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PHOTO FEATURE
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POPULAR FESTIVE RECIPES

PHOTO: TANVIR HOSSAIN KHAN

CALL *of* THE SEA



Love for the sea

You open your eyes after an all-nighter, dreading that you are still stuck in a box of an apartment, strung along with the rest of the concrete jungle you call home. Whether it is your weekend or a weekday, the never-ending incessant drowning city noise makes you contemplate on life decisions that you made oh so eagerly through your naive young self.

Now that you look back, being a digital nomad does not seem like a bad idea compared to a job that makes you glued to your windowless cubicle. However, such drawbacks often take us back to the place or a memory lane of pleasant experiences we have managed to acquire. For many, their fond memories, if not unique, often start with Cox's Bazar. Yes, the national vacation spot in Bangladesh. Before you roll your

eyes, it is undoubtedly an overrated place where most Bangladeshis have been for college, a vacation, a wedding, or a family trip.

But what exactly is so special about this "overrated" spot? The internet or ChatGpt will spout out the run-of-the-mill response; "It is a true natural wonder that catches the mind and inspires the soul with its 155 kilometres of unbroken shoreline." But how would you describe it? How would a backpacker describe it? Can you really define the



Even though the day is bleak and cold
It is here where I find comfort
for my beaten, weary soul
As I stroll the water's edge
The sand is chilling to my bare feet
The damp wind cuts to the bone
but it is here I choose to retreat
The sea's utter majesty grasps you most
fortuitously.

CONTINUED TO PAGE 12

experience when you first felt the salty air through your hair? Why is it so unique? What is it about Cox's Bazar that draws us back time and time again?

In simple words, it is the call of the sea. Not many can understand it but perhaps DonnaDeLong Matthews's poem 'Call of the Sea' paints the most accurate picture for this weary writer—

Once again, I hear the call



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স্যান্ডালিনা সোপ

রূপচর্চায় আভিজাত্য...



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#WOMEN EMPOWERMENT

DIVERSITY & INCLUSION

Propelling the wheels of women empowerment

International Women's Day celebrated amidst an array of time-befitting initiatives

There is an adage 'actions speak louder than words' and organisations like BAT Bangladesh are able to translate the connotations implied in these words into concrete actions – especially when it comes to empowering their female talents. They do not merely tout the idea of empowerment, rather they live these beliefs as a part of their ethos. Driven by a force forged with diversity and inclusion, BAT Bangladesh has been embracing equity in alignment with the theme of International Women's Day 2023.

Any goal is achievable only when you have the right strategies and policies in place. Over the years, BAT Bangladesh has been following progressive policies with a view to creating a workplace that's diverse, equitable, and inclusive for all. The outcome is very evident in its actions as several initiatives taken by the Company have instilled a sense of empowerment and a discrimination-free workplace in the female employees of this organisation.

BAT Bangladesh has a platform called 'Supernova,' an exclusive programme designed to groom female talents pursuing careers in the field of STEM and facilitate aspiring graduates with the confidence necessary to break the glass ceiling and rise above all societal stereotypes to work their way up. Mentored by women working in leadership positions of BAT Bangladesh, this programme helps female talents to receive proper guidance and get the opportunity to hone their skills for taking big leaps in their careers.

While as a nation, we have progressed to be more accepting of career-oriented women, BAT Bangladesh understands the still existing nuances that might disadvantage working mothers resuming their careers. BAT Bangladesh offers



working mothers six months of fully paid maternity leave with a return-to-work guarantee and flexible work options, including fortnightly day-offs. BAT Bangladesh offers a 7-day paid paternity leave as part of its commitment to equity. Mothers in geographically dispersed and continuous shift roles receive three additional months of unpaid leave from the



Company. The Company's "Angel's Nest," a cosy day care facility, allows employees' children to learn and play under professional supervision after joining back.

The end product of such female-friendly policies and ambiance is that female workers are flourishing to their full glory at BAT Bangladesh. From their factory to the corporate office to contracted farms located in the rural backwater, female employees are making their mark everywhere. As a part of its diversity and inclusion strategy ambition, the Company aims to increase the proportion of women in management

roles to 35 per cent by 2025. Owing to such epoch-making initiatives, BAT Bangladesh was accredited with the Global Equality Standard (GES) accreditation, the only Company in the country to achieve this.

