

VOLUME 22, ISSUE 38, TUESDAY, MARCH 14, 2023
FALGUN 29, 1429 BS

Star

Life

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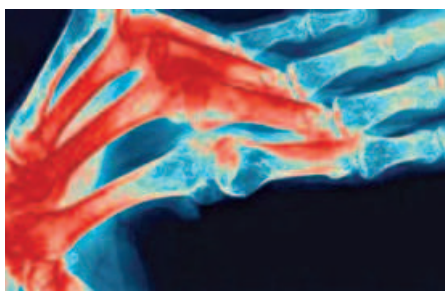
PHOTO: SAZZAD IBNE SAYED
MODEL: ANTORA, TORSHA
MAKEUP: PIASH
STYLING: SONIA YEASMIN ISHA
WARDROBE: MAYASIR BY MAHEEN KHAN

Colours of the season

Learning about rheumatoid arthritis

To say that neck and back pain are minor speed bumps in the process of ageing would be quite an understatement. Rheumatoid illnesses pack a cocktail of conditions that start off with one area of the body and gradually spill onto other parts, thus impacting our functionality and eventually productivity. The diseases in this area are rather intersectional, as a result, it affects gut and mental health, muscles as well as bones. Furthermore, day-to-day habits also aggravate the conditions unless necessary steps to recovery are not sought out immediately.

Professor Dr Md Mujibur Rahman, MMBS, MD, FCPS, Rheumatology Fellow, Harvard Medical School (USA), Internal Medicine and Rheumatology Specialist, Professor, Internal Medicine Department, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka, shares that musculoskeletal pain



and symptoms are very common among patients in Bangladesh.

Some are non-specific back pain, soft tissue rheumatism like pain in the heel, shoulder, and other regions. Although they are not very serious, they do however cause distress to people. He also states that there are some symptoms in patients that are often termed as 'red flags'.

"If a person above the age of 50 experiences lower back pain accompanied by a fever, and has lost weight, they must



immediately consult their medicine specialist," says Dr Rahman.

Few specific arthritic ailments often impact both men and women in our country, irrespective of age. Rheumatoid arthritis is often found in women — the patients experience pain in both small and large joints, which includes hands and feet.

Ankylosing spondylitis is a condition that affects the vertebral column. In long-standing cases, it prevents patients from standing straight as a result of developing a stooped-over posture. This is associated with lower back pain. Some arthritic conditions are often associated with skin conditions such as psoriasis leading to psoriatic arthritis.

Another disease that primarily affects women is systemic lupus erythematosus (SLE) which consists of arthritis and skin manifestation with some underlying systemic problems.

Although gout is not common in

people, if it does occur, treatment should consist of a strict diet without foods that can increase the level of uric acid in the body. Osteoarthritis stems from the knees and mostly impacts the elderly. Although women are mostly affected by this, men too suffer from this condition and so do people who are lean or obese.

Lastly, fibromyalgia he says is a condition where patients experience diffuse widespread pain in the whole body running below the umbilicus (navel) and also above.

"Patients diagnosed with the condition often have anxiety, stress, or depression which results in increasing complaints."

Dr Md Mujibur explains that younger women are often at the receiving end and sometimes men suffer from this condition too.

Environment and lifestyle often play a significant role in making an illness go from bad to worse.

"Musculoskeletal pain such as

osteoarthritis is often affected by habits such as frequently using the stairs and putting a lot of pressure on the knees, or gaining excess weight due to consumption of certain foods. Other factors include walking on broken and uneven footpaths and roads," Dr Rahman explains.

There are separate treatment protocols that are internationally recognised to identify if a person is actually suffering from rheumatoid arthritis, ankylosing spondylitis, or SLE to find out relevant treatments.

Dr Md Mujibur suggests that at first, patients need to identify if their conditions fall under the category of 'specific diseases'. Once they have identified these problems, they need to make lifestyle changes such as weight reduction and their doctors might prescribe a small number of painkillers.

Doctors identify musculoskeletal conditions using the certain criterion for classifying diseases.

