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**“FIGHT
BACK”**
Resilience
against
Cancer

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PLANNING A PICNIC

PHOTO: VASKAR SAM
PAGE LINK: www.facebook.com/VaskarSamNiF



#GUIDES

5 ways to make winter washing easier

Warm nights, hot cocoa, and mornings with crisp air are all benefits of winter. The season can be a time of great delight, but it can also be a time of irritation — thanks to laundry. Clothes take longer to dry in the winter, but with better planning, you can keep up with your laundry.

Here are some ways to make your winter laundry easier and more efficient.

Treat stains and dirt immediately

Washing winter clothes is more of a hassle given that these clothes are heavy and take longer to dry. Although you might be tempted to wait until the end of the season, set-in stains are more difficult to remove and have higher chances of being permanent. Instead, apply a stain-remover to ugly imperfections and take care of stains as soon as you notice them.

Hand wash

Hand-washing knitted sweaters and scarves

is ideal for protecting the integrity of the fabric and material. Fill a basin, sink, or a large container with cold water and use a mild detergent for the washing process. Be sure to turn the sweater inside out and then immerse it in the water taking proper care not to stretch the fabric. Afterward, drain the soap water and use clean cold water to rinse repeatedly until the detergent is gone.

Maintaining sweater shape

Lay the sweater out and draw its outline on a large piece of paper before washing it. After washing, place the sweater on the parchment and reshape it to suit the outline. Wrap the sweater in a towel to absorb any excess water and give it time to dry flat.

Ventilation is important

If you are drying your clothes indoors, open your windows to let fresh air easily enter your rooms. In addition to preventing



moisture damage, fresh air can improve the atmosphere within your home. On days when you have damp clothing drying indoors, it is crucial to air your home even more.

When possible, hang outside

Sometimes, winter days are chilly yet sunny; on such days, drying clothes outside is the best option. Even though it would probably

take the entire day, light cotton fabrics like shirts and bedding will dry entirely if they are left outside. Drying clothes outside keeps them feeling fresh and prevents moisture build-up in the fibres that can promote unpleasant musty odours.

Also, keep in mind that you are less likely to sweat during winter and you will not need to wash frequently. For heavier winter clothes, opt to wash them two to three times during this season and let them air out in between wears. Additionally, wearing extra layers of lighter clothing underneath your winter wear would also lessen how much you would need to wash your sweaters. Lastly, be sure to give your winter clothes one last wash and dry them properly before packing them away to ensure their longevity.

By Puja Sarkar
Photo: Collected

Typhoon
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#WOMEN EMPOWERMENT

HC ruling acknowledges mothers as legal guardian

In a historic verdict, the High Court of Bangladesh has ruled that a mother can now be the sole legal guardian of her children. On 24 January 2023, the HC delivered the verdict on a writ petition saying all citizens have the right to get an education and job under the constitution. It will be sufficient if students mention their mothers' names when filling out a student information form (SIF) for examinations, and they cannot be forced to mention their father's names against their will. The High Court ruling says that forms with the name of the student's mother or any legal guardian instead of the father must be accepted.

It started in 2007. A young woman was denied a registration card for her SSC exam by the Rajshahi Education Board because she was unable to fill up her father's name in the relevant form. The Rajshahi Education Board deprived her of the chance to attend the SSC exam because back then, it was mandatory to write both their father's and mother's names in the form.

Following the incident, in 2009, a petition was started and rights organisations, namely — Bangladesh Legal Aid and Services Trust (BLAST), Bangladesh Mahila Parishad, and Naripokkho submitted the petition as public interest litigation to the HC challenging the refusals by boards of education to issue registration cards to the SSC and HSC candidates because of the lack of the father's names.

The HC verdict is a very important incident in our national dimension. For one thing, this ruling ensures that no student will be forced to use a guardian's name to identify that they do not wish to. For

another, and this holds more gravity, the ruling recognises that mothers can be as much of a guardian as a father. This is a right step towards the establishment of women's rights.

Calling our society a patriarchal one is an understatement. While it is true that women are getting more and more recognition; the prevalent dismissiveness towards them still remains at its core. Changing the entire social structure overnight is not possible but it is possible to take small steps toward positive changes. The HC ruling is one of those small steps. It's true that it took 14 years, but it's a start. From now on, one can enter the name of the mother or any other legal guardian in all kinds of government documents including passports and forms to get education certificates.

The HC ruling is being lauded for numerous reasons. Not only does it ensure constitutional rights but also paves a way for women's empowerment. It minimises the gap between parents' legal status as a guardian and hopefully will establish precedence for future cases.

Sadly, it has taken us this long as a nation to ensure that a mother's name is enough to express identity. But better late than never and a positive change should always be hailed. Now it's up to us, the very people who constitute the society to ensure the proper rights and recognition for women because society will not change unless we change.

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

#GUIDES

5 steps to avoid hours of wasted time

In today's fast-paced world, it can often feel like there are never enough hours in the day to get everything done. From work and family obligations to errands and leisure activities, our schedules are often jam-packed and it's no surprise that many of us feel overwhelmed, trying to juggle it all. But what if there were ways to reclaim some of that precious time and make the most of every day?

