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Star LIFE Style

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Embracing *the* SUMMER festival vibes

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HOW TO QUIT SMOKING

PHOTO: JOYEETA TRISHA

MODEL: SAFA KABIR

WARDROBE: BLUEBUTTON.LIFESTYLE

MAKEUP: ATIA RAHMAN & MOHAMMAD TAREK

STYLING ASSISTANT: SADDAM & KAMAL

LINE PRODUCER: SOUROB

Your guide to food, fashion, and more!

Ramadan is special for many reasons. It is of course about rejuvenating and boosting your spiritual side. Additionally, it is a month that presents us with opportunities to bond with

our family and friends, shop for new additions to the wardrobe, relish delightful food, etc. We made this edition of Star Lifestyle keeping all these in mind. This special

volume puts the spotlight on some of the facets of the month that keeps us busy, from fashion, food, to health. Flip through the pages to explore the most happening trends and effective

guides, be it our playbooks on what to wear and how to style your wardrobe, easy-to-make recipes for iftar, or the health benefits associated with fasting. We wish everyone a happy Ramadan!





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Fashion & Beauty

B2's upcoming trendy and stylish Eid collection

When it comes to fashion, we all want *to look good, feel comfortable, and remain trendy*. That is where B2, a fashion store, comes in with their promise to deliver quality and trendsetting clothing that combines modern styles with traditional touches. With Eid around the corner, B2 is gearing up to showcase their fashion ideas to the world.

As a fashion store, B2 takes pride in its high-quality clothing made from premium fabrics that ensure comfort and durability. Their clothes are designed to make people feel confident, fashionable, and comfortable. The company has the vision to enhance product quality, promising to keep their **customers satisfied**.

"We brought some changes to our Eid Collection this year. Eid will always be incomplete without some traditional touch. We got two-piece kameezes with customised printed fabrics. We also tried to use various kinds of fabric to make customers look trendy. There are also export quality products made by us," said **Sumsrita Poddar Bithe**, proprietor of B2.

The style and theme of B2's new Eid Collection are a reflection of the summer season. The collection features lightweight fabrics that are perfect for the hot weather. The clothes are designed to be relaxed yet creative, making them perfect for all occasions. Whether it is a formal or informal gathering, B2's Eid Collection has something for everyone.

"Flared pants are quite hyped at the moment. So, we offer you a variety of flared pants along with new touches so that your look can be unique," commented **Sumsrita Poddar**.

Attracting customers is one of the most important aspects of any business and B2 has an effective strategy for this. The company is using social media platforms to reach out to potential customers and is taking feedback from customers to improve their products. B2 believes that quality and comfort are paramount to customers, and they are making every effort to ensure their products meet these criteria.

"We will come up with new and more unique ideas. Until then we are keeping it a secret. So, if you want to find out stay tuned with B2, and after Eid, we are looking forward to our summer collection. In summer, the main focus will be products made from comfortable fabrics," stated **Sumsrita Poddar**.

B2 plans to keep customers engaged through innovation and creativity, with upcoming collections that promise to surprise and satisfy. Future plans are under wraps, but after Eid, B2 will launch a summer collection focused on comfortable garments.

B2TM
BE ONE 2 WIN

By Abdul Warith Khan
Photo Courtesy: B2



Carat World

BY AMISHEE

Make a Statement with Carat World by Amisheé

Introducing Carat World by Amisheé—the new Pret line of exquisite jewellery that perfectly blends quality, craftsmanship and affordability. Being the recent masterwork by Amisheé, the "Carat World", is the pinnacle of superb craftsmanship and alluring elegance. This stunning assortment of gems and dazzling diamonds has been masterfully executed to ignite your emotions and flaunt your elegance. The collection introduces you as "AMISHEE," the self-assured and sophisticated woman you are. Prepare to embrace your inner Amisheé and enter a world of elegance and sophistication that is truly unmatched.

The collection is created to give women access to a modern, fine collection they can wear daily. The collection is versatile, with pieces that can be worn for any occasion, from a formal event to a casual outing with friends. Each piece is meticulously crafted to be trendy, wearable, and to satisfy every jewellery craving a woman may have.



