

VOLUME 22, ISSUE 44, MONDAY, MAY 1, 2023

BAISHAKH 18, 1430 BS

Star

Lifestyle

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue

15. A publication of The Daily

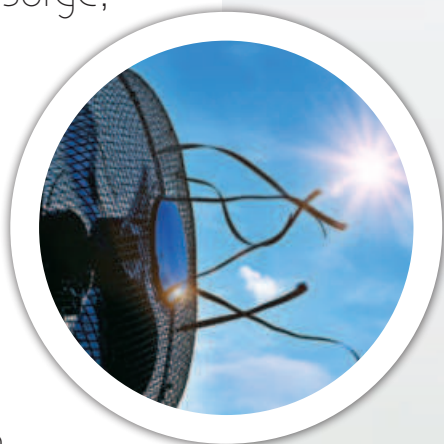
Light Makeup for SUMMER

A CLASSIC COMBO **P5**
SILVER AND PEARL JEWELLERY
DESTINATION CUMILLA **P10**
PLACES TO SEE
TAKING CARE OF FURRY FRIENDS **P12**
GERIATRIC PET CARE
PHOTO: SAZZAD IBNE SAYED
MODEL: LINDA
STYLING: SONIA YEASMIN ISHA
MAKEUP: MASUM

How to beat the growing summer heat

As summer temperatures surge, it is crucial to be mindful of the effects of heat on your body and know high-temperature safety tips. An extreme case of hot weather increases the likelihood of dehydration, overheating, and heatstroke. If heatstroke is not treated quickly, it may cause irreversible damage to the brain and other essential organs or even death.

Previous medical issues may potentially worsen in the severe summer weather and even the young and fit may fall victim to the weather. In the past few days, the



nation is experiencing unprecedented heat, and here are some vital things to remember to be safe in this weather.

In this kind of heat, people often forget the most basic and important thing to do: drink water! Drink enough water to stay reinvigorated. To stay healthy throughout Ramadan, it is important to keep up your total fluid intake. So, no matter how busy you are, at iftar and sehri, you need to drink greater quantities of water to deal with parched throats and high heat. During this time, water is very important to the way that many body processes and organs work. Remember that plain water is better for hydrating the body than sodas, even fruit juices!

The use of insulation and window coverings, such as drapes or shades, may help to maintain your home at a more comfortable temperature. Keep the windows closed unless there is a pleasant breeze blowing, the temperature outside is lower than the one inside, and it is safe for you to do so.

Enjoy the cooler parts of the day and protect your skin by avoiding the sun during its peak hours. If you must go outside, take precautions against sunburn by putting on a wide-brimmed hat, a pair of sunglasses, and sunscreen with an SPF of 15 or greater for a minimum of 30 minutes before you go out. Select loose-fitting clothes made of natural fibres like cotton and linen that are light in colour to avoid feeling warmer.

Put damp towels on your wrists and neck, or take a quick shower or sponge bath if you start to feel hot. To chill down, keep a cold bottle of water spray with you, or use a cooling face mist to spray cool water on the pressure points of your body.

By Samayla Mahjabin Koishy
Photo: Collected



করোনা এবং অন্যান্য
ভাইরাসের বিরুদ্ধে নিশ্চিত
করে 99.99% সুরক্ষা

Bactrol[®]

Left Right
Left Right





#FACTS

Interesting International Labour Day facts

Labour Day in certain countries and May Day in others, is a celebration of the hard-working labour classes. While International Labour Day or May Day is celebrated on 1 May worldwide, Labour Day in the United States is celebrated in September. On May Day, big cities all over the globe often have labour parades, and rallies. Women's rights, working conditions for immigrants, and the worsening of workers' conditions are all highlighted. In recognition of the invaluable contributions labours make to our global community, here are 5 interesting facts to discover about labour movements over the years.

The May Day

May Day, fittingly observed on 1 May, is the worldwide equivalent of Labour Day. The holiday has its origins in the United States, although it is now predominantly observed in other nations.

In honour of the Haymarket Affair, a brutal clash between police and labour demonstrators that occurred on 4 May 1886, in Chicago, Illinois, May Day was

officially designated as a labour holiday by the International Socialist Congress in 1889.

The United States' perception

Several sources attribute the first Labour Day procession to a group of American union officials on actually 5 September 1882, rather than in May. More than 20,000 frustrated New York City employees, including those in the garment and railroad sectors, and even some children, had had enough of working beyond 12 hours per day under circumstances that made them ill.

After walking less than five miles from New York City's City Hall to 42nd Street, many employees who took an unpaid vacation to attend the event reunited

with their families for festivities such as picnics and fireworks. Thus, different from the rest of the world, the United States celebrates Labour Day on the first Monday of September.