WORK ON AUTO-MODE

Decision fatigue is real and it adds up. Eliminating as many decisions from your life as possible can work wonders to boost your time and energy. Thankfully, most of the small decisions we make in the day, such as what clothes to wear or what to prepare for dinner can be automated. Dedicate a few hours to making a weekly or fortnightly plan for meals, clothing, and so on, and that's it. You're sorted for the next 2 weeks and can almost run on autopilot.

BATCH SIMILAR TASKS TOGETHER

A study by the University of California found that it can take up to 25 minutes to get back into the flow of work once you have been interrupted. Instead of switching between different tasks, a more efficient way to work is to group similar chores together. If you are answering emails, make sure you block off a chunk of your time to do just that, instead of jumping into something else in the middle. If you are researching, make sure you set aside time to finish all your research, even if you are working on multiple projects.

BEAT THE PARKINSON'S LAW

According to the Parkinson's Law, "work expands to fill the time available for its completion". This means that if you have one week to finish a project, chances are that it will take you that long. This

is generally due to procrastination and unnecessary distraction, whereas on a short deadline, you are forced to be more productive. Defy this law by setting yourself smaller goals — you will be amazed by how much more can be accomplished in a single hour than on a more liberal deadline.

THE RULE OF THREE

Not a lot can kill productivity like an overly-packed schedule. Instead of burdening yourself with everything at once, scope out three, or at most, four tasks that need your immediate attention and focus on those. This will ensure that you give your best to the chores on hand and are not too exhausted to enjoy your free time at the end of the day.

PRODUCTIVE, NOT BUSY

Most people confuse being busy with being productive, even if the two terms are worlds apart. If you are one of those who are always busy, maybe it is time to re-evaluate whether you are stuck finding instant gratification in the completion of small chores as opposed to getting the more important tasks, with crucial outcomes, out of the way. There's a lot that can be accomplished once you shift your mind set from being busy to being productive.

By Munira Fidai





#PERSPECTIVE

Is the Dhaka International Trade Fair (DITF) still relevant?

It used to be like this — every year, come January, Dhaka Trade Fair would open its door to all, promising unique products from foreign companies, or local companies bringing innovative products. Add to the fact that Bangladeshis love going to fairs in the chilly winter, and visiting the Fair soon became one of the most anticipated activities of the year. Fast forward to today, and while the fair is still going strong, something seems amiss, as many do not get the same vibe or excitement as before.

This ultimately brings out the question; is the Dhaka International Trade Fair still relevant, or has it become much more than just an annual fair?

“I remember going to the fair as a child with my



parents. We would see so many different things, especially from all the foreign stalls. It felt more like a festival than just a place full of stalls selling products. While I still go to the fair at least once every year, now the fair feels too much like an overpriced version of New Market where everything is found, but at a steep price, minus the excitement like before,” said Sahana Parvin, who used to come from Narayanganj to visit the fair.

One of the main criticisms of the DITF is that it hardly features anything unique anymore with an overwhelming number of stalls selling similar products making it difficult for visitors to find anything truly unique or innovative. Additionally, there are always hassles like the ‘buy one get ten free’ like deals that don’t really live up to its offer, or the skirmishes regarding food that charges an exorbitant price compared to regular restaurants.

Another issue is that the fair has lost its sense of community and cultural significance. The fair was traditionally a time for people to come together and celebrate, but in recent years, it has become more of a shopping event, with businesses focused solely on making sales instead of bringing innovative products, and visitors focused on finding the highest discounted products that can be found in other places. This has led to a lack of excitement and energy at the fair, leaving many visitors disappointed.



Despite these criticisms, the DITF is still one of the most popular events in Bangladesh, drawing in thousands of visitors each year. The DITF still has that pull among people who want to spend quality time with their friends and family. As the scope of doing something fun is quite limited for residents of Dhaka, DITF continues to be a must-visit opportunity when winter arrives. Moving the fair from its old venue of Agargaon to Purbachal has also been a big positive as the bigger venue of Bangabandhu Bangladesh-China Friendship Exhibition Centre has given the fair a much-needed modern facelift.

“It’s true. What we see at the fair can be found in any market or online, but I think the fair is still relevant because it is always fun to check out so many kinds of stalls in one area, as it is just not about going on a shopping spree, but rather get into the mood of the fair. The foreign stalls still offer quality goods like Turkish lamps or Kashmiri shawls. Hopefully, over the years, the fair will become better so that people can have a truly great experience when they visit,” said Abrar Hossain, a resident of Dhaka.

Since the fair is organised by the Export Promotion Bureau and the Ministry of Commerce, one of its most pertinent causes is the export orders that are placed there by international customers. In the 26th iteration of the Dhaka International Trade Fair (DITF), which ended on 31 January 2022 Bangladesh secured export orders totalling 16 million dollars. Additionally, throughout the month-long event, goods worth around Tk 400 million were sold, and Tk 15 million in VAT was collected. This year the turnover is expected to be even higher.

In order for DITF to be more relevant, it needs to focus on innovation and community engagement, rather than just being a commercial event. The fair must focus on creating a sense of excitement and cultural significance, and on providing visitors with a truly unique and enjoyable experience. Only then can it truly be considered relevant and an annual tradition to be looked forward to.