The use of precious stones such as Ruby, Emerald, Sapphire, and Diamonds is one of the most notable aspects of Amisheé's Carat World. These stones are handpicked with

care to ensure that each piece is of the highest quality, authenticity, and value, adding to the collection's elegance.

The Carat World by Amisheé collection's design work is a masterful blend of modernity and uniqueness. Each piece is designed to be light, trendy, and modern while retaining its distinct identity and idiosyncratic characteristics. The brand's designers draw inspiration from a variety of sources, including nature and architecture, resulting in a truly



one-of-a-kind collection.

Amisheé's Carat World signifies commendable craftsmanship and elegance, the two distinguishable qualities that define the brand's legacy. The brand takes pride in its commendable attention to detail, precision, and dedication to producing pieces that are both beautiful and different from the rest. Every piece in the collection is handcrafted with the utmost care and ensures the highest quality and standards.

You can be confident in the quality and authenticity of Carat World by Amisheé. The brand is committed to ensuring that each piece is of the



highest quality and meets its standards, thereby establishing it as a collection you can rely on.

The collection is the pinnacle of refinement. The pieces are designed to exude elegance and class, making them the perfect accessory for any occasion. Whether you're dressing up for a special occasion or adding a touch of glam to your everyday look, Carat World by Amisheé has the perfect piece of jewellery for you. This collection's theme is about becoming "AMISHEE," the self-assured and fashionable lady you are. Carat World by Amisheé is more than just a lovely line of jewellery. Thanks to the



collection, women can exhibit their unique sense of style. With the unique and cutting-edge designs



from Carat World by Amisheé, you can express yourself and stand out from the crowd.

The Carat World by Amisheé line by Amisheé is a true work of art that exemplifies their commitment to beauty, quality, and craftsmanship. With designs that suit various tastes, the line provides women access to contemporary, quality pieces that can be worn daily.

By Maisha Tarannum Iqbal

Styling ideas for Ramadan family get-togethers

The month of Ramadan is widely celebrated with social gatherings and get-togethers for friends and family. If you have been invited to such a social event, and are unsure about what to wear, continue reading to find out! These simple but useful suggestions will guarantee that you are not only ready but also elegantly prepared for your get-together with friends and family.

TRADITIONAL IS THE WAY

During Ramadan get-togethers, it is best to opt for traditional attires. Whether it be a kurti or a shalwar kameez, embrace a part of your heritage and proudly show your collection of ethnic clothes. Shalwar kameez sets are perfect to wear, particularly while attending gatherings. They are not only lightweight but also available in a variety of designs, patterns, lace choices, and upper-body sequin work, which means that you have more possibilities to choose from.

BEAT THE HEAT

This year, Ramadan coincides with hot and humid weather. Hence, you should go for materials that are light, airy, and loose so that they do not burden you. Aim for billowing full sleeves, which are chic and

graceful. While fasting, you should not have to worry about sweating in a tight and uncomfortable outfit. Nonetheless, if you think it could be too plain for a gathering, you can add some glamour by wearing a stunning and visually attractive orna. This will give your outfit some added flair.

ACCESSORISE IT UP

If you are ready but still want to go the extra mile to make yourself stand out in the get-togethers, then pick a few small and lovely accessories to lift the style that you have created for yourself. You might select some elegant and understated minimalist rings and earrings, or you could go with a necklace that complements the colour of your dress.

By Samayla Mahjabin

Koishy

Photo: Kaushik

Iqbal

Model: Bidya

Sinha Saha Mim

Wardrobe

Courtesy:

Nuzat Nawar



#FASHION & BEAUTY



Your Eid wardrobe with Anjan's FASHIONABLE DESIGNS

Anjan's is a well-known fashion and lifestyle brand in Bangladesh, offering a wide range of clothing, accessories, and lifestyle products. The brand has become synonymous with quality, style, and innovation, and is a popular choice for people of all ages and backgrounds.

This year, Anjan's has launched an amazing Eid collection that is sure to make a statement. With a focus on comfort, style, and elegance, the collection offers a variety of traditional and trendy attires for men, women, children, and teenagers. They come in various colours, with olive, coffee, brown, white, red, green, and maroon being the prominent shades. Jacquard design fabrics are being used extensively, with embroidery and prints being used in various designs.