The tale of the colour white

There existed a tradition of the colour white and Labour Day. Back in the day, donning white clothing indicated one's status as someone well-off enough to take lavish vacations at the end of the summer season, and this practice became a means through which the affluent could distinguish themselves from the lower working classes.

After Labour Day, however, continuing to wear white was a brazen display of privilege. By the 1950s, it had become

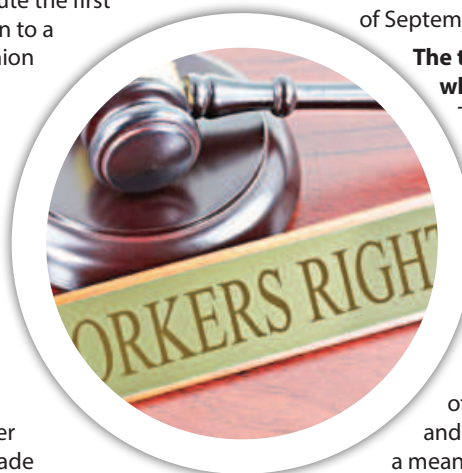
a rigid rule among the rich, who saw the colour white as a representation of sophistication, that they should not wear white after Labour Day, 4 September. However, this tradition seemed to have lost its appeal over time.

Festivals and politics

Although 1 May has long been connected with the labour movement in Europe, its original meaning is tied to rural festivities. In the former Soviet Union, officials approved the new holiday because they thought it would make labours in Europe and the United States work together against capitalism.

High-profile parades, notably one in Moscow's Red Square, presided over by the senior government and Communist Party leaders, celebrated the workers and showcased Soviet military strength on this day, which became an important festival in the Eastern-bloc nations.

By Samayla Mahjabin Koishy
Photo: Collected



#HEALTH & FITNESS

Understanding self-harm: A cry for help, not attention

KEYWORDS: MENTAL HEALTH, SELF-HARM, SELF-HARM TREATMENT, ANXIETY, OCD, SUICIDE, COPING MECHANISM, COUNSELLING, SOCIAL STIGMA

Self-harm is a complex and often misunderstood behaviour that refers to the act of deliberately hurting oneself, typically by cutting, burning, or hitting one's own body. Although it is often associated with adolescents and young adults, self-harm can also be observed in older people. Unfortunately, despite the prevalence of self-harm in almost every part of our society, it remains shrouded in stigma.

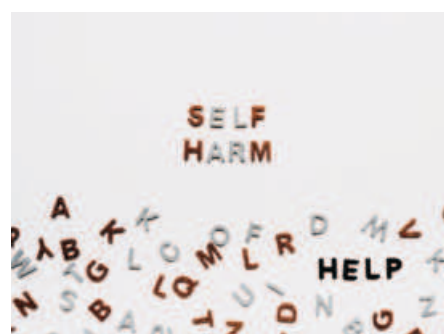
A topic as sensitive as this stirs up a million questions in all of us; questions that almost never get asked — Why do people engage in self-harm? Are they mentally unstable or dangerous? Are they suicidal?

An open discussion is not only the best, but also our only option if we want to find these answers.

In an interview with Star Lifestyle, Dr Helal Uddin Ahmed, Associate Professor, Child, Adolescent and Family Psychiatry at the National Institute of Mental Health (NIMH), lays out the reasons as well as common misconceptions about surrounding self-harm in our country.

"Self-harm is a way for individuals to manage intense emotional distress when they do not have the skills or resources to cope with it effectively," explains Dr Ahmed. "Anxiety, inner conflict, and trauma from some past events are some of the common reasons found in people engaging in self-harm."

It truly seems bizarre at first: coping with pain by causing more pain. At the very heart of the issue is a severe lack of healthy outlet for emotions. At some point in our lives, we are bound to find ourselves in extremely difficult situations that weigh



heavy on our mental state. In the absence of proper ventilation of these emotions, they may build into something much worse making us feel like we are drowning and suffocating within ourselves.

According to Dr Ahmed, the physical pain creates endorphins; hormone that causes a momentary sense of relief from one's anxiety and/or PTSD. When done repeatedly, these self-harming acts become the only source of relief thereby making it difficult for one to stop.

The symptoms are subtle but with the right information, we can identify self-harming tendencies among a friend, family, or even ourselves.

While it is natural to be disappointed when we fail to accomplish something, the problem arises when we start seeing ourselves as failures in every sphere of life. This is in fact one of the earliest signs of self-harm. The constant urge to put yourself down and think negative can even lead you to withdraw yourself from friends and family. Once isolated, your anxiety can increase multi-fold.

As difficult as it may be, it is important to

remember a close family member or friend can be your confidant in this situation. Sometimes, being able to share what's really bothering you can immediately put your mind at ease.

Many people engaging in self-harm may feel ashamed or embarrassed, leading them to hide their behaviour from loved ones and mental health professionals. However, seeking help is crucial in order to address the underlying psychological causes and prevent further harm.



