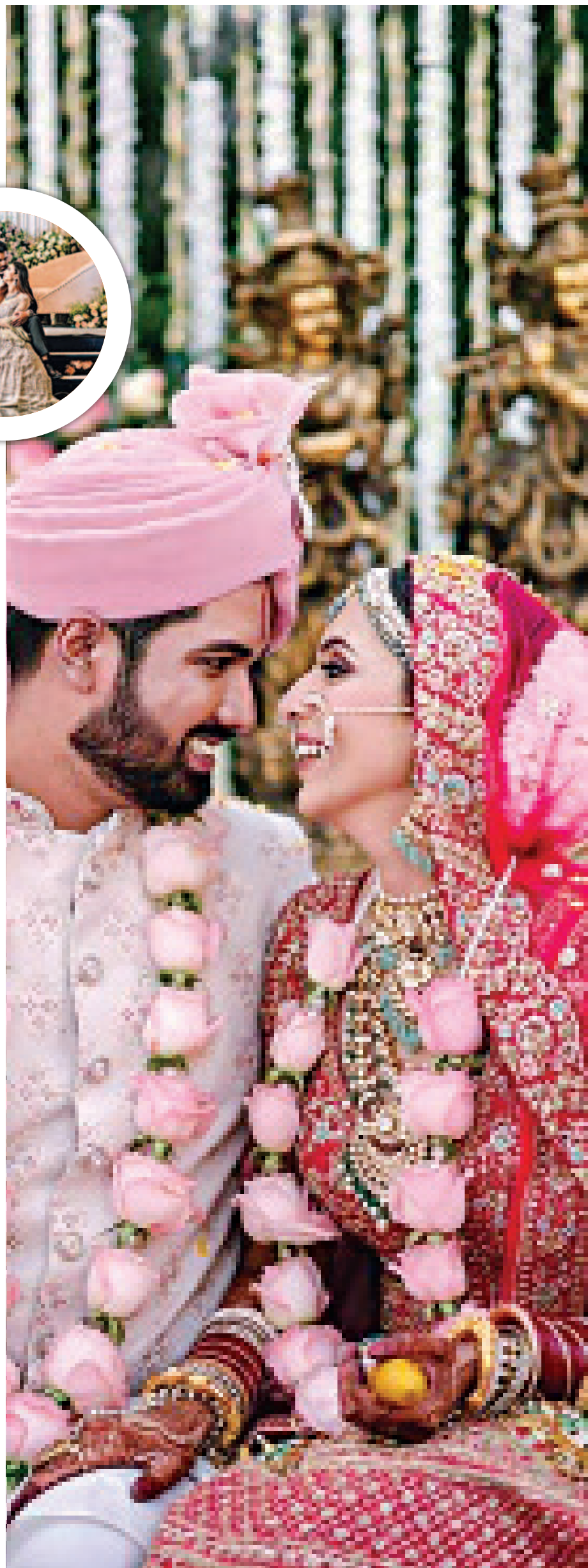
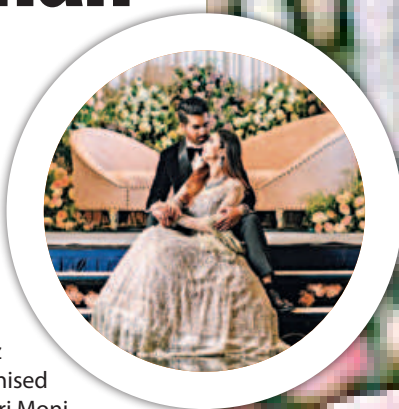
As someone passionate about art and decor, Saimul Karim is always looking for a way to create a sweet balance between



aesthetics and functionality. Even though during COVID some of the plans for his ventures were interrupted, he has high expectations from 2023.

Sharing his plans, Saimul said, "There was a small hiccup during the COVID period, but since the beginning of 2022, things are turning around for us and we are confident that in 2023, we will expand more and reach out to people outside of Dhaka as well."