"On the day of Eid, people of all ages wear new clothes to celebrate. To cater to everyone's Eid needs, we have designed new clothes for different age groups," explained Shaheen Ahmed, CEO of Anjan's.

Anjan's Eid collection is not only stylish and comfortable but also unique in its approach. The brand has introduced several matching attires for couples and families, including panjabis, saris, shalwar kameezes, tops, girls' shalwar kameezes, and boys' panjabis. These exclusive designs are intended to add more excitement and



joy to the Eid celebrations. Moreover, the collection has been designed to cater to different age groups and preferences.

Anjan's explained that the inspiration behind their new Eid collection was to provide comfortable designs for the largest religious festival in Bangladesh. They have focused on using fabrics such as cotton, voile, linen, silk, and Muslin to adapt to the hot weather during Eid.

The collection offers a range of options for boys and girls including panjabis,

shirts, T-shirts, saris, shalwar kameezes, fatuas, tops, scarves, vests, and handmade jewellery. The sari designs have variations such as cotton, half-silk, and cotton silk with printed, screen printed, and embroidered options, as well as Tangail taant, Jamdani, and katan saris.

So, what's next for Anjan's. As the festival continues to grow and evolve, the brand plans to keep up with changing trends and seasonal styles, ensuring that their designs always reflect the spirit of the occasion.

"This year, since Eid is in the summer, different designs have been made for the occasion. As time passes, and Eid falls during other seasons such as spring or winter, designs will be adapted accordingly," said Shaheen Ahmed.

Get ready to celebrate Eid in style with Anjan's new collection - where comfort meets elegance.

By Abdul Warith Khan
Photo: Anjan's

Styling ideas for a GLAMOROUS SUMMER

Summer is all about the heat waves, non-stop perspirations and the daunting task of finding the perfect dress to beat all the negativities. As difficult as it may be, we must think outside the usual dazzle and shine if we do not want to be looking like a hot mess. Spring and summer are the ultimate feminine fashion seasons with breezy breathable fabrics and a soothing colour palette that says “summertime.” Do not worry too much because there are many ways you can style yourself and beat the heat this year, without breaking a sweat.

Star **LIFE** Style



Minimalistic daytime looks with saris are at the very top of the fashion game this season and we, honestly, love it! Be it handloom, pure soft cotton, or chiffon saris, the refreshing simplicity not only lets you feel comfortable on a hot day but also adds new dimensions to your elegance. The old-school tie n' dye and hand-block prints are back with a modern twist of trending colours like orange-peach, mauve pink, powder blue, and more.

For those who love a pop of colour here and a bit of contrast there, these 'summer saris' are the perfect chance to bring out the fashionista in you.

You can, for example, choose to pair a pale pink sari with a deep blue, lime green, or magenta blouse; or even a white one with ocean blue crop top! Not only do these options provide ample style and comfort, but also scream festive without being too over the top. And let's face it, who does not love a flowy, colourful outfit on a joyous occasion or even any occasion?

For lightweight fabrics like chiffon or georgette, the key is to buy a pattern that complements your style. Although florals and duo-chromes are the most common and safe choices, geometric patterns like faded checkers and polka dots are especially trending this year. You can choose to pair it with a lightly embroidered blouse or one in

solid colour. You can even skip over the whole hassle of tailoring by simply pairing it up with a crop top of your choice.

Not only will you be the most stylish person in the room, but also have created a striking contrast with little to no effort. And that, ladies, is the power of minimalist fashion.

Kurtis and kameezes in bold blues or summer yellow, fiery orange, bright red, or deep coral are perfect for adding playful energy to your 'special occasion' based outfits. Opt for a cotton or linen fabric for maximum comfort in the summer heat. This little attention to the fabric, paired with solid-coloured bottoms and/or ornas will give you the ultimate sun-kissed look all day long.

Whoever said that shades of white are 'too plain,' could not be more wrong. Just thinking of a white sari consisting of a little thread-work along its borders, maybe a little bit of chikankari or mirror work, is bound to put a smile on any woman's face. This one pretty much guarantee elegance no matter what colour you choose to combine it with.