By **Feda Al Hossain**
Photo: **Rashed Sumon**

#EVENTS

Top 5 things about the Dhaka International Trade Fair (DITF) 2023

Residents of Dhaka and beyond love spending their days at fairs enjoying the sights and sounds. That is why it’s no surprise that Dhaka International Trade Fair (DITF) has become a must-see experience for everyone, being one of the most prominent trade fairs in the country. Bringing together businesses, manufacturers, and entrepreneurs from both inside and outside of the country to highlight their unique offerings. So, without further ado, let us look at the top 5 interesting things about the DITF this year.

Settling in at the new venue

The 27th edition of the Dhaka International Trade Fair (DITF) has successfully attracted visitors for the second year running to its venue at the Bangabandhu Bangladesh-China Friendship Exhibition Centre in Purbachal, despite some initial challenges. To enhance the convenience for attendees, the Bangladesh Road Transport Corporation has introduced 50 shuttle buses to transport passengers between Kuril and the fair venue. The move from Agargaon to Purbachal has made the fair more accessible to residents of neighbouring areas such as Narayanganj and Gazipur.

A grand entrance

Entrances for the Dhaka Trade Fair are always a magnificent affair with the organisers trying to display the grandiosity of the fair just as people are going to enter. To mark the monumental achievement of Bangladesh entering the Metro Rail age recently, Dhaka Trade Fair features gates with a Metro-Rail-themed design. It looked splendid and people were seen taking photos before entering the fair, making it quite the hit among spectators.

A large number of stalls

This edition of the fair features some 351 local and foreign stalls, pavilions and mini pavilions, marking a significant increase from the previous year’s tally of 225, highlighting the growing interest and participation in the fair. Spectators loved the opportunity to explore a wide range of options and discover new products and services, whether visiting the tech-infused stalls of Walton and Vision, or seeing the latest furniture from Hatil and other renowned brands. Uniquely designed stalls of Igloo and RFL also attracted a large number of visitors. A kid’s zone has also been built this year for the parents to take a break while the little ones are playing their hearts out.

Cashless transactions gaining traction

This year’s fair marks a significant shift towards cashless transactions, as bKash offered 50 per cent instant cashback on entry tickets, bus tickets, and parking tickets. To make transactions more convenient, people were able to purchase goods from stalls using their cards or mobile financial system platforms like bKash, with added incentives such as discounts and cashbacks. This not only makes it more convenient for consumers but also promotes a more secure and efficient way of doing transactions.

Exceptional things creating hype

A trade fair is not complete without products that gain attention for either their uniqueness, outrageous price, or both. Moreover, this time, the fair is not disappointing either, with products like Pilot Custom 823 fountain pen, if you are into stationery. This luxurious pen is not only beautifully designed but also features a nib that is plated with 14-carat gold, making it truly one-of-a-kind. The Pilot Custom 823 fountain pen is on display at the stall and is available for purchase at a price of Tk 26,000, making it the most expensive pen you can get a hold of at the fair.

However, even if that is not outrageous enough, this one is surely the most publicised product of the fair — the grandiose ‘Pori Palong Khat’ bed — fit for royalty with teak wood, sculptures of fairies and real heavy dangle earrings, all yours for the price of Tk 1 crore! The stall promised gifts of a motorcycle and gold jewellery alongside the bed if someone dared to buy it. At least we can say the stall successfully became the centre of attention at the fair thanks to the price tag of its product.

By **Feda Al Hossain**
Photo: **Rashed Sumon**



#HEALTH & FITNESS

WORLD CANCER DAY-2023

A Journey to “Close the Care Gap”

Cancer has been around for as long as we can remember and it is the biggest cause of death all around the world. To battle cancer and the fear it brings with the name, World Cancer Day is observed every year on the 4 February. Donning the colours of orange and blue as its theme, World Cancer Day urges people to band together and combat the illness via early identification, treatment, and spiritual support.

Started in 2000, it is a worldwide event that promotes awareness, prevention, detection, and treatment of cancer. There are more than 100 different types of cancer that plague humankind. And since cancer is a class of disease, the idea of ‘one cure’ seems a bit challenging. In addition to that, the word ‘cancer’ has an ominous tone to it. All of this can be quite overwhelming and World Cancer Day aims to battle everything that the disease brings.

One of the major issues that is prevalent in cancer treatment at the moment is that there is an obvious and conspicuous care gap. With the core belief that ‘Everyone deserves cancer care’ at its heart, there is a three-year campaign to draw attention.

As the official website says, “A multi-year campaign means more exposure and engagement, more opportunities to build

From motivating neighbours to provide transport to cancer treatment for a fellow resident to building a community with like-minded people or ensuring that healthy and affordable food options are offered at the local school; whatever it takes to close the gap.

global awareness and ultimately more impact.”

The World Cancer Day 2022-2024 theme is ‘Close the Care Gap.’ The focus in 2022 was ‘Realising the problem.’ This year, for World Cancer Day 2023, the theme is ‘Uniting our voices and taking action,’ which will be followed by, ‘2024: Together, we challenge those in power,’ thus concluding the three-year campaign.

It is crucial that we recognise this day and support it because the death toll of cancer victims is shockingly high. Statistics suggest that about 10 million people die of cancer annually. The most common cases of cancers include breast, lung, colon, rectum, and prostate cancers. According to WHO, around one-third of deaths from cancer can be blamed on tobacco use, high body mass index, alcohol consumption, low fruit and vegetable intake, and lack of physical activity.