Unexplained cuts, bruises, or burns are something we must not overlook in anyone we know. If you suspect that a loved one is engaging in self-harm, it is important to talk to them in a compassionate and non-judgmental way. Let them know that they are not alone and you will help them find better ways to cope with their emotions.

"It's very important to understand that self-harm is not a suicide attempt," says Dr Ahmed. "On the contrary, people engaging in self-harm are often desperately trying to escape from something much bigger. They choose to this as a source of survival. They

want to live."

Dr Ahmed further explains how self-harm may be a manifestation of underlying personality traits or disorders. Individuals with borderline personality disorder may engage in self-harm as a way to regulate their emotions, while those with obsessive-compulsive disorder may do so as a way to reduce their anxiety.

Each form of self-harming pattern has a thread-like difference from another and only experienced therapists and counsellors can help effectively bring someone out of this state.

It is unfortunate that even at this age and time, where mental health awareness is more prevalent than ever before, something as critical as self-harm is still met with silence and shame. Change does not come in a day, but we must start somewhere if we wish for no one to suffer in silence anymore.

Our small steps to create a safe and supportive environment can go a long way. We can encourage them to seek help without any hesitation, engage in activities they enjoy, spend time with loved ones, and prioritise self-care activities such as exercise, sleep, and healthy eating. Ultimately, self-harm is a complex and deeply personal behaviour that requires understanding and support.

With patience, empathy, and professional help, individuals who engage in self-harm can find a path towards healing and recovery.

By Nusrath Jahan
Photo: Collected

#FASHION & BEAUTY

Brightening *up*

our lives with bold hues



Even amidst the heat of summer, when you close your eyes. What do you see? We are sure, it's nothing close to muted tones or low-key shades. It must be the other way around, bright blues of the sea, shades of orange that put the sun's rays to shame, and of course, the blood-red hues that represent closely the different shades of fire.

Feeling hot? Doesn't matter. That's the beauty of bright colours and we all love it.

Once upon a time, we were all afraid of colours, more because the Europeans, particularly the British, thought little of putting bright colours together on anything including their wardrobe. But those days are long gone, and today, we do not shy away from experimenting with the 'brights'.

Now, it's more of a sign of good times, where we portray feeling a little better about coming out of repression. We can express ourselves more freely, with each bright colour representing our changing moods.

This summer, Star Lifestyle hopes to see



an abundance of bright orange shalwar suits on the dress racks of famed designers, whole loads of blood-red saris lumped on the floors of trial rooms inside their stores, and plenty of bold green wardrobes and fluorescent yellow collections, almost overpowering the heat rays of the sun.

Famous designers have been heard quoting in the past that 'Bright colours are so bold that it blends with everything.' On the other hand, we believe that bright colours are the new neutral, you just need to have a part of it in your life. Even the darkest notes in our lives seem a little chirpier because of bright colours.

Our suggestion; try it once and we are sure you will never want to go back again.

By Fashion Police
Wardrobe: Mumu Maria



#FASHION & BEAUTY

Timeless silver jewellery trends

Silver jewellery is timeless. It adds a classic depth when combined with other accessories. Silver necklaces and earrings resonate an elegant and vintage aesthetic, which, with the addition of other materials like pearls, can elevate an entire outfit. Its affordability, versatility, sustainability, and timelessness only add to the material's value and appeal.

Compared to gold or platinum jewellery, silver jewellery is more budget friendly. Its affordability and versatility make it appealing to a wider range of people. The designs we often see on gold or platinum jewellery can easily be replicated onto silver pieces. As the demand for low-cost jewellery increases, silver has once again become a popular choice for individuals looking for stylish and economical accessories to complement their everyday outfits and give them the extra touch of shine during special occasions.

Other than its cost-effectiveness, silver jewellery is known to add a more vintage and graceful appeal. Its soothing and sophisticated colour makes it the perfect material to complement other colours like green, red, ash, gold, white and blue, and

take on both heavy, intricate designs and simple, minimalist ones.

What makes silver jewellery the most attractive is its versatility. It can be dressed up or down and goes with many different types and outfits – both traditional and Western. The multiple ways in which silver jewellery can be accessorised make it ideal for any occasion.

Silver and pearl jewellery is a popular pairing. It provides a traditional and chic appearance.

The rich white pearls combined with the sleek, shining silver make a gorgeous and elegant contrast that may be worn on any occasion and add dimension to any outfit. Additionally, the symbolism of pearls – purity, innocence, and love – when combined with silver enhances its significance creating a mesmerising and meaningful piece.

Both bold and geometric patterns and classic flowery designs can be carved out in a refined style.