Similarly, for a white kurti, just choose a bottom, a pair of jhumka, and a handbag, and you are all set for the day.

The 2023 makeup is all about 'less is more.' We are talking neutral shimmer on the eyelids, a heavy coat of mascara for fluttery lashes, a pale shaded lip-gloss, and some glowy blush that does not mask your true beauty, just

enhances it. Remember, you are the sunshine each day – every day!

Now, let's talk accessories. It is always a good idea to keep it simple and classy with a statement necklace or earrings to add some extra sparkle to your outfit. Also, the power of a pretty handbag is unmatched when it comes to completing our 'special occasion' look. Potli bags that come in funky as well as pastel colours with heavy embellishments, are among the top favourites this season. The pouch-like shape comes with enough space to carry your phone, and most importantly the emergency makeup.

Lastly, and we cannot stress this enough, choose shoes that are stylish but comfortable at the same time. Flats or low-heeled sandals will keep your feet happy as you navigate through the crowds of family and friends.

So, there you have it, ladies! Some fabulous daytime outfit options to make sure you look and feel your best all throughout summer. Remember to plan, stay comfortable, and most importantly, have fun!

By Nusrath Jahan
Photo: Sazzad Ibne Sayed
Wardrobe: Shahrukh Amin
Model: Jolly
Styling: Sonia Yeasmin Isha
Makeup: Piyyash

The Bohemian look is back with a twist





Have you always been called a free-spirited human being for your style and fashion statement? Then you are probably the right person to read this article. Your fashion statement is to be the most natural, making zero compromises on functionality or even comfort.



Star Lifestyle would love to call you the Bohemian girl. And just to keep your fashion quotient intact, we have a few style suggestions for you.

Wear those belts

Anarkali's, flowy dresses, bare backs, and cute kurtas have been trending for quite some time now. At the moment, it is time to take styling to the next level with structured belts. This will help the onlookers look at you in a new light. This will also help with proportions and every fashionista knows how fabric proportions are the key element to looking suave.

Silver, silver – Do we hear more silver?

You can never, ever go wrong with a pair of silver earrings, bangles, and a necklace. If your shoulders are wide, go for statement necklaces. If not, then drops or dangles should be your best bet. But never skip on the bangles as this amplifies your feminine expressions.

Somehow, if you are not into silver at all, then go for beaded jewellery or even the simplest choker. Whatever it is, the unconventional always looks best with

the Bohemian.

Go backless

All the while you have seen the Boho in a more conservative style – Turkish pants, Patiwalas combined with short flowy kurtis with buttoned-up necks. This time, go for the flow dresses but with a twist of the bare backs or the long necks. Try it! We are pretty sure you will rock the look.

What makes the Boho lovable?

Quirky prints, bold hues, Bangladeshi local motifs, floral imprints, and much more make the Boho lovable and if you can add to it additional embroidery, ribbons, and pearls then your selection simply becomes more interesting.

By Fashion Police

Photo: Joyeeta Trisha
Model: Safa Kabir, Shirin Akhter Shela,
 Jessia Islam, Tamanna Haque Barna
Wardrobe: bluebutton.lifestyle
Makeup: Atia Rahman & Mohammad
 Tarek
Styling Assistant: Saddam & Kamal
Line Producer: Sourob

Bata welcomes everyone to the celebration of style

Thirty days of Ramadan with fasting and devotion culminate into Eid celebrations where everyone puts on their best attires and of course, the best pair of shoes. Bata has always been an integral part of Eid celebrations and this year too it's no different. Only considering the festive time, Bata launched the new "Red Collection" which is all about style and trend.

The new Bata Red Collection has a wide selection of trendy shoes for both men and women. Considering the style need of women, closed pumps, platform and high heels, comfortable flats in vibrant colours have been included in this collection.

Stone embellishments and ornamented designs with floral printed insole have also been made part of the New Bata Red collection which will surely attract the ladies. Men have the option to choose dress shoes, moccasins, casuals, and sneakers from this collection to make a fashionable appearance on Eid day. Apart from the Red Collection, Bata is also offering other

exclusive new designs featuring style and comfort on this festive occasion.