The Company created detailed programmes and launched several new initiatives on International Women's Day 2023 to further promote workplace equity.



BAT Bangladesh kicked off 'Lean In Circle,' an employee resource group for all female employees to help them through their careers by providing career counselling, creating a support network, and fostering 'human leaders'. It is an excellent opportunity for all the female employees to share their experiences including the challenges and get insights from others about honing their leadership skills. The vision for this group extends beyond just their own turfs as it aims to inspire and positively impact corporate women nationwide.

Using Women's Day as a platform to uplift women in business, BAT Bangladesh also joined hands with 3 female-led organisations — Friendship Colors of the Chars (empowering minority Char women), TransEnd (developing the transgender community of BD), and ItsHumanity Foundation (sponsoring the education of underprivileged children). These organisations, led by inspiring Bangladesh

women, have been working to bring about positive changes within underrepresented communities. They were given the space to sell their products to BAT Bangladesh employees and the money earned from this will be spent on community upliftment.

To conclude the event, an all-female indigenous band called F Minor gave a spellbinding performance that captivated everyone. The celebration was a great success and showcased BAT Bangladesh's commitment to empowering females within and beyond the organisation.

The company's efforts to have an impactful and sustainable Women's Day went beyond just central celebrations and extended to its entire value chain. Enabled by BAT Bangladesh's female managers in trade, the Company's distributors launched a nationwide campaign aimed at recognising and celebrating female retailers and their allies. Through the "Agrani" award, these women were acknowledged for their exceptional contributions to women's empowerment. The campaign also included workshops focused on financial literacy, helping female retailers achieve financial independence.

BAT Bangladesh's commitment to creating an inclusive ecosystem within its own organisation and the wider industry is evident through its championing of female-friendly initiatives. While the event may have come to an end, the Company's dedication to excellence and empowering women in the workplace with the spirit of diversity and inclusion remains steadfast. BAT Bangladesh will continue to strive towards building a better tomorrow for all, reflecting their unwavering commitment to promoting equity and diversity in the workplace.

Photo: BAT Bangladesh

Bold colours and fusion wear: A guide to casual daywear on Eid

Eid-ul-Fitr 2023 is almost around the corner and so is the age-old challenge of picking the right dress. Outfit options are seemingly endless, with the vast selections of traditional wear at both online and offline retailers. However, some of us may face a problem here as these heavy outfits are not ideal for the casual hangouts we have planned with friends on Eid.

First and foremost, cross-out dresses made of satin, velvet, polyester, and lace for any brunch, lunch, or coffee meet-ups if you do not want to be sporting sweat patches on Eid day. Instead, think cotton, linen, chiffon, lawn, and khadi in summer yellows, coral pinks, or turquoise blues. These colours will add the perfect touch of vibrancy to your outfit while the fabrics ensure your comfort at all times.

The resurgence of ethnic wear among youngsters is the most noticeable of trends this season. You can easily pair a printed short kurti with some ripped jeans for a casual yet chic look, or wear opt for a longer kurti with skinny jeans. If you are thinking of something subtle yet stylish, try out the latest co-ords with dhoti or palazzo suit. These outfits offer a more relaxed and comfortable alternative to shalwar kameez, while keeping the traditional element intact.

Speaking of modern twists, another fun trend gaining popularity these days is levelling up your basic T-shirts with shrugs or traditional jackets paired with jeans to create a fusion look. Add a pair of oxidised earrings or a necklace, and a pair of embellish juti to complete this ensemble. You will be ticking multiple boxes with this look; comfort, style, and festivity all in one.

Remember accessories are just as important as the outfit itself to complete your Eid look. Options are many with chunky jewellery, cute, and practical cross-body bag, bangles, or some bold sunglasses.

Whether you choose to rock ethnic wear, fusion styles, or traditional outfits with a modern twist, there's no wrong way to express yourself. So, let your creativity run wild, play with prints, mix and match textures, and do not be afraid to take risks. After all, fashion is all about having fun and feeling confident in your skin. So, let us celebrate this Eid in style, and show the world that funky is the new traditional!