By Maisha Tarannum Iqbal
Photo: Eskay Decor and Eskay Eventz





#FASHION & BEAUTY

Stride with flair this wedding season

Fairy lights and festive vibes have taken over the streets of Dhaka – it's the wedding season after all! Winter brings with it many end-of-year festivities and the much-awaited wedding season, where we celebrate new beginnings and put on our best outfits. However, no look is complete without the right pair of shoes.

With brands like Moochie and Venturini from Apex, you can select from an array of elegant shoes to spruce up your wedding look this season.

Men can never go wrong with a formal outfit at weddings and Venturini men's formal dress shoe is the perfect pair to complement that look. Its sleek and stylish design will elevate your overall ensemble and add that elegant vibe.

The shiny black exterior makes for a bold look that you can pair with formal attire for weddings and parties. Pointed or round-toe, it comes in various designs so that you can make the right pick for yourself.

Alternatively, if you are in the mood to steal the show with some good old traditional wear but with a touch of royalty, then Venturini men's zardozi embroidered shoes are the perfect pair for you to flaunt. The velvet upper gives a luxe appeal and the royal golden zardozi embroidery work adds a regal element to it.

These are available in various shades and designs, such as subtle grey hues and royal blue tones. These are perfect to pair with ethnic attires such as sherwani or panjabi for a statement look that will make you look exclusive on the wedding day.



No matter how much they follow what is trending, women always prefer to stand out of the crowd, and Moochie square-toe heel sandals do just that! Its flared stiletto heel with stone embellishment will not only lift your height but also uplift your posture with elegance. The stylish square toe will provide added flair to your feet and the stone-embellished braided strap design allows for a standout style.

You can pair Moochie square-toe heel sandals in the shade maroon with black,

white, or beige attires for a bold and striking look. But if you want something more versatile, then you can opt for the black rendition that has a silver, glittery, stone-embellished braided strap design, which can enhance the look of any outfit.

Black is a colour that never fails us and its versatility makes it well-suited with any ensemble.

The Moochie black velvet clutch is all you need this wedding season. The golden detailing on the edges and scintillating stone embellishment at the front and lock make it the perfect accoutrement to carry around.

While a black clutch adds a touch of boldness and sleekness to your choice of attire, golden screams chic and classy. The Moochie satin gold clutch is a simple yet elegant one, that will let you

accessorise it with all kinds of outfits, be it a shalwar kameez or sari.

You can never go wrong with metallic shades to complement the sequins and glitter on wedding attires. Thus, the Moochie square-toe heel in the metallic gold shade is a must-have in your wardrobe this wedding season. It is a stylish and versatile pair that can complement everything from subtle shades to dark colours.

Alternatively, for something classier, you can go for the Moochie embellished transparent block heels. Its stone-embellished silver strap design can easily add flair to any outfit. The fashionable square toe and trendy transparent block heel will exude an urban fashionista vibe from within you.

This wedding season, take out those gorgeous wedding attires and uplift your fashion game. Do not worry about making a style statement with up-to-the-minute chic shoes and clutches to complete your look, because Apex has got that covered for you.

By Fariha Amber
Photo: Apex Footwear Limited



WEDDING

bellies

and the confessions of an outfit repeater

Personally, I suffer from millennial anxiety disorder, where I worry about getting dressed in the morning before going to the office. My mind gets restless about not repeating an outfit, as if I was back in high school once again. You cannot blame me either, all this obsession is further augmented because of working in a fashion-centric magazine, where I am regularly advising the new generation on their daily outfit choices.

Whatever my state of affairs, one thing is clear; it is near impossible to manage a new set of clothes every day. It is neither justifiable, workable, ecologically efficient, financially viable, nor intelligent.

But then there's social media and society's deep-rooted judgement against misfits like a tacky outfit repeater. How do we manage both – or do we?

My next question is more whole-hearted. Heritage looms are supposed to be passed down through generations. I have seen my mother wear my nanu's authentic muslin saris on special occasions, and luckily, I have been passed down these beautiful garbs, with a few other additional wardrobes from mum's own collection, like the *Banarasi katans* and regal *Jamdanis* from the bygone era.