Trendy shoes with modern technologies have been introduced by Bata. Memory foam is one of these technologies, which provides 50 per cent more comfort and durability. Another technology that gives optimum comfort,

especially for people with fallen arches, is ortholite cushioning. The addition of life technology, which aids in the shoes' antibacterial properties, as well as a trendy style with a lightweight feature, make these shoes the ultimate fashion choice.

Bata is a brand for all and so there is something everyone can afford. The price range for men's shoes is between Tk 799 – Tk 14,999, women's shoes range from Tk 599 – Tk 9,999, and children's shoes range from Tk 599 – Tk 3,499.

Bata is offering cashback and coupons for consumers in different payment getaways/platforms like bank cards and mobile wallets.

The leading footwear brand, Bata has established a strong presence in the online sphere as Batabd.com. With over 2,500 unique designs and a selection of 600+ newly dropped styles especially for this Eid, Batabd.com boasts exciting weekly flash deals of 25 per cent off, discounts of up to 50 per cent, and free shipping catering to the increasing demands of online customers.

Bata's creative integration between style and comfort allows the consumers to be stylish and comfortable altogether. Bata's vast and diverse product range makes it **the most loved brand in the country** and as such the first choice for consumers.

Photo: Bata



আনন্দে উৎসবে
ঈদ হবে
স্টাইলে!

NEW Bata
RED
Collection



SCAN FOR MORE
EID COLLECTION



Surprisingly
Bata

THE MILLENNIAL COOK

FARIHA AMBER



5 savoury recipes for Ramadan

CHICKPEA CHILLI

Ditch your regular chickpea this Ramadan and try out this revamped version instead, which is spicy, tangy, crunchy, and utterly delicious.

Ingredients

1 cup chickpeas
1 tsp salt
4 tsp corn flour
Oil for frying (as needed)
Water for boiling (as needed)
1 onion
2 garlic cloves
1 ginger thumb
3 green chillies
1 capsicum
For the sauce –
1 tbsp oil
2 tsp white vinegar
2 tsp soy sauce
2 tsp chilli sauce
4 tsp tomato ketchup
1 tsp Chinese five-spice
½ tsp Sichuan pepper



Method

Soak the chickpeas overnight and then boil them with salt. Once they are fully cooked, drain the water and toss them with corn flour to fully coat them. Deep fry the chickpeas and drain them on a paper towel. In a pan, heat oil and add finely chopped garlic and ginger. Cut the onion and capsicum into wedges and add them as well. Next, add vinegar, soy sauce, tomato ketchup, and chilli sauce. Season with Sichuan pepper and Chinese five-spice and finally add the slit green chillies. Lastly, stir in the fried chickpeas and combine everything together.

POTATO ROSTI

You cannot deny it – we all make the resolution of avoiding fried food during iftar, but alas! We fail to stay committed. With this recipe, enjoy a lighter version of pakora without the oil.

Ingredients

1 onion
3 medium yellow potatoes
3 medium sweet potatoes
4 strips chicken rasher
1 tsp salt
½ tsp black pepper
½ tsp cumin powder
½ tsp red chilli powder
½ tsp garlic powder
1 tbsp oil

Method

Peel and grate the potatoes and then wrap them in a kitchen towel. Squeeze them to drain out as much water as you can. Finely chop the onion along with chicken rasher, and combine these with the potatoes.



Season with salt, black pepper, chilli powder, garlic powder, and cumin powder. Add a drizzle of oil and mix everything together.

Grease a muffin tin and scoop the mixture in each hollow to the top. Press and pack each cavity tightly and let them bake in a preheated oven at 170°C for 30 minutes. Once baked, they should be crispy on the outside and soft on the inside. Serve these with sour cream or garlic sauce.

SHAHI HALEEM

An iftar spread is incomplete without haleem – and this recipe spills all the secrets of a great shahi haleem straight from the heart of old town.