By Nusrath Jahan
Photo: Taaga



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বিশ্বমানের ল্যাব-এ টেস্ট



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#FASHION & BEAUTY

Exploring the timeless beauty of saris for Eid 2023

We are quickly nearing the end of this Ramadan, and the excitement surrounding the Eid ensemble is already palpable. Something simple for the morning, maybe a casual outfit for the daytime, or something a little more formal for the evening dawats — we have already busied ourselves in mapping out the days of Eid. Whether you prefer traditional or modern outfits, there is no denying that this is the perfect chance to showcase your style and sophistication.

If you are on the lookout for something exciting yet elegant, look no further than the sari collections this year. Be it the romance of the floral, the allure of tie n' dye, or the captivating geometrics — the plethora of prints this festive season is as mood-lifting and statement-making as they come.

A monochrome sari with an embroidered blouse is your best option when looking for something that speaks celebration with a touch of minimalism. Whether you choose among variations of cotton or silk, pairing a deep-colour sari with a blouse consisting of scattered embellishments or embroidered zari work can elevate your whole look. However, if you are not one to downplay it, choose a sari with bold embroidery or a heavily embellished blouse.

As for someone with a special liking for bright colours and bold patterns, the patchwork printed saris is a must-purchase for you this Eid. The contrasting yet smooth transition of prints along the columns of the sari injects vibrancy to your outfit like none other, instantly making it the star of the evening.

A summer Eid is difficult but soft cotton saris are here to save the day. The sari boutiques have assembled the best of prints and patterns to make sure cotton saris are no longer just basic daytime wear but a chic evening outfit as well. With the right accessories, cotton saris are best for bringing out the true Bengali beauty in each one of us.

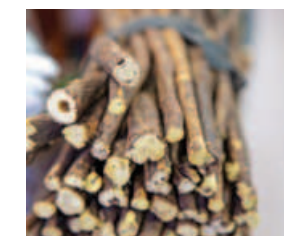
When it comes to accessorising your Eid sari, keep it simple. A pair of statement earrings or a delicate necklace can add just the right amount of sparkle to your outfit. A pair of metallic heels or strappy sandals will complete the look perfectly.

Saris have always been a woman's way of expressing herself. What makes them so special is the way they seem to enhance the beauty we already possess without the slightest exaggeration. Make sure you take time to browse and find the perfect sari that will mirror your personality.

So, there you have it! With so many beautiful colours, fabrics, patterns, and embellishments to choose from, you are sure to find the perfect sari for your celebration. Go ahead and explore the 'sari girl' in yourself this Eid, we promise, you will not regret it.

By Nusrath Jahan
Photo: Sazzad Ibne Sayed





#COVER STORY

LS PHOTO FEATURE

In the spirit of

RAMADAN



One may argue that it is hard to find spirituality in such a materialistic and mechanical world, to find solace in a city that is always in a rush. But amidst all the hustle and bustle of life, we can actually find peace and can still discover God, for He is Omnipresent.

We invite you to look with keen eyes. In the month of Ramadan, granted, what we usually see are roads tied in gridlocks, a sea of people in a shopping frenzy, food in extravagance, and so on.

But look deeper and you shall see beyond all that.

People are busier but they are also a little kinder.

Mosques are fuller. At congregations, while supplicating, worshippers plead mercy and forgiveness in unison, in one voice – “Ameen! Ameen!”

— LS Desk

Photo: Sazzad Ibne Sayed



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Basmati Rice**



#RECIPES

Recipes for Eid day special dishes

Allow me to navigate you through some of the most popular dishes eaten around the world to celebrate Eid-ul-Fitr. From Anatolia to the Levant, we will rummage around our kitchen to look for ingredients that are readily available, to make something that offers your loved ones a different experience. Let the biriyani and the shemai take a back seat for a change and dig into a large dish of rice and meat or get an overdose of Eid cookies. Above all, share your meals with loved ones and have a lovely Eid.

Eid Mubarak to all readers!