"If a young woman shares that she has arthritis in the joints of her hands, then local doctors tend to diagnose it as rheumatoid arthritis. If a young man experiences pain in his knees or ankles, then it might fall under the spondyloarthritis group. These details, however, may be complex for the layman to understand," he elaborates.

Since these conditions are dependent on recovery more than cure, Dr Md Mujibur suggests that if the conditions are in control, then patients should follow up with consultations every three to six months. But if the condition persists for longer, then it's best to visit the doctor every two to three weeks.

Given that lifelong diseases are mentally and emotionally taxing as they are physical, Dr Md Mujibur says that it's important to identify the disease and also reassure patients in accordance with that.

Photo: Collected

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#GUIDES

Lessons to learn from BANGABANDHU'S SPEECHES

Bangabandhu Sheikh Mujibur Rahman left us valuable teaching on freedom and unity. His speeches have transcended boundaries and today the 7th March speech is considered part of the World's Documentary Heritage by UNESCO. Bangabandhu is a role model in the political sphere but even on a personal level, many lessons can be learned from his speeches. Here are 5 lessons you can learn from Bangabandhu about public speaking.

Connecting with the audience

A lot of factors make a speech 'great' but one that is often forgotten while delivering a speech is rapport. A public speaker should build a connection with the audience as early as possible. This makes it easy for the speaker to deliver their message. If the audience does not like your mannerism and approach, it lowers the value of your speech.

If you watch the speech of 7th March 1971, you will notice how Bangabandhu starts his speech with "Bhaiyera amar..." (Brothers of mine). Through this approach, he builds rapport instantly and makes it known that he is one with the people.

Body language

Both in social interactions and public speaking, body language plays an

important role. On a subconscious level, your body language leaves an impression on your audience, whether it's good or bad that depends on your body language.

Bangabandhu maintained an impressionable body language in all of his speeches. He does not lean and he does not show the slightest hint of weakness. He moves his hands and uses his finger when saying an important line and he does so with power.

Strong delivery

Confidence in yourself and your presentation and words are important. If you are stammering, if your nerve gets the better of you, if you cannot formulate words during your speech then the audience will not accept it. A lack of confidence can ruin a presentation in a matter of seconds.

During his speech at the UN on September 25, 1974, he presented in Bangla. It did not matter that he was speaking in a room full of foreign delegates, it did not matter that he was doing it on

such a grand stage. He did it to make a point and send a message and the Father of the Nation did so with confidence.

If you are speaking on a public forum, make sure that you are delivering in a way that has the tone of your own belief in it because if you do not believe in your own words, no one else will either.

Concise presentation

One of the cardinal sins of a presentation is to go off topic. It's an issue that is often noticed but rarely addressed. The audience does not like a speaker who frequently goes off topic. Make sure to eliminate any unnecessary discussions from your speech.

The speech of 7th March is a great example of a concise presentation. Bangabandhu stays on point, and talks about the issue at hand and how to deal with it. The speech is not long but it delivers the message and does it with grace.

Intelligent narrative

The objective of a speech is to deliver a message to the audience. So, it is very

important to choose your words carefully. What to say, and more importantly — how to say it? If you do not arrange your concepts and form a narrative, your speech will be random.

Instead of randomly discussing topics, discuss them in relevance. Try to move in a linear progression rather than jumping from topic to topic. And remember to pronounce clearly. Being too fast will cause the audience to lose concentration and being too slow will bore them. You want the audience to hear what you are saying so you must speak at optimal speed.

All the speeches of Bangabandhu are shining examples of intelligent narrative. In the 7th March speech, he starts discussing the chain of events from the beginning and moves in linear direction along the events. And his delivery is neither fast nor slow — just right to hold the attention. And his intonation matches his words and their gravity, making the speech more than memorable.

No wonder it is celebrated as one of the greatest speeches in the world.

By Ashif Ahmed Rudro
Photo: Biplob Chakroborty



#FASHION & BEAUTY

House of Ahmed's Eid Collection hits it out of the park

For the past few years, House of Ahmed has been consistently pushing the envelope when it comes to lavish clothing items. Catering to a certain niche, they have achieved a unique balance between experimentation, tradition, and luxury that has led to some very memorable campaigns in recent times.