While these pieces and accessories

retain their simplicity, they also resonate with modern fashion and propriety. The addition of pearls in multiple strands or as a revamped choker style retains the classic essence of both silver and pearl while adding a modern and debonair flare.

When it comes to silver and pearl jewellery, there is something for everyone, from delicate and subtle ornaments to dramatic statement pieces. Silver and pearl jewellery has been popular for generations and remains a classic choice for daily wear and special events. Silver jewellery, unlike many trending pieces that come and go out of style fast, may be worn for years and passed down through generations.

By Puja Sarkar
Photo: Mrinmoyee



#FASHION & BEAUTY

The minimal makeup look first came to the limelight about five years ago and has slowly but surely changed the whole makeup game ever since. Layers of heavy base makeup followed by over-the-top eye makeup and lipstick are a thing of the past now and boy, are we glad! With the summer heat reaching record highs, the barely-there makeup of 2023 is saving us from risking patchy and textured skin while eliminating the need for touch-ups every few hours.



EMBRACING the minimalist look This SUMMER



A full-coverage base makeup is a big no this summer. Instead, a handful of good skincare products are now the first step to achieving your ultimate summer glam. How? Well, a simple yet regular skincare routine lets your face find its natural glow, making it easy to replace big-budget heavy foundations with lighter BB cream alternatives.

Further down the track of accentuating your natural beauty, beauty experts now focus on 'filtering' dark circles and blemishes instead of trying to cover them up with a large number of products concentrated in small delicate areas of the face. Lightweight colour correctors followed by a few dots of concealer lets your skin breathe, making it appear healthy even on a hot day.

A touch of liquid blush for that sun-kissed effect, and your perfect flawless base is ready. As much as we love a dewy look, remember to go easy on the highlighter on summer days. Too much of it can make you look sweaty instead of glowing, almost instantly ruining your whole look.

Moving on to the eyes, gorgeous makeup in deep colours has taken a backseat while the nude eye look is winning for the summer glam. Neutral tones of brown paired with loose glitters are being used to create versatile subtle, elegant effects suitable for almost any occasion.

Smokey eye makeup, a look known solely for its dramatic flair, has also evolved into something subtler. Moving along

the eyelid in a blurred black line, the eye shadow blends into transparent shimmers as it reaches the crease, creating a beautiful and slightly edgy daytime look.

Perhaps the best news is that the latest trends are finally letting go of the definitive winged eyeliner. A subtle eye makeup with double coats of mascara is enough to get you going this summer.

Whether a makeup enthusiast or not, everyone has done their fair share of experiments with lipsticks. While lipsticks never go out of fashion, this fashion season is witnessing the resurgence of lip gloss, minus the colour mismatch of the 2000s. Shades of pink and red are among the top favourites because of their ability

to complement any makeup look and complexion.

On the other hand, fans of matte lipsticks can go for muted shades of brown, orange as well as pink.

This trend of understated makeup tells you to accentuate your natural beauty, and anyone can achieve perfection with just a little bit of practice and the right tools. So, line up the makeup and let the magic begin!

By Nusrath Jahan
Photo: Sazzad Ibne Sayed
Model: Linda, Tuba, Tazrian
Styling: Sonia Yeasmin Isha
Makeup: Masum

5 HEALTH BENEFITS OF GREEN TEA

Green tea has been widely praised for its health benefits. If you are looking to make healthier lifestyle choices, you can give Ispahani Blender's Choice Premium Green Tea a try.

Back in the times of ancient medicine, green tea was used to heal cuts, help digestion, improve the health of the heart and mind, and keep the body at the right temperature.

And its reputation as a healthy drink carries on in modern times as well. These are the five potential health benefits of green tea.

Aids in weight loss

With zero calories, a refreshing taste, and proven to aid fat-burning, green tea is the drink to choose for weight loss. In fact, green tea is so effective at reducing body fat that it is likely to be included in every fat-burning product you find. This is because green tea has been shown to improve fat oxidation and metabolic rate.

Caffeine and other plant components like catechins may be responsible for this effect due to their metabolic characteristics. It was also suggested in several types of research that the weight reduction benefits of tea polyphenols were not the consequence of caffeine alone but rather of a synergistic interaction of catechins and caffeine.

Enhances brain function

Green tea's caffeine content is lower than coffee's, yet it may still aid with attention and concentration. In addition, the amino acid L-theanine, which helps relieve anxiety and lessen insomnia, found in green tea, has a calming impact by elevating feel-

good brain chemicals including Gamma-aminobutyric acid (GABA), dopamine, and serotonin.

Green tea's beneficial polyphenols may also help mitigate the mental decline associated with advancing age.

Assists in lower blood sugar level

Type 2 diabetes is caused by insulin resistance, which prevents cells, muscles, and the liver from absorbing glucose to power the body. Poorly controlled diabetes may cause heart disease, neuropathy, and vision difficulties. Green tea, however, when included in a diet that is appropriate for someone with type 2 diabetes may help lower insulin resistance.