MANSAF

From the pastoralists of Jordan and the greater Levant, Mansaf has evolved over the years. Consumed in a far simpler version of just meat, bread, and ghee it has now added layers of flavour and texture by adding rice, nuts, and yoghurt to its repertoire. Consumed in Syria, Palestine, and the Levant, Mansaf became Jordan's national dish since the Hashemite Kingdom came into power.

This dish celebrates all major events and Eid is definitely one of those.

Ingredients

- 2 kg mutton chunks (large pieces, preferably with bone)
- 1 tbsp each of cardamom pods and cloves
- 1 tsp cinnamon powder or 1 stick of cinnamon
- 3-4 bay leaves
- 2 large onions, roughly chopped
- 2 cloves garlic, whole
- 1 kg plain yoghurt
- 2 kg rice
- A pinch of saffron or turmeric
- 1 cup almonds and pine nuts
- 1 large chapati or hand-rolled bread.
- 5 tbsp pure ghee

Method

Boil the mutton for a few minutes and spoon off the scum that forms on it. Once a clear liquid is achieved, add bay leaves, cardamom, cloves, onions and garlic (the original dish does not include this but I feel it is required for our mutton), salt, and cook it on pressure till it is tender.

Take the yoghurt and whisk it with ½ cup of the meat broth. Add a pinch of corn-starch to make it a little thick. Add the yoghurt to a pan and without covering it, let it simmer. Make sure it does not curdle.

Once the meat is simmering, add the meat pieces only and let it boil for 10 minutes. Again, ensure that it is not curdling. Adjust for salt and a pinch of pepper.

Now onto the rice, take about half of the ghee and add a pinch of saffron or turmeric, and add the rice to it. Fry this for up to 1 minute until the rice is properly coated in the colours of the spice.

Add the rest of the meat broth and any additional water you might require to cook the rice. Once the rice is cooking, start frying the almonds and pine nuts in the rest of the ghee. You can slice the almonds or use them whole.

Compiling Mansaf is another art form. Take a large serving dish and make a bed of chapati or pita bread. You can brush some of the remaining ghee onto the bread to add flavour. Ladle the yoghurt soup into this layer of bread then lay out the rice, making a well in the middle. Place the meat pieces in

the middle and ladle the rest of the yoghurt soup on the rice and meat. Sprinkle the nuts and add parsley for a bit of colour.

Serve this hot and eat it the Bedouin way, all from the same dish.

MA'MOUL

The ancient Egyptians loved their cookies and the region of the Middle East continued with this tradition when the Fatimid Caliphate rule introduced serving cookies on Eid day. Al Fitra was given out in thousands and wooden cookie moulds were used with



messages like kol o oshkor which means 'eat and be thankful'.

Ma'moul is consumed across the Levant and today it sits as one of the most popular cookies of all time.

Ingredients

- Flour
- 350g semolina or suji
- 130g melted butter or ghee
- ¼ cup oil
- ¼ cup corn-starch
- 2/3 cup powdered sugar
- ¼ tsp salt
- 1 tsp baking powder



- ¼ cup milk
- 1 tsp rose water
- For the filling —*
- 200g Medjool dates
- 1 tsp cinnamon powder
- ¼ cup sugar
- 200g pistachios
- 2 tbsp softened butter
- 1 tsp rose water

Method

Mix the semolina with the butter and the oil properly. Refrigerate it overnight if possible or leave it for up to 4 hours. For the filling, take 200g Medjool dates and them blend with the cinnamon and make small balls, and set aside.

Blend the pistachios and sugar until it is semi-powdery then add 2 tbsp softened butter and rose water and blend some more so you can make them into small balls too.

Now take the dough and mix with a fork then add the baking powder, powdered sugar, corn starch, and salt, and mix well. Now add the milk and rose water, and mix again making it slightly moister. Refrigerate this for an hour. Spoon out a small portion then hand roll it into a ball. Now make a dent or a shallow space in the ball and place the date filling or the pistachio ones, and cover it with the dough.

You can use a pitha mould or cookie shaper to give one side of the ma'moul a certain design. Once your ma'mouls have been stuffed, refrigerate for another half hour. Bake the ma'moul at 180° C for 20 minutes. Sprinkle a dusting of powdered sugar on top and serve with mint tea.