Now, if I wanted to wear them on special days of my life, would social media consider me an outcast? And does it even matter if it did so?

A thoughtful loved one once said – it's not social media at all. The whole thing is cooked up in our heads and we blow the idea out of proportion. Whatever it is, there must be a mediation, an in-between where we can proudly display our assets from the past and also blend in with the trends of the new age.

When heritage wear and outfit repeat is a pride

At Star Lifestyle, we always invite experimentation. The team always puts in an extra effort to contemplate styles where the heritage looms are repeated, religiously. From combining jeans and halter neck blouses with the traditional katan, we tried and tested everything. And surprisingly, the

looks came out winning every time.

Shaming ourselves over outfit repeat is both unnecessary and futile. Wear outfits to your heart's content. Wear it in every way possible until it gets out of your system. Then save it for another day, when after a long time, it will seem all new and fresh once again!

And the thing about social media may be real, but people are not judging us because we wear the same clothes twice, but because we do not experiment with our looks. Everyone around us knows that is it not worth spending thousands on clothes, but they are also not interested in looking at photos where we look all the same. So, maybe the best way out of all this puzzle is to experiment.

And how do we do that?

Maybe we wear different accessories with the same dress, tie up our hair in a unique way every time, or maybe drape that favourite sari of ours differently and there is plenty of ways to do it other than the traditional 'nivi' style.

And if you think you have had enough, or maybe the dress has become too worn out, but still has those sensibilities attached to it, then it's definitely time to upcycle. The same katan would look lovely as an accessory like a bag or another piece of clothing like a jacket maybe?

Whatever the case, your beloved granny's muslins stay with you forever.

By Fashion Police

Photo: Sazzad Ibne Sayed

Models: Efa, Borno, Tarin, Suhi

Jewellery: Six Yards Story

Blouse: The Blouse House

Wardrobe: Tangail Saree Kutir

Styling: Sonia Yeasmin Isha

Assistant Coordinator: Sumon Rahat

Makeup: Masum, Shumon

Location: Sheraton Dhaka

DESHI MIX
SALINA PARVIN


Stew Recipes

During winter, stews, soups, and broth are frequently served as everyone wants a big supper as the temperatures drop. They crave food that will not only keep them warm but also provide the nutrition needed to stave off seasonal illnesses that are so prevalent. While a broth can be compared to a thin soup, a stew has a thicker consistency as the elements — large pieces of vegetables, meat, poultry, or fish—are cooked slowly over low heat. On these chilly January evenings, you can stay warm by making one of these stew recipes below.

OXTAIL STEW

Ingredients

½ kg oxtail
 2 tbsp olive oil
 2 large onions, chopped
 6 cloves garlic, chopped
 1 tbsp fresh ginger, grated
 ¼ tsp allspice powder
 ½ tsp smoked paprika
 ¼ cup tomato paste
 2 tbsp soy sauce, low sodium
 4-6 cups beef broth
 4 spring fresh thyme
 2 bay leaves
 1 cup sweet corn kernels
 1 tbsp corn-starch
 3 green onions, chopped
 ½ tsp pepper powder
 Salt to taste

Method

Heat olive oil in a large pan over medium high heat. Season the oxtail with salt and pepper and sear them on all sides until browned. Transfer to a plate and set aside. Add onion to the pan and cook until translucent and softened. Add ginger and

stir in the corn kernels, then simmer for another 25-30 minutes uncovered. Remove the bay leaves and thyme. Whisk the corn-starch with 1 tablespoons of water to create a slurry. Stir the slurry into the pan and increase heat. Stirring until the mixture thickens. Garnish with freshly chopped green onion and serve.

MOROCCAN LAMB STEW

Ingredients

½ kg lamb tenderloin, cut into 1-inch cubes

250g shrimp

1 large onion, chopped
 2 clove garlic, chopped
 1 tsp chilli powder
 3 cups fish broth
 1 tsp green chilli peppers, chopped
 ½ tsp ground cumin
 1 cup peeled and diced tomatoes
 8-10 basil leaves
 1 tbsp oil
 Salt to taste

milk, stock, lime juice, and salt and pepper. Bring to a simmer. Stir in the chicken and corn. Cook for 3-5 minutes. Add spinach, basil and mix well. Transfer to shallow bowls, garnish with basil and serve.