Last year, they did a campaign that featured Joya Ahsan draped in elaborate and eloquent sari designs that also incorporated elements of rickshaw art.

Continuing along that line, this year, they have released three separate campaigns for Eid. In the heart of their exciting operations lies the dynamic husband-wife duo of Ahmed Tuhin Reza and Tanzila Elma, and they filled us in on the stories and inspiration behind their Eid collection.

"The first campaign featured international model Piyush Manwani and was shot in Cox's Bazar, with the focus being on panjabis made from materials such as cotton, Muslin, and taffeta silk. The second featured a Russian model named Eugenia sporting our high-end custom outfits and a few of our ready-to-wear designs and that was shot in Mumbai. "We topped things off with a third campaign with Nibir Adnan and Tangia Methila that features some of the boldest and most intricate designs coming out of House of Ahmed and is arguably our most unique campaign," explained Tanzila Elma.



Their Eid collection is composed of timeless festive wear that can be donned on days of Eid. Not only that but the collection also took into account the wedding season that will follow in the coming months.

"The idea was plain and simple. Create exclusive pieces that scream festivities. We want to dress you for the occasion," added Reza.

The men's collection consists of panjabis in two colour gradients: solid and pastel shades. It additionally features a selection of sherwani. It is the women's collection though where their creative prowess truly shines. The base of the collection is made of printed organza, soft silk, handloom *katan*, and *Banarasi* saris and the centrepiece comprises full-sleeved blouses that are truly the embodiment of fashion-forward.

"We pretty much took the lid off while designing these blouses. We dedicated an entire line to them. We played with metallic zardosi, stones and crystal embellishments, neckpieces that start from the back. This was a follow-up of the success we had with last year's campaign featuring Jaya Ahsan," elaborated Tanzila Elma.

"People are generally shifting towards a more traditional approach to wearing saris and have swapped the sleeveless blouses for full-sleeved ones that ooze class and elegance. Icons such as Sabyasachi have ushered in a new era for fashion that involves less showing of the skin which aligns with the values we try to uphold", Tuhin further added.

The photoshoot too, feels like a dream and features larger than life sets that capture the essence of more regal times. As mentioned earlier, this collection has been targeted towards a certain niche and some of these pieces will set you back up to Tk 1 lakh.

"At House of Ahmed, we have always tried to create a blend of culture and current trends. With our Eid Collection, we wanted to experiment with some of these trends and add our own unique touch to it," stated Ahmed Tuhin Reza.

By Irfan Aziz

Model: Methila, Nibir and Piyush

Wardrobe: House of Ahmed

Photography, Art Direction and Set

Design: Rony Rezaul

Beauty Partner: Aura Beauty Salon

Jewellery Partner: Kashfiaa-

Jewellery designer



As the joyous occasion of Eid approaches, many people are focusing on finding the perfect outfit. Mayasir by Maheen Khan presents a stunning and colourful collection this year that is sure to captivate fashion lovers. This brand's Eid Collection exudes elegance and grandeur with stunning pieces in bright pink, rich purple, golden yellow, and lush green.

ENCHANTING COLOURS ON MAYASIR *by* Maheen Khan's EID Collection

Mayasir is a well-known fashion brand that has been a fan favourite for many years now. The brand caters to women of all ages and preferences, from traditional to contemporary, and is known for its exceptional and distinctive designs. The focus on vibrant and bold colours distinguishes this year's Eid collection.

The vibrant and colourful Eid collection embodies the joy and festivity of the occasion. The collection includes a wide variety of saris and lehengas with stunning designs and patterns.

A bright pink silk sari with intricate pink stitchwork is one of the collection's standout pieces. The sari embodies elegance and grace, and its vibrant colour adds a playful and youthful touch. The intricate stitchwork gives

the outfit a unique texture and dimension, making it ideal for those looking for a chic, refined look.

The purple lehenga with exquisite pink stitching is another standout item in the collection. The purple hue adds a regal touch, while the delicate pink embroidery creates a lovely contrast. Intricate details on the lehenga include a beautifully embroidered blouse and a sheer dupatta. The outfit is ideal for those looking for a traditional yet modern look.