By Reema Islam
Photo: LS Desk

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#CARS & BIKES

ACI Motors introduces Yamaha FZS V3 Deluxe motorcycles for the youth



COLOURED WHEEL



30 LOGO



LED TAIL-LIGHT

The FZS V3 BS6 and FZS V3 Deluxe come in three attractive colours – metallic black, metallic grey, and majesty red. The rims of the motorcycle come in special variations, making the motorcycles stand out.

The two bikes boast a BS6-compliant 149 cc engine that makes them more



DUAL TONE COLOURED SEAT

fuel-efficient and thus, eco-friendlier. The LED lights of these bikes not only enhance their sporty appeal but also provide better visibility. The lights also last longer than other types.

The FZS V3 Deluxe model features coloured wheels on the front and rear

to increase the sportiness of the vehicle, which in turn gives it a premium appeal. In addition, the motorcycle comes with a dual-tone coloured seat that further bolsters the unique sporty look.

While all the features sound amazing and all, what about the riding experience?

The FZS V3 BS6 and FZS V3 Deluxe have several highlights that make them stand out from the competition, like the single-piece two-level seat, the easy-to-hold one-piece grab bar, and the higher handle position which ensures both the rider and the pillion will have a comfortable ride. The multi-function negative LCD instrument cluster is a great way for the rider to stay connected whenever on the move, making it a very convenient feature.

But what about the handling?

The motorcycles come with a super-

wide 140/60-R17M/C 63P radial rear tire and 41mm large diameter front forks, providing superior handling and stability on the road. The suspension system is a 7-step adjustable Monocross, which ensures a smooth ride even on bumpy roads. And with the trusted fuel injection technology, these motorcycles are highly reliable.

Weighing just 135 kg, the lightweight motorcycles give the rider the ability to be agile and easily handle city traffic. To ensure superior stopping power and safety, both motorcycles come with a single-channel ABS and 282mm diameter disc brake at the front, along with a 220mm diameter disc brake at the rear.

The FZS V3 BS6 Edition is priced at Tk 2,70,000 but thanks to a Tk 7,500 cashback offer, the discounted price comes down to Tk 2,62,500, with an additional gift of a T-shirt. The FZS V3 Deluxe edition is priced Tk 2,70,000 with a Tk 3,000 cashback and T-shirt gift offer, bringing down the price to Tk 2,67,000, with pre-booking going on now.

By Fedra Al Hossain
Photo: Yamaha

Bangladesh's leading distributor and technical collaboration partner of Yamaha motorcycles, ACI Motors has introduced two new motorcycles — the FZS V3 BS6 and the FZS V3 Deluxe. These motorbikes are geared towards the youth who want a sporty, stylish motorcycle that also does not compromise on ride comfortability.

#GUIDES

Control your anger this Ramadan

Anger is a natural emotion so let's not demonise it. Rather, it is important to find healthy ways to come up with a solution.

One of the best ways to deal with anger is to practice empathy and understanding. Try to put yourself in the other person's shoes and see things from their point of view. Ask yourself why they are behaving the way they are and be compassionate with them. Remember that everyone goes through their own struggles. Especially during Ramadan, it is important to be kind and patient.

There are several relaxation-based anger management exercises. The important thing is to pick the one that works best for



you. Two prominent methods for lowering stress are breathing exercises and gradual muscle relaxation. The best part is that both exercises can be done quickly and quietly. Thus, whether you are stressed at work or outraged at a dinner, you may release

tension very easily.

Another way to manage anger during Ramadan is to avoid triggering situations as much as possible. This might mean avoiding conflicts, negative people, or stressful situations that can push your buttons. It is also important to avoid situations that can lead to feelings of hunger, thirst, or fatigue as these can make you more irritable and prone to anger.

Despite our best efforts, anger can still well up. In these cases, it is important to express your anger in healthy ways rather than suppressing it or hiding it. Try expressing your anger by exercising, writing, or talking to a trusted friend or

family member.

Finally, focusing on gratitude and positive thinking can help you manage anger during Ramadan. Take a moment each day to reflect on what you are grateful for and to focus on positive thoughts and feelings.

You can also try affirmations, visualization, or other techniques that promote positive thinking. By focusing on the good things in your life, you can shift your mindset away from anger and towards a more peaceful and positive outlook.