Ingredients

1 cup roasted wheat powder
½ cup chinigura rice
½ cup green gram lentil
½ cup split peas lentil
½ cup split black gram lentil
½ cup Bengal gram lentil
1 tsp turmeric
1 tsp salt
8 cups water
For the meat –
1 kg mutton
1 cup oil
250g onion
1 tsp salt
1 tbsp red chilli powder
1 tsp turmeric
1 tbsp ginger paste
1 tbsp garlic paste
1 tsp coriander powder
1 tsp cumin powder
3-4 bay leaves
1 tsp kabab masala
5 cups water
7-8 cloves

For garnish –

Sliced ginger
Chopped chillies
Mint chiffonnades

Method

Soak the four types of lentils and rice overnight or for at least eight hours. Boil them with six cups of water along with a teaspoon of salt and turmeric. Once they are boiled and soft, blend them to get a smooth, homogenous paste.

Slice the onions and heat one cup of oil in a heavy bottom pot to fry them. Once the onions are golden brown, remove and drain them. Add mutton in the same oil and roast them with salt for 10 minutes. Once they gain colour, add back half of the fried onions.

Next, add ginger and garlic paste, turmeric, red chilli powder, coriander powder, cumin powder, kabab masala, and bay leaves. Sauté them for a while and then pour in a cup of water and allow it to

simmer till the water evaporates.

After that, stir in four cups of hot water and allow this to cook on medium heat until the meat becomes tender. When the meat is almost done, add cloves and cook until oil rises to the surface and remove about half a cup of oil from the top. At this point, give it a taste to determine if any salt or spice is needed and add accordingly.

To the blended lentil mixture, add two



cups of hot water along with the cooked meat and mix together. Cook everything together for 10 minutes. Before serving, top with the reserved oil and fried onions, chopped chillies and mint, along with ginger juliennes.

POTATO CHAAT

This item has it all — juicy, tangy, crispy, crunchy — you name it! The perfect food for iftar that is unbelievably quick and easy to make.

Ingredients

4 large potatoes
1 thumb ginger
1 onion



1 tsp salt
1 tsp chaat masala
1 tsp coriander powder
½ tsp red chilli powder
2 green chillies
¼ cup fresh pomegranate arils
¼ cup chanachur
A handful of mint leaves
Oil for frying

Method

Peel and dice the potatoes and dab them well to extract all moisture. Fry them in hot oil until they are golden brown and crispy. Finely dice the onion and cut the ginger thumb into juliennes. Add these to the fried potatoes and sprinkle over salt, *chaat masala*, coriander powder, red chilli powder and toss everything together.

Slit the green chillies and add these along with pomegranate arils, *chanachur*, and *chiffonnades* of fresh mint leaves. Give everything a final toss and add a dash of *chaat masala* on top before serving.

CHICKEN SHAWARMA

A chicken shawarma for iftar is as fulfilling as it is delicious. Strips of grilled chicken and fresh vegetables wrapped inside soft flatbread makes for the perfect iftar meal!

Ingredients

1 capsicum
1 cucumber
1 cup shredded cabbage
1 tomato
For the sauce –
A handful of mint leaves
4 garlic cloves
1 tbsp lemon juice
½ tsp paprika powder
1 cup hung curd
2 tbsp tahini
Salt to taste

For the flatbread –

2 cups flour
1 tsp yeast
2 tsp sugar
½ tsp salt
2 tbsp curd
1 tsp oil
½ cup lukewarm water
For the chicken –
4 chicken fillets
1 tbsp oil
2 tbsp lemon juice
1 tsp salt
2 tbsp curd
1 tbsp tomato paste
1 tsp onion powder
1 tsp garlic powder
½ tsp all spice powder
1 tsp red chilli powder
½ tsp black pepper powder
½ tsp cumin powder

Method

To make the flatbread, add sugar, yeast and oil to water and let it rest covered for 10 minutes or until the top is frothy. Mix flour with salt and incorporate the curd. Gradually add water and knead this mixture into a soft dough. Shape the dough into a ball and brush its sides with oil. Let this rest for about an hour before tearing little amounts and rolling them to a flat circle. Cook them on a tawa on both sides without any oil until little bubbles start to appear. Cover the flatbreads with a cloth up until you use them.

To prepare the chicken, flatten the chicken fillets and season them with oil, salt, and lemon juice on both sides. Cut them into strips and set aside. Mix curd, tomato paste, onion powder, garlic powder, all spice, red chilli powder, cumin and black pepper to marinate the pieces of chicken with this mixture. Drizzle oil in a grilling pan and grill the chicken strips, cooking completely on both sides until slightly charred.