Green tea is an excellent addition to a diabetic diet since it is low in calories, has no sugar, and has many health benefits from its natural state when consumed straight from the bag. There is also some evidence that drinking green tea or taking green tea extract may help reduce glucose levels in the blood.

Supports skin health

Not only is drinking green tea beneficial for your physical health, but it also has the potential to help you maintain your looks. Products containing green tea are often recommended by beauty professionals because of the anti-inflammatory benefits of this beverage. For instance, some suggest that using green tea supplements and cream with a 10 per cent concentration might increase skin suppleness and delay the onset of wrinkles.

Relieves cavities

Green tea's antibacterial capabilities are second to none, and regular use of the beverage also reduces the sugar content of saliva and the amount of dental plaque that builds up on teeth. Consuming unsweetened green tea daily has been found in several studies and pieces of research to be beneficial in warding off cavities and halting the progression of tooth decay.

There are many things we strive to do in order to live a healthy lifestyle. A relatively simple one would be to get yourself Ispahani Blender's Choice Premium Green Tea!

By Samayla Mahjabin Koish
Photo Courtesy: LS Archives/ Sazzad Ibne Sayed



For A Healthier Life

DIRECTLY FROM CHINA

#FOOD & RECIPES

Recipes from around the world

After a heavy dose of rich food during the Eid holidays, the body craves something simpler. Here are some recipes that you could try after the holiday season.

MANGO STICKY RICE

Ingredients

½ cup glutinous rice
1 cup coconut milk
½ cup coconut cream
2 tbsp sugar
1 tsp salt

For the topping —

Fried lentils (can be altered with toasted sesame seeds)

Mango slices, as per need

Method

First, cook the glutinous rice properly following the regular method (steaming or in water). Then mix in the salt, sugar, and coconut milk. Cook for another two minutes. Slice up your mangoes and keep them in the refrigerator to be able to serve cold. Once the rice cools down, on a plate, serve the rice, top with coconut cream, and mango slices. Then top with choice of crisps for texture. Add extra coconut cream on the side for extra goodness.

SUSHI BAKE

Ingredients

3 sheets fried nori (regular ones used for sushi)
3 cups cooked glutinous rice
15-17 pieces large prawns, de-veined and cleaned
2 tbsp cream cheese



1½ tbsp mayo
1 tbsp sriracha
1 tsp soy sauce
A pinch of black pepper
2 tsp vinegar

Method

First, marinate the prawns with soy sauce and pepper, for 10 minutes. Prepare rice by mixing vinegar to the cooked rice. In a bowl, mix the cream cheese, mayo, and sriracha properly. Pour that cheese mix into the prawns and mix well.

Cut the whole large nori sheets into four. Brush hands with oil, then in the

nori sheets, place in 1 tablespoon of the cooked rice in the middle of the sheet. Then using your hands, place the rice properly spreading it through the corners, but leave gaps in the corners.

Take your muffin mould, brush oil in it. Then, press the nori with rice in them into the mould — they will look like flowers. After that, place in one tbsp of the prawn cheese mix into the rice cups. Bake in pre-heated oven for 18-20 mins at 175° C. Serve topping with spicy mayo/kewpie mayo, and soy sauce dip mixed with wasabi.

STREET STYLE THAI BASIL CHICKEN

Ingredients

½ chicken breast (around 200g)
5 cloves of garlic, if you like it garlicky
Red chilli, as per preference
3 tsp soy sauce, light
1½ tsp oyster sauce
1½ tsp sugar (better if adjusted as per taste)
1 tsp soy sauce (dark)
Oil

Thai basil, as per taste (*Fresh mint leaves can also be used, but it will not be basil chicken by name. However, it will not differ much in terms of flavour or taste. Just make sure the mint is fresh*)

Method

Cut your chicken into bite-sized pieces. Roughly crush together garlic and red chillies.

In a hot pan, add oil. Now, add the crushed garlic and chilli. This is my favourite

part of the cooking, for the aroma it sets around. Stir fry that for just about a few seconds until flavours come out, and add in your chicken.

Fry the chicken for about a minute or so, and then pour in your light soy sauce, oyster sauce, sugar, and finally, the dark soy sauce. The reason for using both soy sauces is because of the depth of flavours they add individually and also to hit intricacy right!

Stir it all, and cook for about a few minutes. Right during the end, add in your basil, and give it just one stir and get off heat, because we do not want to overcook the leaves.

I highly recommend the dish with steamed rice, and oozing yolky fried egg; the yolk gives a silky texture to rice.