The bright orange lehenga with playful sleeves adorned with stitchwork adds texture and depth to the outfit for those who prefer something more fun. The lehenga is ideal for those who want to brighten up their Eid celebrations by exuding joy and optimism. The



Star
LIFE Style

outfit is perfect for a daytime event and will make you feel beautiful and confident.

The bottle green lehenga with light green contrasting colour is an exquisite blend of traditional and contemporary styles. The colours work well together, adding richness and depth to the outfit. The lehenga has intricate details such as a high-neck blouse making it ideal for those looking for a one-of-a-kind and elegant look.

Another masterpiece features a Jamdani texture with flowers and geometric patterns among other motifs. The motifs are delicately woven to create an elegant and subtle effect. The metallic threads add a touch of glitz and sophistication to the sari, making it ideal for formal occasions. The bright fabric, rich colour, and intricate Jamdani pattern of the sari create a majestic and royal aura that is ideal for formal occasions. The sari is an exquisite example of Bangladesh's rich cultural heritage, and it is certain to make the wearer feel exceptional and beautiful.

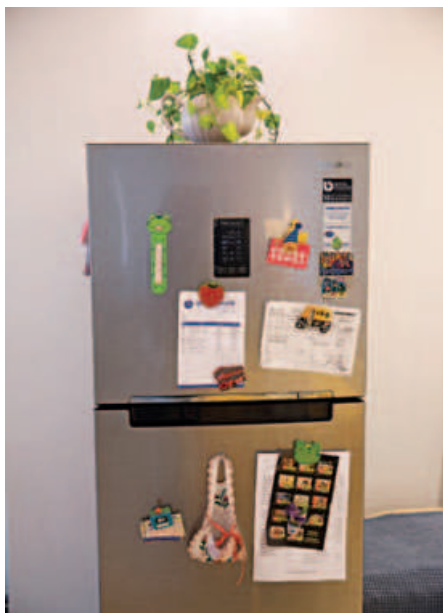
Mayasir by Maheen Khan's Eid collection is a treat for people who love a touch of colour. From traditional to modern designs, each piece in the collection is made with meticulous attention to detail. The intricate embroidery and beading on the designs exhibit the



craftsmanship and dedication of the brand's artisans, which makes each piece a work of art.

The collection's entire concept is to immerse oneself in an ocean of colours, which it does splendidly. The outfits are stunningly beautiful and dazzling, sure to make anyone feel unique and confident. The collection is ideal for women who want to make a statement and flaunt their style.

By Maisha Tarannum Iqbal
Photo: Sazzad Ibne Sayed
Model: Antora, Simmi, Torsha
Makeup: Piash
Styling: Sonia Yeasmin Isha
Wardrobe: Mayasir by Maheen Khan



#PERSPECTIVE

CLEAN LINES

should be your mantra

Finding a mucky mug or half-filled water bottles on the dining table first thing in the morning, baskets of soiled laundry, kids' toys thrown around the floor, pet beds...broken taps.

Shudders! It's spring-cleaning time and time to wake up to the challenge and get started in tidying your homes. It takes nothing except some additional effort to actually accept the task at hand. Tidying or decluttering is quite therapeutic.

Many of us, including youngsters of the Gen Z fame and millennials, are in 'goblin mode' now; unapologetically self-indulgent and unbelievably lazy. And so, they tend to be messy.

It can reflect two things that a lot of us cannot afford: to live aesthetically and efficiently. Or we do not have the time to keep things spotless. 'Being lazy' is the box to tick off here, because 'being efficient' is not a matter of affordability, it is rather the aspiration and desire to live in an orderly environment. Money does not make a house look like a home, it is the conscious effort to work on aesthetics and neatness that matters.

Cleanliness is next to godliness is a



clichéd saying we have all heard since childhood but have miserably failed to take heed of this unoriginal saying. Though it means that we must keep ourselves clean, our homes spick and span and our communities unpolluted and dirt-free, sadly, we all know that is not the case.

Let's not stray too far off and talk about communities and roads, as we hardly keep our own garages or staircase clean. Even though we all live in big shiny apartments with modern facilities and efficient wet and dry kitchens, how many of us actually look after the house once it's handed over by developers and interior consultants?