By Maisha Tarannum Iqbal
Photo: LS Desk

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Expect to deal with more people at home. Finish any pending projects. Your affectionate nature will attract new romantic interests. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Don't hurt your partner. Financial affairs may not be favourable this week. Make travel plans with friends. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Pay attention to your bank account. Your partner may cost you financially. Present your ideas to superiors. Your lucky day this week will be Sunday.



CANCER
(JUN. 22-JUL. 22)

You will be popular with acquaintances. Money may slip through your fingers. Your partner won't be amused by your antics. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Avoid any erratic behaviour. You may have ignored your partner lately. Don't blow situations out of proportion. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Get into fitness programs. Your ambitious mood may not be well-received with loved ones. Don't take on undue stress. Your lucky day this week will be Friday.



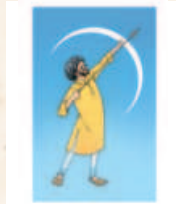
LIBRA
(SEP. 24-OCT. 23)

Put your energy into good use. You will attract new romantic interests. Follow through on educational endeavours. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Business partnerships will run smoothly. Uncertainty about your relationship is prevalent. Your talent will be admired. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Don't go about restricting your partner's freedom. Investments will bring good outcomes. You will do your best on your own. Your lucky day this week will be Thursday.



CAPRICORN
(DEC. 22-JAN. 20)

Uncertainties about your life are probable. Minor health issues will arise. Your insight will help when dealing with others. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21-FEB. 19)

Arguments may flare up at home. Make changes to your living quarters. Be careful when dealing with investments. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Troublesome situations at home will be extremely upsetting. Deception is apparent. Try to compromise. Your lucky day this week will be Saturday.

এক্সপার্ট
এন্টিব্যাক্টেরিয়াল এজেন্ট মুক্ত
ডিশওয়াশ

Ordinary Dishwash বার বার
Xpert Just একবার

KOHINOOR CHEMICAL

#TRAVEL

CONTINUED FROM PAGE 2

Some might compare a mountain's gargantuan beauty with the ocean's ceaseless ripples, forming hauntingly beautiful patterns. But why choose between the two? The distinctive terrain of Cox's Bazar is one feature that makes it stand out. Unbeknownst to seasonal tourists, the undiscovered grassy hills past the Himchori spot, facing the ever-raging waves of the Bay of Bengal on a cloudy day, are something to live for again and again.

The sight of the seemingly limitless body of water stretching out to the horizon is breath-taking, and the sound of the waves breaking on the coast can reset one's perspective of being free. You cannot help but feel at peace and wonder whether you are strolling along the glistening soft, golden sandy beach, basking in the sun, or just gazing out at the water. Then there is the sea breeze, which carries a sense of freedom



wherever it flows. It beckons you to set sail and explore the world beyond as it whispers tales of far-off locations and horizons.

If you traverse beyond the local

tourist spots, there is an entirely different Cox's Bazar waiting for you. Succulent local foods, like mungdi in a local market and various dishes of fish made by fishermen, are within the grasp of anyone willing to explore unconventionally.

Speaking of exploring, lonely beaches are waiting to be explored, with no souls crowding the shimmering sunset. And if you have somehow managed to catch a glimpse of a full moon smiling upon the tranquil sea at night, then the view you experienced is nothing short of a scene straight from a

Studio Ghibli's movie. The bay has faces that change with the season. Whether it is a cold winter night, a stormy early morning, or a calm spring afternoon, Cox's Bazar has something different for every other shade of the day and season.

Such experiences have pushed me far and beyond to get the life I have always wanted; to be free. Free of a cubicle, free to run to heed the enchanting call of the sea. Anyone can experience the instances mentioned above if one is willing to go out of one's comfort zone.

Talk to locals; learn about the unheard places from people who live there besides being glued to Google, and who knows, you might have an enchanting experience of your own. The universe has a way of communicating, whether through a series of fortunate or unfortunate events, ambiguous signs, or sheer raw beauty. If you observe your surroundings, you will know.

By K Tanzeel Zaman
Photo: Mohiuddin Ahmed Sagor