LEMONY SHRIMP AND BEAN STEW

Ingredients

500g shrimp, peeled, deveined and tails removed
 1 tsp fresh lemon zest
 2 tbsp lemon juice
 1 tsp smoked paprika
 2 garlic cloves, grated
 4 tbsp unsalted butter
 1 large onion, minced
 ½ tsp black pepper powder
 1 cup boiled white beans
 2 cups vegetable stock
 2 tbsp finely chopped parsley
 Salt to taste
 Toasted bread, for serving

Method

Combine lemon zest, paprika, garlic, and salt and pepper in a medium bowl. Add shrimp and toss to coat. Keep aside. In a large pot, melt butter over medium high heat. When butter is foaming, add shrimp and cook, stirring occasional, until turn into pink or 2-3 minutes. Using a slotted spoon, transfer the shrimp to a plate, set aside. In the same pan, add onion, season with salt and pepper cook until soft and starting to brown. Add white beans and vegetable stock, bring to a boil over high heat. Lower the heat and simmer for 8 to 10 minutes. Stir in reserved shrimp, parsley and lemon juice. Season with salt and pepper. Serve with toasted bread.

MIXED VEGETABLE STEW

Ingredients

2 medium carrots, 1-inch cubes
 1 medium green papaya, 1-inch cubes
 2 medium potatoes, 1-inch cubes
 ¼ cauliflower, cut into small pieces
 ½ cup green peas
 8-10 spinach leaves, chopped
 1 onion, sliced
 2 clove garlic, chopped
 1 tbsp refined flour
 2 cups vegetable stock
 7-9 black pepper corn
 Salt to taste
 2 tbsp butter
 ½ cup milk

Method

Heat butter in a deep pan. Add onions and garlic and sauté till translucent. Add potatoes, carrots papaya, cauliflower and stir. Add refined flour and stir. Add vegetable stock and salt. Cook for 8-10 minutes or till the vegetables are done. Add crushed black pepper and milk. Let the mixture come to boil. Cook for 2-3 minutes. Remove from heat and serve.

Photo: Sazzad Ibne Sayed

Food: Salina Parvin

Styling: RBR



1 large onion, chopped
 1 large carrot, chopped
 3 garlic cloves, chopped
 1 tsp ground cinnamon
 1 tsp paprika
 1 tsp ground cumin
 2 cups lamb broth
 ½ cup golden raisins
 ¼ cup halved pitted olives
 1 cup chickpeas
 ¼ cup fresh cilantro
 1 tsp lemon peel
 3 tbsp olive oil, divided
 Salt to taste

Method

Heat 2 tablespoons of oil in a heavy large saucepan over medium-high heat. Sprinkle lamb with salt and pepper. Fry until brown on all sides. Transfer to plate. Add remaining 1 tablespoon of oil, onion, carrots and garlic to the pan. Cook until vegetables are soft, stirring frequently, for about 2 minutes. Add spices and stir. Add broth, olives, raisins, chickpeas and cilantro. Bring to boil, simmer until juices thicken. Add lamb and lemon peel to pan. Stir and cook for 5-6 minutes. Remove from heat and serve.

SPICY FISH STEW

Ingredients

250g fish filled, white

Method

Heat oil in a large saucepan over medium heat. Add onion and garlic sauté for a few minutes. Add chilli powder and mix well. Then add the fish broth, green chilli peppers and cumin, stirring well. Bring to a boil, reduce heat to low, cover and simmer for 10 minutes. Next, add the tomatoes, shrimp and fish. Return to a boil, then reduce heat to low, cover and simmer for 5 minutes. Add salt if needed. Add basil leaves and remove from heat. Serve hot.