Cut the capsicum, tomato, and cucumber into thin strips and shred the cabbage. To assemble, place chicken strips on the centre of a flatbread. Add in a mix of vegetables and drizzle over some sauce. Wrap both the edges into a roll and enjoy!

By Fariha Amber

Photo: Fariha Amber



#HEALTH & FITNESS

Top 5 health benefits of fasting in Ramadan

Fasting during Ramadan has numerous health benefits in addition to observing one's religious and spiritual obligations. Fasting in Ramadan highlights how giving your body a break from eating can lead you to being healthy. By approaching fasting with mindfulness and intention, both physical and spiritual benefits can be attained in this holy month. So, let's take a look at the top 5 health benefits of fasting during Ramadan.

Increase in immunity

Our immunity system gets a massive boost from fasting. The decrease in inflammation and oxidative stress reduces the production of pro-inflammatory cytokines and increases the production of antioxidants, which helps fight off illness and disease. According to nutritionists, fasting strengthens the lining of the intestines and enables cleansing. Moreover, it can promote autophagy, a mechanism through which cells purge themselves of harmful and damaged components.

Helping with insulin sensitivity

Insulin resistance, which is a precursor to type 2 diabetes, can occur when the body's cells stop responding to insulin. Fasting during Ramadan can help improve your insulin sensitivity and reduce the risk of type 2 diabetes.

By relying on stored glucose for energy during fasting, your body's glucose levels decrease, leading to better glucose control

and insulin sensitivity.

According to one scientific study, fasting during Ramadan has positive consequences, increasing insulin sensitivity and lowering insulin resistance, as shown by the impact of fasting on metabolic markers in humans.

Promotes weight loss

Fasting is a great way to achieve weight loss. By controlling portion sizes and reducing calorie intake, individuals can lose weight and reduce body fat during Ramadan. However, it is essential to resist the temptation to overindulge during non-fasting hours to prevent the reversal of the benefits achieved.



It is important to maintain healthy eating habits and exercise during the non-fasting hours to achieve long-lasting weight loss results. Fasting during Ramadan provides an opportunity for individuals to reset their eating habits and develop healthier relationships with food.

Good for cardiac health

Fasting during Ramadan can have a significant impact on heart health. It reduces blood pressure and cholesterol levels, which helps to lower inflammation and improve blood flow. This reduction in risk factors can lead to a lower risk of heart disease and stroke. However, individuals with pre-existing

heart conditions should consult with their healthcare provider before beginning to fast, so that they can observe fasting as their health will permit.

Improves brain function

One of the most remarkable benefits is the improvement in cognitive performance and brain function. During Ramadan, the production of brain-derived neurotrophic factor (BDNF) increases significantly. BDNF is a protein that supports the growth and survival of brain cells, and its increased production enhances memory, learning, and mental clarity. Scientists have also been investigating the link between diet, gut health, and mental well-being, and BDNF plays a crucial role in this connection. Thus, fasting during Ramadan has a positive impact not only on spiritual health but also on mental health.

By Feda Al Hossain

Photo: LS Archives/Sazzad Ibne Sayed



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#HEALTH & FITNESS

How fasting during Ramadan can help you quit smoking

During the daytime hours of Ramadan, cigarettes or smoking while fasting of any kind is prohibited. If self-restraint is already ingrained in your mentality, the following ideas might offer the extra push you need to give up smoking for good.

A person who is trying to give up smoking may find that participating in activities throughout the month of Ramadan, such as visiting relatives, helping with the preparation of iftar or sehri meals, and praying helps keep them busy and provides assistance in doing so. Moreover, people may lessen their desire to smoke by taking measures like engaging in physical activities such as walking after iftar,

consuming a large quantity of water after iftar, and avoiding the company of other individuals who smoke.

Quitting smoking during Ramadan is a great idea. Fasting has several health benefits and these advantages are most noticeable in former smokers who maintain a smoke-free lifestyle. Besides, the money saved by not buying cigarettes might be used toward other goals, such as rewarding oneself or supporting a worthy cause through donation.