Keeping the home tidy is a colossal task; this might be our fallback excuse. And the blame can be on anything from having small children around or tending to work, to no helping hands and of course, pointing fingers at the lazy, nonchalant partner.

An untidy, non-aesthetic home is not a pretty sight. It also pulls you down in terms of moods. Your home is littered

with toys, the walls scribbled with multi-coloured crayons, plastic and polythene stashed in corners, the spice rack greasy with spilled oil, the stove or even the fans dirt laden, dead plants and cartons stacked in the verandas or foyer. These are minute examples of the everyday things you fail to manage, and are all part of your cleanliness regimes.

A simple curated corner with green ferns and a few souvenirs can perk up your home, clean tablecloths and bedsheets make you happy, and an organised spice cabinet makes life easier.

Well-orderedness is a lifestyle; do not think of it as a chore. Aesthetic homes were never about showing off money, they were always about the extra effort you put into having your home full of clever storage solutions and hyper-neat drawers, and pleasing decor. The scented candles and chic coffee tables are optional, make do with whatever you have.

By RBR
Photo: Sazzad Ibne Sayed
Special thanks to NB Mansoor



From Foundations to Finishing Touches

The Daily Star & Akij Ceramics have jointly organized "ArchiTalk"- a digital show where the country's most notable architects will be sharing their knowledge with the audience. The first episode of the show was held on "Basic preparation & primary rules of constructing a house". Mr. Rafiq Azam & Ms. Zannat Jui were the guests for the first episode, along with the host Ms. Shrabosti Das.



Architecture is more than just a functional art; it is the fusion of science and art, imagination and practicality that results in the creation of beautiful, useful and efficient structures. From towering skyscrapers to modest family homes, architecture shapes the world around us and influences the way we live, work and interact with each other. It's a discipline that not only serves the practical needs of shelter and protection but also reflects our personalities, cultures, and values.

An architect brings a unique perspective to the design and construction process, combining both artistic and technical skills to create spaces that are functional, beautiful, and sustainable. They are trained to consider not only the physical dimensions of a structure but also its context, purpose, and impact on the environment. By working closely with clients, architects can translate their vision and aspirations into a tangible reality, tailored to their specific needs and preferences.

Your personality portrays your identity, creativity and aesthetics mindset. For instance, your abode, or a commercial space, is not just a mold of bricks and stones! Rather, it defines your persona, disposition, and lifestyle. Thus, to give it a touch of enhancement, architects play a significant role in enhancing your personality, and bring forth fulfillment to your aesthetic approach towards building your home.

An architect's primary job or goal is to instill life to an empty space. An architect's contribution to all spheres of building a home, including the interiors and exteriors, is immense. With the aid of generating cutting edge ideas, an architect ensures your luxury and comfort of life. From selecting the tiles, sanitary wares to any aspect of your house, the aesthetic beauty of it purely depends upon the talent and effort of the architect.

The country-best tiles brand and the

"Super-Brand" award winner Akij Ceramics is the true reflection of the top-notch aesthetic sense of professional architects. When it comes to the production of any products such as tiles, sanitary wares and much more, Akij Ceramics has shown innovation, the touch of newness, and elegance, which glorifies your personage, and brings you in-fashion.

On this episode of Akij Ceramics & The Daily Star presents "ArchiTalk", it depicts the core essence and usage of architecture, and the technical issues associated with building your dwelling.

Architects have the ability to enhance a client's personality and bring fulfillment to their aesthetic approach towards building their home. They can help clients express their individuality and create a space that reflects their style, interests, and values. Whether it's through the use of colors, textures, or materials, architects can create a unique and personalized environment that resonates with the client's personality.

In addition to their technical and creative skills, architects also play a vital role in ensuring that a building is safe, functional, and efficient. They are well-versed in the latest construction techniques and technologies and can advise clients on how to achieve the highest standards of performance and sustainability. Architects can also help clients maximize their investment by designing a building that is flexible and adaptable to changing needs and trends.