But as this year’s theme promotes, ‘Uniting our voices and taking action’ is what we are still lacking. There is not enough noise because our voices are not united. And a bigger issue is that there is a significant lack of action. Even when people are seeing symptoms, there is a reluctance to go see the doctor for a check-up and of course, the issue is even more common amongst men. Cancer

induced by tobacco and breast cancer are two of the biggest threats at the moment yet the lack of action to even detect cancer is appalling.

Many types of cancer can be cured if they are detected early followed by effective treatment. In fact, 30-50 percent of cancers can currently be prevented by avoiding risk factors and implementing prevention strategies.

World Cancer Day raises awareness about all of this and focuses on eradicating misinformation and myths about the disease. From motivating neighbours to provide transport to cancer treatment for a fellow resident to building a community with like-minded people or ensuring that healthy and affordable food options are offered at the local school; whatever it takes to close the gap.

This 4 February, let us fly the colours. Let us take over social media with hashtags; make it a trending topic to create awareness. And most importantly, let us promise ourselves that we will know, we will unite our voices and we will be taking action.

By Ashif Ahmed Rudro
Photo: Collected



#HEALTH & FITNESS

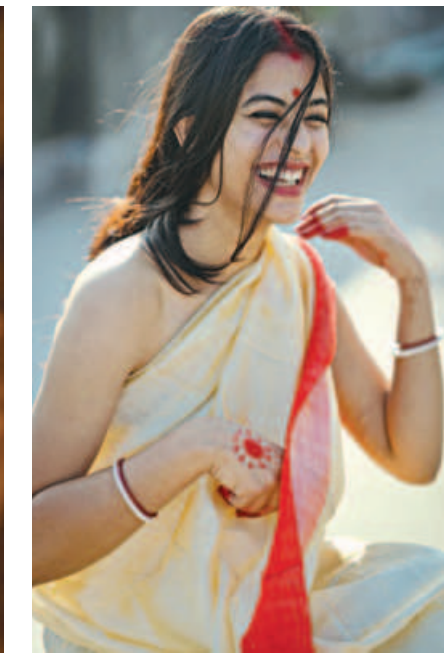


Celebrating Shakrain

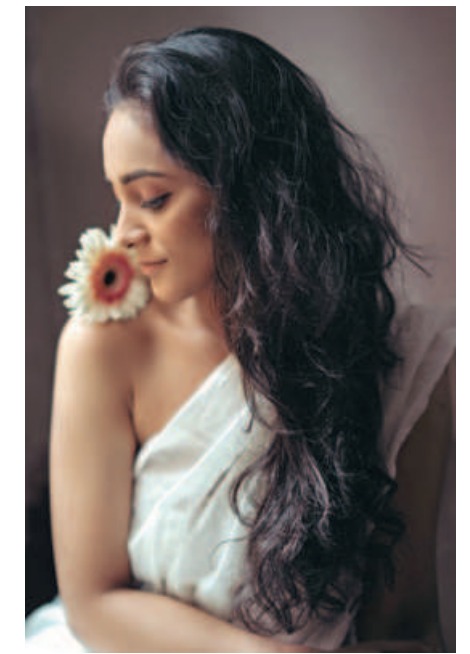
Star **LIFE** Style



Rakher Upobash --- A fast for devotion



When she smiles -- A Portrait



Binodini -- A Portrait

SURVIVING CANCER In conversation photographer with Joyeeta Trisha



Monsoon in the streets of Dhaka

What matters most is how I had lived my life however long I was given the time. This -- I understand today and this is what defines JOYEETA TRISHA, as a person."

The cancer survivor had a few more necessary facts to share before concluding our tete-a-tete.

Today, she notices everything in its minutest details, loves unconditionally, became a more emphatic person, and enjoys everything that she is endowed with, not giving heed to things she does not have.

"Cancer has made me more optimistic actually, sometimes we take life too much for granted. This second chance in life has taught me to be a better person and actually live life the way it's meant to be lived.

A last piece of advice from the warrior...? "Live life to the fullest, don't let anything in the world upset you. Even if it's cancer. Fight Back!"

By Mehrin Mubdi Chowdhury
Photo: Joyeeta Trisha

For most, the single word that scares us out of our wits is probably cancer. A word that can echo through our lives within mere seconds of hearing it, changing every possible aspect of it. Lives are changed! Relationships are transformed, along with the deterioration of both mental and physical health. However, today, the prognoses for most cancer patients are slightly better, thanks to the advancement of medical knowledge and expertise. A breast Cancer diagnosis is not necessarily an irrecoverable situation, as Joyeeta Trisha, a woman whose reputation precedes her name, discovered back in March 2021, when she was diagnosed with the particular condition for the first time in her life. Trisha, a renowned, freelance photographer of Bangladesh, imparts her 'survivor story' to Star Lifestyle.

Trisha was not feeling well for a few months at a stretch when she noticed a few swelled up, lymph nodes close to her breasts. "This is what scared me the most and I didn't delay at all in seeking medical help. All the time, praying that it was nothing," said Trisha.

A few days later, the biopsy results confirmed her worst fears.

"Nobody in my family suffered from cancer before, and I am the youngest of all my siblings! This was a shock to both me and my entire family. Being a single mother, the worst blow came to my eleven-year-old boy. He had already gone through the trauma of a broken family a few years back, this news just made things much worse..." reflected a devastated Joyeeta Trisha.