By turning someone else's adversity into positivity and becoming an inspiration to them, individuals will feel

empowered to stick to their Ramadan resolution to give up smoking.

Several people have found success in kicking their smoking habit throughout the month of Ramadan by adhering to what is referred to in the scientific community as the "cold turkey" strategy, which is based on quitting smoking rapidly. Yet, some people who smoke may need the assistance of a trained expert in addition to nicotine replacement treatment to omit this habit. In that case, one must not be shy to seek help.

It is not a simple task to give up smoking. To be tobacco-free for good, one must have a solid plan, a strong drive to do so, enough

awareness, and a compelling reason to do so. Fasting is just one part of the equation. Abstinence from food causes a reduction in the amount of nicotine in the blood, which makes it much simpler for smokers to forgo the habit. But, the most significant matter is the fact that almost all individuals can refrain from smoking for more than 12 to 14 hours. This shows a shred of evidence that they possess the ability to attempt and succeed in their quest to give up the smoking habit for good.

By Samayla Mahjabin Koishy
Photo: LS Desk

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Don't let loved ones rule your life. Do some extra work at home. Be prepared for an active but rewarding week. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Don't prematurely jump into investments. Your mood will be reciprocated by your partner. Make plans with friends. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Put your thoughts into action. You have an important choice to make. There will be drastic alterations in your usual routine. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Don't take sides. Take advantage of your attributes. You're in the mood for love. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Make new friends by getting involved in outdoor activities. Do some extra work. Focus on forming business partnerships. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEP. 23)

Avoid unnecessary conflict this week. Spend time with someone special. Visit loved ones you don't get to see very often. Your lucky day this week will be Tuesday.



LIBRA (SEP. 24-OCT. 23)

Don't get involved in other people's problems. Exercise discipline when it comes to bad habits. Stop telling others about your problems. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Don't be rude to your partner. Don't spend too much on luxuries. Don't ask for help on things you can manage. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Trips will be enjoyable. Clear up any miscommunication with your partner. Include loved ones in your plan. Your lucky day this week will be Thursday.



CAPRICORN (DEC. 22-JAN. 20)

Watch your weight gain. Travel will be far more exciting than you thought. Get out and socialise. Your lucky day this week will be Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Stay calm and do your best. Expect to have minor health related problems. Make time for yourself and family. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Do your own research. Others will seek out your advice. Don't spend recklessly. Your lucky day this week will be Saturday.

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KOHINOOR CHEMICAL

Essential ideas for arranging your dining table during Ramadan

Ramadan is here and many families look forward to the special meals that they will share in the dining room. These meals bring together family members, friends, and members of the community to connect with one another. Whether you have a large family or are hosting an iftar party, finding a table that can accommodate everyone is important.

Here are some tips on how to arrange your dining table during Ramadan.

SIZE

The size of the dining table is an important factor to consider when preparing for Ramadan. A good dining table for Ramadan should be large enough to hold the dishes, glasses, and plates required during the meal and still provide enough space for everyone to sit comfortably.

LAYOUT

A well-organised dining table is key to a successful Ramadan iftar party, making it comfortable and enjoyable for everyone. The table layout should enable easy access to dishes and allow enough space to accommodate plates, glasses, and utensils.



It is important to arrange the table in a way that does not require excessive movement or reaching over others to get to the dishes.

Placing the dishes and serving utensils strategically can prevent overcrowding and make it easy for everyone to serve themselves.

LIGHTING

Lighting is an important aspect of a good dining table during Ramadan. A well-lit dining area can create a warm and inviting atmosphere, making the iftar and sehri experience more enjoyable for everyone. Lighting can be achieved in a variety of ways, such as using candles, lanterns, or even string lights. It is important to ensure that the lighting is not too bright or too dim, as this can affect the overall dining experience.

DECORATIONS

A well-decorated and well-organised dining table is crucial for an enjoyable dining experience during Ramadan. Choosing appropriate tablecloths, placemats, and cutlery that complement each other can create a cohesive look and enhance the overall aesthetic of the table. Good quality cutlery ensures that each member of the family can comfortably enjoy their meal. A well-decorated and well-organised dining table can enhance the dining experience for the entire family during Ramadan.

By Abdul Warith Khan
Photo: LS Desk



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