Upon being asked, what are the legal terms and issues that need to be addressed by a client to an architect?, one of the guests, and the father of Green Architecture in Bangladesh, Professor Rafiq Azam said, "The Bangladesh National Building Code (BNBC) must strictly be followed while building a house. Not only that, the rules set by the government against fire-safety must also be

taken into account. Plus, the architect must be kept at all times during the process of building the entire structure, for in-detail supervision, who will report to the client whether the work is in progress in terms of the client's requirements."

Upon being asked the same question to another chief guest, an inspiration for young architects, Mrs. Zannat Jui said, "Firstly, the client needs to let us know the necessary details regarding the planning and procedures of building the house. Then, we, the architects, will come up with a proper plan regarding how to proceed with the architectural plan, which will abide by the necessary course of action so that the process doesn't create any adverse reaction towards nature. Then the client will submit the drawing to RAJUK, and after receiving their approval, we will move forward with the relevant working drawing."

Also when asked that how can the architectural materials be developed, and also how a building can be developed according to the eco-friendly guidelines, Mr. Rafiq said, "To comply with this issue, we cannot resort to our age old woods and bamboos, that we use to make houses in our countryside and villages. This is because the modern urban infrastructure consists of high-rise buildings, which will be very much prone to earthquakes and gusts and strong breezes, if constructed with fragile materials. Thus, we need to use materials such as bricks and exposed concretes, that are produced in our country, rather than importing. We can use these materials to infill the structures, making them very much durable and firm."

Q. Ms. Farzana Hoque asked if the previous window panes were better than the glass sliding windows we currently use, as glass sliding windows absorb more heat.

Ans: Old wooden windows were good, but due to increased demand for housing, using trees for windows is no longer feasible. Glass windows absorb heat, but using sunshades can solve this issue and save trees.

Mrs. Zannat Jui added that we need to focus more on our research efforts as other developed countries to ensure that we are not heavily depleting the oxygen level by unplanned usage of wood.

Q. Mr. Zarif Shawkat asked if there are any economical ways to keep our houses cool in the summer without using any air conditioning system.

Ans: It is a scientific fact that if we have south facing home, we will get enough sunlight in winter and ample breeze in the summer. This airflow will enter the home from the Southside while exiting from the Northside, keeping the house cool. And so, people wouldn't have to depend on the air-conditioning system. We can also use cross ventilation and shaded roof to keep our house cool.

Therefore, it is essential to have a well-designed house by a good architect.

Host: Shrabosti Das
Saree: Tangail Saree Kutir
Makeup: Persona
Jewellery: 6 Yards Story

In memory of 'Magic Uncle:' Ulfat Kabir

I knew him by his household name, 'Babul,' and his friends knew him as 'Ulfat,' but the vast majority of his viewers knew him as 'Magic Uncle.' Even my children called him 'Magic Chacha' from childhood. At that age, they did not even know how he was related to them.

All his life, he performed his shows mostly for underprivileged children in Bangladesh. Organised by Kazi Shakil Foundation and several NGOs, he travelled to the remotest corners of Bangladesh, including refugee camps to perform his shows. He even once performed his show on the air. One of the NGOs chartered a plane for a free ride for such kids. They had never flown on a plane. Their favourite Magic Uncle was there to entertain them — a double treat.

During his primary school days in the Dhaka Cantonment of Kurmitola, the school caretaker, who lived on the premises, once showed him a few magic tricks. That's when Magic Uncle fell in love with it, like how a buried seed sprouts from the soil. His love for magic grew into a yearning, and then it became his lifelong passion until he drew his last breath on 4 March, 2023.

I spent most of my career overseas and

every time I visited Bangladesh, I would always see him and occasionally stayed with his family. For hours, he would tell me his stories, and I loved to listen. I could fill pages with his stories but would only share a few with the readers.

He goes to a village school to perform his show. At the end of his performance, the headmaster hands him an envelope and explains, 'It's not much, but this is all the school could raise from what the children could offer.' Magic Uncle feels sad, returns the money, and says, "Please buy sweets for the kids on my behalf."

On another occasion, he receives a phone call. The gentleman requests a show to be performed in his home for his daughter's birthday. When Magic Uncle arrives at the apartment, to his

bewilderment he finds no guests, no children except his daughter and his wife. The gentleman explains that when he asked his daughter what she wanted for her birthday, she requested Magic Uncle to come and show her his magic.