CRISPY FISH TACO WITH PICKLED CARROTS

Ingredients

1 fillet dory fish
1 tsp soy sauce
2 tsp oyster sauce
½ tsp pepper
1 tsp lemon juice
A pinch oregano
Tempura (*A classic regular tempura batter made with ice-cold water for crispiness*)
Flour, for regular tortilla
2 tbsp mayo
5-7 mint leaves, crushed
½ tsp lemon juice
½ carrot
½ cup vinegar

Method

First, slice the carrots using a peeler for a finer finish. Leave them to be pickled by taking in small glass bowl, and drenching in vinegar, a pinch of ground black pepper. Rest for at least 25 minutes.

Prep the fish by cleaning and cutting. Marinate using soy sauce, oyster sauce, pepper, lemon juice, and leave for 15 minutes. Make the tempura batter with ice cold water. Now, on the side make the tortilla with flour, water, and salt (regular taco tortilla). Once done toasting the tortillas, make the lime-mint aioli by mixing in mayo, lemon juice, and the mint with little bit of ground pepper.

Finally, fry the fish dipping in tempura batter in deep fry. Then assemble the tacos by placing first the fish, then the pickled carrots, and finally the aioli on top.

Enjoy hot and crispy.

DATE FRAPPE

Ingredients

1 cup liquid milk
1 cup vanilla Ice cream
4-6 dates, depending on sweetness preferred
2 tsp coffee

Method

First cup the dates into smaller pieces and get rid of the seeds. Blend all the ingredients together, and serve cold.

By **Fatduck21**

Photo: **Fatduck21**



Top 5 places to visit in Cumilla

Although it is not among the first names to cross our minds when we think of travelling within the country, there are quite a few places to visit in Cumilla. From historical places to religious sites, here are the top 5 places you must visit while in Cumilla.



Shalban Bihar

Situated in Mainamati, Shalban Bihar is one of the most visited places in Cumilla. It is an archaeological site with ruins of an ancient Buddhist Bihar complete with over a hundred cells built for monks. These ruins are located in the middle of Lalmai Hills.

This place was previously known as Shalban Rajar Bari, and after excavation, this site was discovered. The antiques recovered during the archaeological exploration can be found in Mainamati Museum. Shalban Bihar shall be a very interesting site for history buffs.

Mainamati War Cemetery

Also known as Cumilla War Cemetery, another popular destination in Cumilla is the Mainamati War Cemetery. There are two war cemeteries from World War II in Bangladesh, and one of them is located in Cumilla.

This historical cemetery contains hundreds of burials of brave soldiers from the commonwealth who died during the Second World War. This cemetery is located just beside Cumilla Cantonment. It is open to all but can be visited only during specific hours of the day.

Dharmasagar

Dharmasagar is a man-made pond in Cumilla that was built to facilitate the locals with a supply of water. It was dug during the reign of Tripura's king Dharma Manikya in 1458. It is also considered one of the earliest shreds of evidence of urban water heritage in Bangladesh.

Being characterised as the life of Cumilla city, this water body has been the centre of the social and economic growth of the city. On one end, there is Cumilla Stadium and Cumilla Zilla School, and on the other, there is Cumilla Municipal Park and Kazi Nazrul Islam



Memorial Hall.

Chandi Mura Temple

Chandi Mura Temple, also known as Lalmai Chandi Temple, is an ancient temple located on top of Lalmai Hill in Barura. You have to climb uphill using the stairs to visit this temple. It boasts a serene and peaceful environment as being on the other side of Cumilla city, it does not attract many tourists.

However, the multicoloured temple adds a unique pop of colour among the hills and is a treat to the eyes. The temple is constructed in a beautiful manner as a representation of the Hindu way of life. It provides both historical knowledge and a scenic view from the top of the hill.

Gomti River

Bangladesh is a country of rivers

where the water flows across its body like veins. Big or small, all rivers in Bangladesh have their unique beauty and aspects, and Gomti River in Cumilla is what beautifies the place. The speciality of Gomti River is that it is a hilly river and has strong currents during the rainy season but shrinks during winter.