SPICY COCONUT CHICKEN STEW WITH CORN

Ingredients

4 cups shredded chicken
 1½ cups fresh corn kernels
 3 cups spinach leaves
 1 cup basil leaves
 3 shallots, thinly sliced
 2 fresh chillies, thinly sliced
 1 cup unsweetened coconut milk
 1 cup chicken stock
 ¼ cup fresh lemon juice
 Black pepper powder
 Salt to taste
 2 tbsp oil

Method

In a large, deep skillet, heat oil. Add the shallots and chillies. Cook over moderate heat, stirring occasionally. Add coconut

garlic, stir and cook for 1 minute. Stir in allspice, smoked paprika, soy sauce, tomato paste and cook for 2-3 minutes until the paste browns slightly. Add the oxtail back to the pan. Add beef broth, thyme, bay leaves and bring to a boil. Turn the heat to low and cover with a lid slightly cracked. Simmer for 2 hours. Remove the lid and

#FOOD & RECIPES

Satiate your sweet and savoury cravings with Expressions – Chocolates & Cakes

There is barely anything in the world that good food can't fix, and whether your desires are sweet or savoury, Expressions – Chocolates & Cakes has something delicious in store to satiate everyone's cravings.

Established as an online bakery in 2017, Expressions – Chocolates & Cakes is a passion project that turned into a profession for Sumaiyah Abid. Since then, she and her husband, Ashiq Ferdous, have been delivering delicious boxes of happiness through their Facebook page.

"We wanted to create something special and thus, we started by making cakes, cheesecakes, and chocolates," said Ashiq Ferdous.

Over the years, the "berrylicious cheesecake" has turned into a fan favourite. Filled with the goodness of strawberry and blueberry, every mouthful has a fresh burst of sweet and tangy flavours from the berries. Another unique creation from the cheesecake line is the matcha cheesecake, which is subtly sweet and far from bitter with the earthy flavour of matcha.

What really makes the cheesecakes so soft and delicious is the homemade cream cheese that goes into it (plus a secret ingredient!). Apart from cheesecakes, they have an array of amazing desserts,

including doughnuts, cookies, and tarts. Recently, they have launched oval-shaped French tarts that are filled with rich chocolate.

The chocolate chip cookie is another must-try item on their menu. The chunky, fudgy cookies taste heavenly from the first bite. Making sure that there is something for everyone, these cookies are also available in sugar-free, gluten and dairy free options. Apart from that, sugar-free cakes can also be made upon request.

From this delicious array of sweets, what truly stands out are their homemade artisan chocolates. Albeit homemade, the raw ingredients that go into their making are directly sourced from Belgium and Switzerland, keeping authenticity in mind. These premium quality chocolates are crafted in different shapes and flavours at home, with utmost love and care.

They are available in various flavours including milk, white, and dark chocolate. Choose nutty options from hazelnut,

almond, and pistachio, or go fruity with orange, strawberry, and other fruitful flavours. Opting for the assorted box will give you a taste of all their delightful creations. You can also choose to customise your chocolates as per your own flavour pairings. Chocolates are available in bite-size pieces and bars.

In the spirit of the festive wedding season, Expressions – Chocolates & Cakes has introduced a wedding special gift box known as "The Bridal Box." Here, you will find an assortment of premium artisan chocolates of various flavours that can be customised – perfect for sending as a gift during weddings.

If you want to delve into the joy of baking a homemade cake but do not want to go through the hassle of gathering every ingredient, then their cake mix should be the next addition to your pantry. This easy-to-use mix includes everything you need to make the ultimate cake! As for their hot chocolate mix, it has

the perfect recipe to concoct a delectable mug of hot chocolate that will warm the soul.

If all this sounds mouth-watering to you, there is more to it. Their line-up of savoury items features cheesy deliciousness. The pizzas available come decked with the right amount of sauce, delectable toppings, and the perfect, gooey cheese-pull.

But in the savoury line, lasagne stands as the showstopper. The layers of pasta, meat, sauce, and cheese all come together to create a sensational affair with every spoonful. The labour of love that goes into their making homemade cheese really shows through.