"To make things worse, my condition was classified as invasive cancer, more specifically a Triple Positive situation where the tumour was ER-, PR- and HER2 - positive. In simple words, the doctors explained that sometimes even chemotherapy has a hard time curbing the growth."

All this happened when Trisha was only 36 years old. The prognosis broke down the photographer completely.

"I went into a severe state of depression. I couldn't believe what was happening to me. All the while, hoping that I would wake up only to find out it was all a bad dream," reflected Trisha.

According to the photographer, the state of depression went on for some six months before she took up the camera once again and went out on a shoot one fine day.

"This act came as a revelation because once I took back the camera into my hands, cancer took a backseat. I was no longer a cancer patient, but a freelance photographer following her passion," said Trisha.

Today, after almost two years of the constant battle with the illness, the cancer has subsided and has not returned as was diagnosed earlier. "I think it has much to do with my uplifted mental state. If my mind decided to give up when I heard the news and stay that way, I think I wouldn't be here today," said Trisha.

After losing her beautiful silky streaks to chemotherapy, and her breasts to surgery, it is only natural for us to presume Trisha would be upset about her condition, but it's actually the contrary.

"I look at my earlier pictures and see a smiling, young girl unaffected by the troubles of the world. But today's Trisha is much stronger. I don't care if my hair is shorter today, it is only because I have survived a gigantic obstacle on my own. I am a warrior. And warriors don't worry about such trifles in life. Everybody has to die, one day or the other. It may be because of another illness, because of an accident, or anything else.



A day in the life of a child worker



The daily struggles of a coal worker



Life in Sadarghat



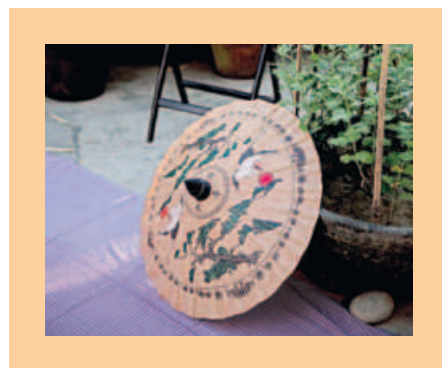
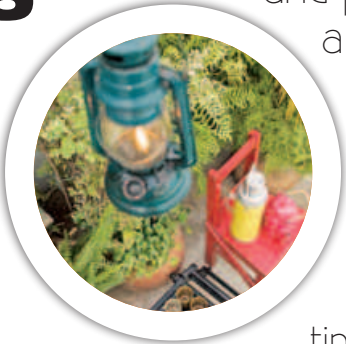
A tale of two sisters



#GUIDES

Planning that perfect winter picnic

A winter picnic can be a great way to enjoy the outdoors with friends and family. With a little bit of planning, you can have a fun and memorable time, even in the colder months. Here are some tips to help you plan a winter picnic in Dhaka.



on the season and the number of people you are inviting. Some winter favourites include warm soups, hot cocoa, and puff pastries. You can also opt for some traditional Bangladeshi dishes. Make sure to bring enough food to feed everyone, and consider any dietary restrictions your guests may have.

Stay warm

It is essential to stay warm during a winter picnic. So, make sure to bring enough blankets and warm clothing to keep everyone warm. You could also opt for a bonfire, assuming the location allows it. This will not only keep you warm but also create a cosy ambience.

Weather forecast

Consider the weather forecast and make sure to have a backup plan in case of inclement weather. Keep an eye on the forecast in the days leading up to your picnic and make adjustments as needed. If the weather is too cold, consider moving the picnic indoors or postponing it until the weather improves.

Activities

Remember to bring games, music, and other activities to keep everyone entertained. You can bring board games, cards, or even a frisbee to play. You can also opt for some indoor activities like storytelling or singing. You could also try some outdoor activities like bird watching or photography.

A winter picnic can be a fun and memorable experience. With a little bit of planning, you can enjoy the outdoors with friends and family, even in the colder months. Don't forget to go through the checklist we listed and everything should go perfectly. Happy picnicking!

By K Tanzeel Zaman

Photo: LS Archive/Sazzad Ibne Sayed

Choose a location

The first step in planning a winter picnic is to choose a location that is easily accessible and has enough space for your group. Choose a place that offers a serene environment away from the hustle and bustle of the city. You can also opt for some indoor spaces if the weather is too cold. If Dhaka is too crowded for you, try for the outskirts like Gazipur, Savar, Tangail, or Mawa as that will also allow you to enjoy a fun road trip before the picnic.

Plan your menu

Next, you will want to plan your menu based

FOR THE LOVE OF FOOD

AFROZA NAZIN SHUMI
is a renowned culinary artist, popular
TV presenter, food columnist, www.
afrozanaznin.com



RECIPES FOR EVERY MOOD



If you are someone who wants to try new dishes every other day to break the monotony, these are the recipes for you. Whether you crave meat, or fish, or even egg, there's something here for everyone.