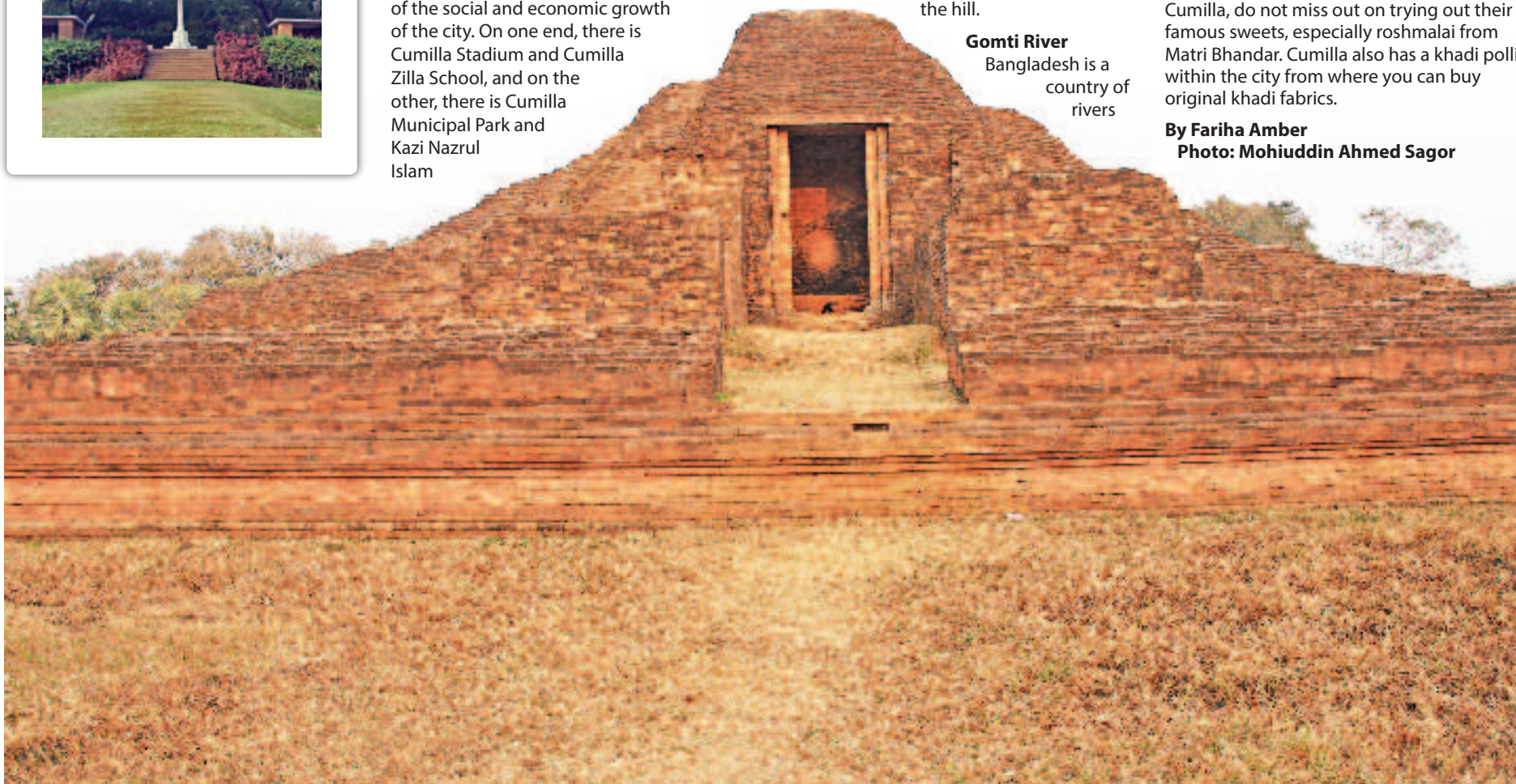
This river originates from the Tripura state of India, enters Bangladesh via Cumilla and falls into Meghna. When water levels are low, it is safe to take a dip in its water.

Gomti River is also an important water body as there are some important places on its banks such as Cumilla, Mainamati, and Daudkandi.

Apart from visiting these places while in Cumilla, do not miss out on trying out their famous sweets, especially roshmalai from Matri Bhandar. Cumilla also has a khadi polli within the city from where you can buy original khadi fabrics.

By Fariha Amber

Photo: Mohiuddin Ahmed Sagor



#TRAVEL

Common travel mistakes while making hotel bookings

Making hotel reservations have become easier and yet, people still tend to make mistakes. To avoid this, we spoke to a popular hotel chain employee, who shared her experience about common travel slip-ups they have seen people make again and again, and how avoiding these can expedite standard procedures for them and make it easier for hotels to serve them.

Booking through third-party websites

After being in the hospitality industry for long years and working at a popular hotel that saw sold-out status almost every day during peak season, if there's one most common mistake this employee has seen, it is this —

People book through third-party websites that often demand pre-payment and then

book them into hotels that do not have rooms to spare. Some even make phony claims that hotels can help with a refund, in case of problems on site, but that is not true, because most hotels are not even sent that money, to begin with.

This employee recommends you book directly through the hotel by calling them. Some hotels can match third-party discounts and have better cancellation policies.

Paying extra to purchase a free-cancellation policy

Some people use third-party websites to buy the fully refundable option from them, in case things go wrong. While this is an infinitely more prudent approach to buying hotel nights from a third party, it can drive up costs by as much as a few thousand

takas. This feels even more unnecessary as plenty of hotels usually have a same-day cancellation policy absolutely free of charge.