Expressions – Chocolates & Cakes not only delivers food but delivers boxes of happiness with their flavoursome array of sweet and savoury items. They are currently taking orders via Facebook and some items are available in Foodpanda. They deliver all over Dhaka and some selective items make their way throughout Bangladesh.

By Fariha Amber
Photo: Expressions – Chocolates & Cakes
Facebook: <https://www.facebook.com/expressionscc/reviews>
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Bata brings anti-bacterial 'Back to School' line-up of shoes in Bangladesh for the first time

From receiving books on the first day of school to meeting friends, school on a new year is full of joy for children. To make sure that school-going children have everything they need at their disposal, parents have to look after a whole set of things, like buying new stationery, school uniform, and a safe pair of school shoes for the youngsters.

Of course, children will be running and jumping around with their friends at school in no time, which more than anything will take a toll on their shoes, as they will reek of sweat, and be prone to attacks from bacteria and fungi!

Many children in Bangladesh fall sick because of the prevalence of micro-bacteria in their shoes, hence it's important to pick the right shoes to fight against all the bacteria, and foul odour.

Bata Bangladesh has addressed these health concerns for school-going children's shoes and has introduced the 'Back to School' line-up, with its life-natural technology integrated into the footwear that will control the odour by destroying 99 percent of the bacteria. The best thing about this technology is that in addition

to its anti-micro bacterial protection, it's made from peppermint plant oil, making it a completely natural process.

Bata's life natural technology comes from the best raw materials and is safe enough to receive EPA (U.S. Environmental Protection Agency) and BPR (Business Process Reengineering) certified approvals. One of



the specialties of this technology is that it can be stored even at 50 degrees Celsius. The textile and polymer-induced 'life materials' keep odour and micro bacteria at bay and help protect children.

Bata's new life natural technology

infused 'Back to School' shoe collection is available in two colours — black and white — so parents can easily buy the preferred shoes for their children. The shoes, in addition to being comfortable and safe for children to wear, also have a very eye-catching design. The shoes are available at different price points depending on the size

and design; customers can get instant 10 percent cash back if the payment is made through bKash.

By Feda Al Hossain
Photo: Bata



batabd.com

SCAN FOR ENTIRE COLLECTION

জাগজাগ ব্যাকটেরিয়া
KILLS 99% BACTERIA

দারুণ অফার
১০% ক্যাশব্যাক
বিকাশ পেপার

বাংলাদেশের ১ম
অ্যান্টি-ব্যাকটেরিয়াল স্কুল শূ

Natural Technology

BFirst Since 1974

#FASHION & BEAUTY

Top 3 handbag trends: Fashion accessories you need

Haters will hate and naysayers will dismiss it as frivolous and shallow but we women love our bags. And what's not love about bags? They instantly bring sophistication and elegance to a look, help us carry our essentials in élan and add polish to an ordinary ensemble. Choosing one can be mind-boggling when there are so many interesting options out there so we have done the dirty work and selected the hottest shapes and designs for you to add to your repertoire!

Belt bag

Relegated to tourists busy exploring a

new country who needed to keep their valuables close and easily accessible, the modern belt bag is so much more. Perfect solution for mums on the run, teens on the go, active kids who like to have their hands free, cool youngsters slinging it across their chest — we all need a belt bag in our lives!

Mini bag

Cute and compact a mini bag packs little but is a sartorial heavy-hitter. It's not practical at all, we have to admit, but boy is it sweet and stylish! Perfect for night-outs, formal gatherings and any time you want to carry it a mini is a must-have in the modern



fashionista's wardrobe. There is a wide array of styles to choose from at every price point

and has replaced the clutch in form and function.

The pouch

A shape (or lack thereof!) made popular by handbag giant Bottega Veneta — the soft, squishy pouch is the modern descendent of the oversized clutch. Rendered in sumptuous, buttery leather this style is chic and sophisticated. While meant to be tucked niftily under the arm, some versions come with a thick metal strap for hands-free carrying.