Another story he told me was that while travelling on a rickshaw passing by a slum, he heard loud shouts from behind. A group of children spotted him and ran behind his rickshaw, shouting, 'Magic Uncle, Magic Uncle.' He feels that he is no longer a magician, but has become the Pied Piper of Hamelin.

During my Dhaka visits, he would often ask me to join him for his shows in and around Dhaka. I have been to many of the slums and school shows. This is the one I remember most.

The show was in a remote part of Munshiganj. We travelled mostly by car and then had to take a rickshaw for the narrow gravel road to reach the primary school. The lanky headmaster explained that the children would be seeing magic for the first time in their lives.

The classroom was filled with some hundred boys and girls. I stood at the

back so that I could have a full view of the packed room. There was pin-drop silence in anticipation. It was already magical!

Magic Uncle brought a rabbit out of an empty hat. I have seen this many times, but never had I heard such deafening, thunderous applause in my life. For the next half-hour, all I could hear was the same deafening, thunderous ovation every few minutes. I became emotional, for I could not believe that a simple man of no great means could bring such joy to the lives of children who had probably never travelled outside their villages.

When we were small, and living in Chattogram, one of our uncles (Siddiq mama) visiting from Dhaka took us to the Cox's Bazar Sea beach. The roaring crashing waves, one after another, frightened us and made us run away from the waves.

It looks like Magic Uncle has now gone on a long voyage across that vast, stormy ocean.

By Tohon

Photo: Tohon

Tohon is a short story writer and author of My Tormented Soul.



#PRESS RELEASES

Mehnur Baby Shop unveils innovative services for mothers and babies

The bond between a mother and child is one of the strongest and most enduring connections in the world. It's a love that grows and evolves with each passing day. Keeping this thought in mind, the innovative and exhilarating mother/entrepreneur behind Mehnr Baby Shop announced the soft launch party of their innovative one-stop-shop solution for mothers and babies.

The event took place on 7 March, 2023 at Banani 12. Mehnr Baby Shop is committed to providing high-quality products for both mums and babies, and additional services that cater to all their needs.

The shop was meticulously designed to cater to the needs of busy mothers who want a convenient and hassle-free

shopping experience. Mehnr Baby Shop features a wide range of good quality products for both mothers and babies, all under one roof. From clothing, accessories, toys, and feeding essentials, mothers can find everything they require for their little ones.

That's not all! Mehnr Baby Shop goes beyond just offering products, and provides additional services that cater to the needs of mums and babies. This includes a dedicated breastfeeding room, diaper changing room, and play zone for children. The shop has also introduced the first baby salon in Bangladesh, where

mothers can take their children for a relaxing and enjoyable experience.

"Mehnr Baby Shop is more than just a store, it is a one-stop solution for mums and babies. We want to provide a convenient and enjoyable shopping experience and also offer additional services that cater to their needs. Our shop is the first in Bangladesh to offer many facilities for both mothers and their lovely babies such as a breastfeeding room, a diaper changing room, a play zone for children to enjoy, and a baby salon," said the owner of Mehnr Baby Shop.

The soft launch party was a wonderful

opportunity for influential mums to experience the products and services offered by Mehnr Baby Shop. The event was full of engaging activities, games, refreshments, and treats. It also introduced the Smart Mommy Club privilege card to the guests, with which they can benefit from different self-grooming and child activity services.

Mehnr Baby Shop is committed to providing the best products and services to mothers and babies in Bangladesh. The shop aims to revolutionise the shopping experience and make it easier and more enjoyable for mothers to find everything they need for their tiny tots.

By Abdul Warith Khan



◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Listen to those who have your best interests. Donations could prove unnecessary. Your partner could set you off. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Changes in your residence will be rewarding. Shopping will do you some good. Misunderstandings at work could be devastating. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Don't take on too much financial burden. Complete any pending work. Keep your partner in the loop. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

Make changes regarding your status. Travel may be confusing. You will have opportunities to advance. Your lucky day this week will be Thursday.