EGG CURRY

Ingredients

- 4 eggs
- 2 boiled medium-sized potatoes
- 1 large onion medium-sized
- 1 tbsp ginger paste
- 1 tbsp garlic paste or finely chopped
- 1 medium-sized tomatoes
- ½ tsp turmeric powder
- ½ tsp red chilli powder
- ½ tsp sugar (optional)
- 2-3 green chillies chopped
- 1 tsp cumin powder
- ½ tsp whole cumin
- 1 tbsp chilli sauce
- 1 tbsp oil
- 1 tsp salt (according to taste)

Method

Boil the eggs in a small pot in sufficient water until they are hard. De-shell the eggs and rinse with water and set aside. Peel the potatoes and quarter them. Rinse with water and set aside. Quarter the tomato and set aside. Add oil to a pan with medium heat. When the oil gets hot, add the boiled eggs and fry for 4-5 minutes, stirring constantly until they are golden-brown. Remove the eggs from the oil and set aside. To the same oil, add whole cumin. Stir for about a minute until it starts spattering. Add onion, ginger paste, garlic paste and chopped green chillies and stir for about 2 minutes until the mixture starts turning golden-brown. Add all the powdered masalas, salt, turmeric powder, chilli powder, cumin powder, chilli sauce and sugar. Stir for about a minute until all the spices are mixed well. Add the finely chopped tomatoes and continue stirring for

about 2 months, until the tomatoes soften and are well cooked. Add the quartered potatoes and continue frying for a few minutes until the mixture is fully cooked, indicated by oil separation. Add about 2 cups water and the fried boiled eggs and heat until the water comes to a boil. Cover the saucepan and continue cooking for about 10 minutes until the water reduces slightly and the potatoes are fully cooked. Remove from heat and transfer to serving bowl. Serve with white rice. Enjoy!

DUCK CURRY

Ingredients

- 1 duck
- 1 tbsp red chilli powder
- 1 tbsp chopped onion
- 2 tbsp onion paste
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 2 cups coconut milk
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp hot spices powder
- 1 tsp cumin powder
- 1 tsp salt or as tested
- 3 tbsp oil or as required

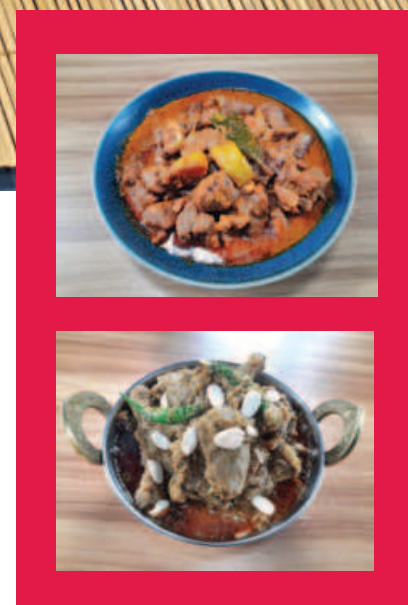
Method

Clean all the feathers from the duck skin. Cut the duck into medium-sized pieces and wash it very well. Put oil in a pan with medium heat. Heat the oil and add chopped onion. Then put all the spices and stir it well. After 2 minutes, add 1 cup of hot water. Add duck meat and stir slowly to mix with the spices. Cook for 5 minutes covered with a lid. Add coconut milk, stir and cook for 15 minutes. When the gravy-to-meat ratio is 1:1, turn off the burner and take it to a serving dish. Serve hot!

BEEF WITH SATKARA

Ingredients

- 500g beef (medium-sized pieces)
- 3 onions, chopped
- 1 tbsp onion paste
- 1 tsp ginger paste
- ½ tsp garlic paste
- ½ tsp turmeric powder



- 1 tsp chilli powder
- 1 tsp cumin paste
- 1 tsp roasted coriander powder
- Satkara, as required
- Salt, to taste
- Soybean oil, as required.

Method

Heat the oil. Put onion paste and chopped onion. Fry, add all the spices, stir nicely, add beef and mix satkara and all the spices thoroughly. Add water and cover. When the beef becomes tender, add roasted cumin powder and beresta and remove from heat. Serve hot.

CHITOL KABAB

Ingredients

- 4-5 pieces chitol fish
- ½ cup ginger paste
- ¼ tsp garlic paste
- ½ tsp chilli powder
- ½ tsp black pepper
- ½ tsp coriander powder
- ¼ tsp cumin powder
- 1 tbsp lime juice
- Oil for frying
- ½ cup bread crumb
- 1 egg
- ½ cup flour
- Salt to taste

Method

Boil fish with salt and debone it. Mix all the spices and lime juice with the fish and make kebabs. Roll these kebabs on flour, dip in the egg, roll on crumb. Fry and serve hot.



Le Méridien launches pop-up restaurant this winter

American Express presents Endless Evening by Olea, the newest addition to Le Méridien's line of restaurants, is here to add a new dimension to winter evenings. Introducing the concept of a pop-up restaurant and lounge for the very first time in a five-star establishment, Endless Evenings will offer an unforgettable experience of relaxation, great time and of course an array of delicious food to enjoy through it all. Media Gala Night arranged by Le Méridien on 18 January marked the official launch of the lounge.

The unique concept of a pop-



up restaurant, which is a temporary establishment that opens for a limited time, is a great way to offer something new and exciting to diners. This time, Executive Chef Levent Karahan and his team have drawn inspiration from local and international cuisine, creating an exciting and dynamic menu that is sure to please even the most discerning palates. The menu features a carefully curated selection of dishes that highlight the freshest and most flavourful ingredients of the season.