By **Sabrina N Bhuiyan**

Photo: **LS Archive/Sazzad Ibne Sayed**

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Catch up on correspondences. Avoid spending on luxuries this week. Join a gym to burn off that excess energy. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Dazzle potential partners with your charm and wit. You will have emotional upheavals. Don't be distracted. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Manage your time efficiently. Don't hesitate to clear your confusion. Your dedication will pay off. Your lucky day this week will be Sunday.



CANCER
(JUN. 22-JUL. 22)

Don't let your anger consume you. Your talent will be admired. Don't let relatives get the better of you. Your lucky day this week will be Sunday.



LEO
(JUL. 23-AUG. 22)

Don't let situations get out of control. Be open with your intentions. Learn to accept drastic changes. Your lucky day this week will be Saturday.



VIRGO
(AUG. 23-SEP. 23)

Invest in profitable ventures. Professional duties will get you down. Talk to someone experienced about your present situation. Your lucky day this week will be Friday.



LIBRA
(SEP. 24-OCT. 23)

Keep yourself busy if things get tough. Someone you like may be reciprocate your feelings. Your partner will not understand your needs. Your lucky day this week will be Monday.



SCORPIO
(OCT. 24-NOV. 21)

Social events will be successful. Listen to those who care for you. Keep the peace, whatever it takes. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Don't overreact to someone's advances. Be ready to explain your actions. Your leadership qualities will come in handy. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

People will stand in your way. Implement your ideas into your projects. You may want to get involved in creative groups. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Find ways to promote your career objectives. Look into events that are interesting. Make plans to travel. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

You'll look guilty if your intentions aren't clear. Things may not be as it seems. Take advantage of any moneymaking ventures. Your lucky day this week will be Sunday.

Typhoon
Fabric Care

3D Technology

- Microfiber Cleaning
- Multi Stain Removal Enzyme
- Long Lasting Freshness

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How to setup your workstation to boost productivity

Having a well-organised ergonomic workstation can help you work more comfortably and efficiently. Whether for your office or home, there are a few common things to keep in mind to ensure it. Below are setup suggestions for your workstation that will help to boost productivity.



Keep daily essentials near

Keeping your everyday necessities near can help boost your productivity by reducing the time and effort spent searching for items. This might include items such as a water bottle, a notepad and pen, a calculator, or your phone.

It's also a good idea to organise your workstation so that the items you use most frequently are within easy reach, while less frequently used items can be placed further away. This can help you stay focused and avoid distractions, allowing you to finish more in less time.

Use a comfortable chair

A comfortable chair adjusted to an ergonomic height is integral in a good workstation setup. It helps to keep your posture in a way that reduces the harm of working a long time at once. However, an uncomfortable chair can lead to discomfort and even pain, which can distract you from your work and reduce your ability to focus.

When selecting a chair, it is vital to ensure that it has lumbar support, armrests, and the ability to adjust the seat height and angle. By choosing a comfortable chair, your work environment allows you to work more efficiently and effectively.

Utilise your drawer

A cluttered workstation can be distracting and make finding the things you need challenging. The drawer in your workstation can be of great assistance in keeping it organised.

You can keep essentials you need to reach frequently and quickly, such as paper clips and other small office supplies, in your drawer. You can also use your drawer to store items that you do not need to access as frequently to free up space on your desk.

Clean it regularly

Cleaning your workstation regularly can



boost your productivity as it is conducive to focus and efficiency. In contrast, a cluttered or dirty workstation can be distracting and may compromise your focus.

By taking the time to regularly use cleaning supplies to wipe down your desk and keyboard to remove any dust or dirt, remove distractions and keep your space organised. Consider setting aside time daily or weekly to tidy up your desk and discard any unnecessary items.

Consider a standing desk

Sitting for long periods can lead to discomfort and even pain, which can distract you from your work and reduce your ability to focus. A standing desk allows you to work while standing, which can help improve circulation, reduce muscle strain, and increase energy levels.

When setting up a standing desk, it's essential to ensure that your computer



monitor is at eye level and that you have a comfortable and supportive surface. You can also use a footrest or a mat to reduce fatigue and improve comfort.

By Ahmad Tousif Jami

Photo: LS Archive/Sazzad Ibne Sayed



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