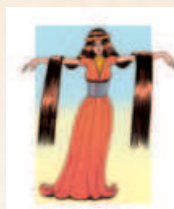
LEO (JUL. 23-AUG. 22)

Discuss your objectives with your partner. Your personal life may suffer this week. Don't do anything careless. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEP. 23)

Make financial gains through your connections. Don't be quick to help others. Spend time with those who value you. Your lucky day this week will be Tuesday.



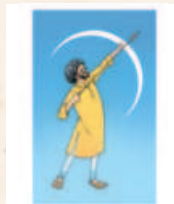
LIBRA (SEP. 24-OCT. 23)

Get involved in group efforts at work. Older family members may take advantage of you. Chances for ideal romantic connections are likely. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

You need physical activity. Don't overspend on entertainment. Talk about emotional problems with your partner. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Finish off old projects first. Make changes at home. Spend time on your own. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Trips will be extremely enjoyable. Sort situations out as best you can. Watch your spending habits. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

You might meet someone special. Travel will bring you great rewards. A long discussion is needed if you wish to clear misunderstandings. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Plan a nice evening for two. Don't take on more than you can manage. Only make promises if you can deliver. Your lucky day this week will be Friday.

us on f /Sandalina

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ঠিক যেসমত রূপচর্চায় আভিজাত্য ঘাটেই

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KOHINOOR CHEMICAL

Tips to take care of your home furniture

Regular usage will eventually wear down any piece of wood, leather, or outdoor furniture no matter how high the quality. It makes no difference whether the piece of furniture is a large sectional couch or a modest accessory piece like a nightstand.

Maintenance and furnishings of furniture are ongoing responsibilities. So, it is crucial to take as much care as possible. In fact, some furniture comes with care and maintenance instructions from the manufacturer. That being said, the best tips for maintaining your home furniture's condition are explored below.

Regular care

Glassware, cups, and other potentially risky hot or cold items should never be stored directly on an indoor hardwood table. Instead, coasters should be used in combination with a protective tablecloth.

To prevent stains on your furniture, you



may use colourful placemats or tablecloths for decoration, which can also liven up the room.

There are several environmental elements, such as rain and sunshine, that degrade the condition of outdoor furniture. You should protect them by covering against hot spots such as harsh sunlight, fires, and the like.

Dusting and cleaning

Particles of dirt and dust floating in the air may scrape and wear down furniture surfaces. Because of this, it loses its lustre as well. A coating of dust on your furniture

will not seem very inviting to your visitors either. You should, therefore, periodically dust your furniture with a soft cloth.

Dusting should not be done with something too abrasive, since this might result in scratches. However, dusting alone is not always enough to keep surfaces looking their best, and frequent cleaning is necessary to preserve their natural gloss.

Avoid using store-bought all-purpose cleaners. They may wreak havoc on the furniture's finish. Most messes may be

cleaned up with a damp towel and some mild dish soap. After using a wet cloth to clean the area, a nice dry towel should be used to remove any residual moisture.

Know your material

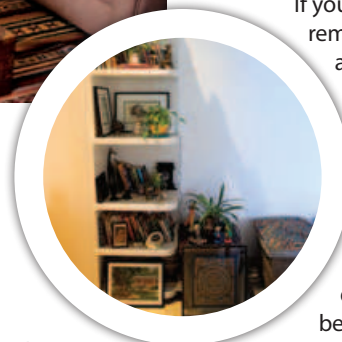
You should study the instructions for maintaining your furniture if they come with it. This information is crucial since it pertains directly to the item you just bought.

If you want your furniture to continue looking as good as it does today, you should familiarise yourself with the appropriate upkeep. If there was no label attached to your new piece of furniture, do not hesitate to contact the store where you bought it to find out how to best maintain it.

If you are cleaning wood furniture, remember to use a gentle cloth and, if necessary, a more powerful cleaning product. To clean, moisten the cloth (not wet), and to dry, use a third, clean cloth.

Saturating the wood is a bad idea. In the matter of leather home furniture, dust the surface of the leather before attempting to clean it.

Use a gently moist (not wet) cloth to wipe off the leather with a cleaning solution made from equal parts vinegar and water. Then, use a clean towel to dry it.



By Samayla Mahjabin Koishy
Photo: Sazzad Ibne Sayed
Special thanks to NB Mansoor