Whether you fancy yourself a hearty



steak, salmon appetizer, or a bowl of pasta packed with the flavours of the sea, you will find it all here. And while we have all tasted grilled chicken from countless other restaurants, the one by Chef Karahan will melt in your mouth and make its way to your heart in no time. The live stations set up for chicken, meat and seafood allows you to witness the preparation of your food in expert hands. The dessert section itself is a pleasant surprise. In place of the pre-served line of sweetness, this one gives you the chance select and customise the fillings of

your crepes. Fresh strawberries accompany what is likely the best blueberry cheesecake in town, and a juicy gulab jamun that meets the cravings of a traditional sweets lover.

Perched high above the city on the 17th floor Infinity Rooftop of Le Méridien, Endless Evening offers an unmatched panoramic view of the skyline, making it the perfect spot for a close family gathering, a romantic dinner or a night out with friends. The decor is absolutely breath-taking; soft lighting arrangements all around reflect dining under the stars in all its glory, fires built near the tables to keep you warm in this cold winter and live musicians adding to the magic of the night with their performances. This is not a dinner; it is an experience.

Endless Evenings by Olea Lounge will be open for guests till mid-March. If you are someone who appreciates an unparalleled experience of dining under the stars at fine establishments, this is definitely the place for you.

By Nusrath Jahan



Sara Lifestyle launches Dheu, a western wear focused sub brand

Sara lifestyle, a concern of Snowtex group, introduced their new sub-brand, Dheu, at a launching event held at the Radisson Blu Water Garden Hotel in Dhaka. The event, which took place on 22 January, featured a fashion show highlighting western wears of Dheu that aims to be a premier destination for finding western clothes at affordable prices.

"We had to think a lot to choose this name; finally, we chose the name Dheu. There is a reason behind this as Dheu means enthusiasm, and exuberance. Our dresses in this collection will be chic and trendy. We are designing this brand of clothing targeting the youth, as they are full of vitality like a wave. As the waves of the sea connect everyone, we want



to connect everyone together and walk the path, hence the concept of Dheu was materialised," said Dheu's founding director, Saraf Saiyara.

The event started with host Neel Hurerzahan letting the audience know of

the start of the journey of Dheu, followed by a video introduction on Snowtex group. A behind the scenes video of the whole event, including the fashion show that was choreographed by leading model Azra Mahmood, was aired right before models started walking the ramp.

The fashion show was a true spectacle, displaying the latest in urban wear from Dheu. The runway was electric as models flounced down in a mix of stylish jeans and t-shirts, perfectly paired with sleek sneakers. The energy was palpable as the models danced to the thunderous beat of the music.

However, the true showstopper was when the models returned to the runway, this time in stunning gowns that exuded

elegance and grace. The collection featured a mix of flowy, floral skirts paired with elegant tops, perfect for any occasion. From casual street wear to sophisticated eveningwear, this brand has something for everyone. The collection seamlessly blended the line between street style and high fashion, making it accessible to a wide range of customers.

While Dheu will be fully launched at this year's March, this event acted as the launching pad for the Sara Lifestyle sub brand, as fashion enthusiasts got to see what's in store for them. Dheu is sure to make waves in the fashion world with its bold and youthful designs.

By Feda Al Hossain

Bangladeshi designs sneaker that's flipping the script on fashion's exploitation of global south

When was the last time you bought a new fashion item designed in Bangladesh, but produced in Europe? Today, in a step that subverts the status quo of fashion design, sustainable footwear brand ekn is launching a limited-edition vegan sneaker. Designed in Bangladesh and manufactured in Portugal, the ekn katha Kamthala is a collaboration between Frankfurt-based eco sneaker brand ekn and rising female Bangladeshi designer, Rokaiya Ahmed Purna.

Named after Bangladesh's national fruit — the jackfruit — the katha Kamthala makes a bold statement to the industry to rethink how it works with the Global South,

turning the usual 'designed in the Global North, manufactured in the Global South' paradigm on its head.

The idea behind the shoe is to create a 'sneaker as a symbol of respect' — aiming to reverse some of the unethical supply chain practices, pollution and exploitation that have been synonymous with the industry for decades — tapping into younger generations' appetite for meaningful change, not just greenwashing.

Designer Purna is committed to gender equality, responsible consumption and production, promoting indigenous textiles and innovation, and empowering women and girls in her home country.



"In Bangladesh we have a very rich cultural tradition and heritage, which I try to implement into all of my work. My own roots and childhood memories also influence my designs; the inspiration for the

ekn Kamthala comes from the jackfruit, the national fruit of Bangladesh, which I have a deep relationship with: as a child there was a tree right in front of my house where I would play, and draw, and nap under," she said.

"We've become used to the term 'Made in Bangladesh', not 'Designed in Bangladesh', but the new generation of Bangladeshis are starting to think differently and act differently. And as part of this generation, I feel fortunate to have the opportunity to create change. I'm living the dream of so many people, so it's an opportunity which comes with a lot of responsibility."

#PRESS RELEASES

Foodpanda shops joins hands with Turaag Active

Recently, foodpanda shops, a marketplace that offers a wide range of products to consumers, joined hands with athleisure brand Turaag Active to make a variety of fashionable activewear accessible to all. Turaag Active is a brand of Wave Riders Limited that is redefining the athleisure industry by offering performance-enhancing fashionable activewear for both men and women, said a press release.