Not joining loyalty programmes

Frequent travellers often underestimate the perks a loyalty programme from a good hotel can get you. Establishments such as Marriott, Hilton, and Choice Hotels have a range of hotels around the world and one has a chance to earn enough points for free rooms and gift cards.

Not only are loyalty members treated like VIPs, but are also eligible for perks such as discounted rates, free suite upgrades, and free early check-ins/late check-outs.

Trying to use someone else's credit card

Unless the hotel has received a card owner's authorisation form from the actual owner,

you cannot use someone else's card in hotels. This is because, in case of unethical usage, a card owner could file a charge-back request from the bank. If the bank finds that the card has indeed been used by someone else, they are within their rights to demand a refund from the hotel — a situation that hotels would definitely wish to steer clear of.

Complaining at the last second

No point complaining about your room at checkout, when all that's left is to hand in the keys and leave. If you find anything wrong with your room, it is best to speak out right at the beginning. Most issues can be fixed right away by hotel staff and you may even get an upgrade for your troubles in the process.

By Munira Fidai

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Take action. Help others solve their dilemmas. Socialise with as many people as possible. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Sudden changes at home will affect family members. Be careful when dealing with superiors. Don't overdo things. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Lack of cash might cause problems at home. Some situations may be blown out of proportion. Uncertainty regarding your partner may emerge. Your lucky day this week will be Friday.



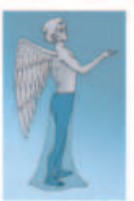
CANCER (JUN. 22-JUL. 22)

Your ideas will be opposed by loved ones. You could be misinterpreted. Consider getting into self-improvement endeavours. Your lucky day this week will be Tuesday.



LEO (JUL. 23-AUG. 22)

Don't take promises for granted. Make changes to your domestic scene. There will be plenty of frustrations at work. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Discuss your emotional needs with your partner. Get involved in group activities to make new friends. Be honest with yourself. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Question your partner if needed. Seek out answers to your confusion. Channel your energy into chores. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Think things through. You can meet potential lovers on a trip. Work diligently this week. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Sudden changes in friendship could prove interesting. Knowledge can be acquired if you listen. Get into some physical activities. Your lucky day this week will be Thursday.



CAPRICORN (DEC. 22-JAN. 20)

Residential moves will be favourable. Make plans to exotic destinations. Uncertain changes in your personal life are evident. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Career moves will be prosperous. You could have problems with co-workers. This is a great week for travelling. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Restrictions may be difficult to adjust to. Accept the inevitable. You can meet interesting individuals this week. Your lucky day this week will be Sunday.

ফাস্ট ওয়াশ

সাদা আর এক নাম

১০ মিনিটে পাথরের
বায়শিং এর মতসিক

কাপড়ের যে কোন দাগ
ময়লাকে নিষিদ্ধ দূর করে

কাপড়ের রঙকে বাঁচবে
নতুনদের মতো নতুনভাবে



#PETS

TIPS TO TAKE CARE OF YOUR ELDERLY PETS

We may be adopting a young, energetic dog or cat one day, but in a blink of an eye, regular visits to the vet start as with age many complications start to surface. If your beloved pet has also reached an age where they need some extra care, some simple ways can make their lives safer, easier, and more comfortable.

Give them the right nutrition

All pets should be fed the best food possible throughout their lives, but elderly pets require special attention. Certain health issues may arise in older pets, which may have an impact on the foods they should and should not consume. Check that you are feeding them the right food and consult your vet about the best dietary option for your pet, if it has a specific condition.

Visit the vet more frequently

The majority of people are accustomed to taking their pet to the vet once a year, but as pets age, their chances of developing cancer, arthritis, and other health issues increase. Furthermore, pain signals in pets are sometimes overlooked, and they age faster than humans. Elderly pets require more frequent vet visits because they are more susceptible to diseases and are more likely to have health problems.

Maintain oral health

Because the majority of the pets do not receive proper dental care during their adult lives, it is not uncommon to see

older pets with a few missing teeth. Dental care is an important part of grooming and should begin at a young age. To keep your pet's teeth healthy, wash them every day, and if they don't like it, start giving them dental treats. You should also take your pet to the vet once a year to have their teeth professionally cleaned.

Make small changes to your pet's environment

Making small adjustments to your home and the environment can have a big impact on your elderly pet's overall health. Putting down more carpeting around your home so that it will be easier for them to get up and will be less likely to slip on the floor. Try to keep them active with multiple activities or keep their favourite toy around the house so that they can play whenever they feel like it.

Spend time with them

Ageing is a normal process but when it comes to your beloved pet seeing them grow old can be painful. The best thing you can do is live in the present moment and cherish all of your memories. An ageing pet can easily become anxious if they do not see their owner nearby, which makes them terrified. So, make sure to spend time with them.

By Maisha Tarannum Iqbal
Photo: LS Archives / Sazzad Ibne Sayed