A Memorandum of Understanding (MoU) was signed between foodpanda shops and Turaag Active at the corporate office of Wave Riders Limited located at Gulshan in the capital recently.

Shahrukh Hasnine, Director, New Vertical of



foodpanda; Mahmudul Hasan Patwary, Head of foodpanda shops; Faijaz Rahman, Founder and Director of Turaag Active; Shamarukh Fakhruddin, Director of Turaag Active; Raihan Kabir, Head of Brand Marketing of Turaag Active were present among others at the MoU signing ceremony.

The experience of shopping from foodpanda shops is getting more and more exciting every day as new partners like Turaag Active are joining in. Operating since 2020, foodpanda shops has been serving customers and it promises to bring convenience to all by connecting nearby retailers and residents with just a tap.

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Don't push your luck. Put your mind into breaking bad habits. Improve your relationship by discussing your motives. Your lucky day this week will be Friday.



TAURUS
(APR. 21-MAY 21)

Consider a physical makeover. Plan social events carefully. Focus on your own domestic problems. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Its ok to mix business with pleasure while traveling. Don't divulge secret information. Don't fall for traps laid by colleagues. Your lucky day this week will be Saturday.



CANCER
(JUN. 22-JUL. 22)

Don't let personal problems interfere with work. Your creative ideas will help at work. Focus your attention to the matter at hand. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Use your head wisely in dangerous situations. Make changes in your life. Money problems will get worse if your partner isn't cooperating. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Concentrate on work. Your generosity will bring new romantic opportunities. Deception at home is evident. Your lucky day this week will be Sunday.



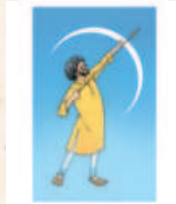
LIBRA
(SEP. 24-OCT. 23)

Make adjustments at home this week. Your emotions will be all over the place. Don't say anything tactless. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

You need some space from loved ones. Changes in your life will be positive. Try not to lose your cool. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Your insight will help you make the right choices. Lay down some ground rules. You might end up overspending this week. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Take care of your loved ones. Reconnect with an old friend. Make plans with your partner. Your lucky day this week will be Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Spend quality time at home. Relationships could face hardships this week. Your talents might just be discovered. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Problems with friends could surface. Your partner may not understand your needs. Consider making some changes at home. Your lucky day this week will be Monday.



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#REVIEWS

Esscre brings art into entrepreneurship

Esscre was founded two years ago, during the COVID-19 pandemic, to create a talent ecosystem. When the idea was conceptualised, a team of like-minded young individuals began gathering knowledge about the industry and identify how their new endeavour could be impactful. With months of hard work and brainstorming, Esscre came into existence with a mission of curating creativity and making it accessible to everyone.

With each event, Esscre aims to provide artists with a platform to highlight their talent and earn some revenue in the process. While Esscre was being developed, the team looked at how people in general look for spaces that offer more than fast food or a cup of coffee to re-energise. In between the problems we face in current society and the chaos it comes with, we often seek out a safe space where we can sing and laugh. Hence, having a space dedicated to artists bringing their creativity to life and for others to witness it offers a peaceful break. Esscre allows all kinds of artists and everyone else to indulge in a creative outlet.

Moontasir Shahriar Bijoy, Founder and CEO of Esscre, believes that the platform is there to give space to inspiration. He says, "I do not have to inspire, it already exists. Artists just



need a push, a stable source where they can grow and benefit from. A place to nurture their talent. Esscre serves to do just that by capitalising the talents around us, connecting them with the right consumer, and making them entrepreneurs in art."

Esscre held its second artists meet and first acoustic night on 13 and 14 January respectively. The meet was catered to bringing artists together and building a community that would help artists socialise and where Esscre could look closely to recruit artists as well to enhance their business. What

sets this meet apart is that it was meant to be a creative hub where comedians, musicians, singers, filmmakers, photographers, and martial artists can be in the same room and socialise, acting as a networking platform as well. The meet also had Rotem Shneur, associate professor of Entrepreneurship from University of Agder from Norway.

The acoustic night had winter-themed food, along with a superb line-up of artists including Masha, Aseer Arman, Shubro, and Gonje Fereshta. The audience was provided with entertainment and the opportunity

to meet who they admire with tears of joy, to laugh at the stories and share the same space in harmony.

Esscre's first project "The Strongest One" authored by Muhit Rahman is available at Bengal Boi, with their second project "The Boogie to be" authored by Tahira Goldson and illustrated by Sarah Rahman to be released in the United States of America soon. The platform itself offers a marketplace for artists (space to keep their work for sale), exhibition halls open for booking, commission work, and project management along with an open-for-all art studio that requires booking and an exhibition space also used for performing arts. Additionally, there are training rooms to train artists in portfolio management, art marketing, digital marketing, and so on.

Moving forward, Esscre plans is to introduce 'creative tech' as a category in the start-up scenario of Bangladesh, keep the space engaging, build goodwill, hunt talents, and build a sustainable and scalable model. For now, the long-term plan is to introduce all the different forms of art and create a structured system for them. Once that is done, they will add a research wing and take Esscre globally.

By Puja Sarkar

