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# Vintage *and* GLAMOUR

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SUMMER DRESSES THAT OUTSHINE  
VINTAGE HAIRSTYLES **C**  
VINTAGE HAIRDOS ARE BACK

PHOTO: ADNAN RAHMAN  
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STYLING: SONIA YEASMIN ISHA  
MUA: PARVEZ  
DÉCOR: SAIMUL KARIM, ESKAY DECOR

# Explore flavours of the Mediterranean at The Ilish

Holiday Inn Dhaka City Centre has just launched a new restaurant, The Ilish. A delightful dining experience where you can explore the many culinary delights of the Mediterranean. Ilish is a word every Bangladeshi is familiar with. Its significance and prominence in our country's rich history are now going to be synonymous with the great tastes and delights of the Mediterranean. The main aim of The Ilish is to explore the common roots between Bengali and Mediterranean culinary cultures.

"We want the name of ilish to be recognisable all over the world. When people think of exotic fish, they often think of something like salmon, we wanted to take this idea and use it to make our national fish ilish a name to remember," said Sahidus Sadeque Talukder, the Director of Operations, Holiday Inn Dhaka City Centre.

The main influences of the restaurant come from predominantly Mediterranean locales such as Turkiye, Morocco, Greece, and many Levantine countries as well. There will also be some inspiration from French, Spanish, and Italian food. The main aim here is to give people a truly authentic dining experience of the Mediterranean.

The way The Ilish sets themselves apart from other restaurants in this category is through their crew of specially trained chefs who have lived and worked in Mediterranean countries and restaurants and are highly skilled in bringing that



original flavours to Bangladesh.

They have a delectable menu consisting of a variety of dishes that were handpicked by their chefs to highlight the best flavours of the Mediterranean. Some of the notable dishes are the 'Mediterranean Harira Soup,' a Moroccan lentil and chickpea soup that is a delicious vegetarian dish, the classic French 'Bouillabaisse' an amazing seafood soup and the 'Beef Koobideh & Adana,' a combination of the two most famous Mediterranean kebabs, where you can get

beef and mutton on the same platter.

Along with the mouth-watering dishes, the restaurant itself is very spacious and breathable, capable of seating 60 people. The interior has a very tasteful Mediterranean-inspired decor taking in elements from Spain, Morocco, and Turkiye.

It takes your dining experience to the next level almost as if you are right on the shores in Santorini or Venice.

"We want patrons to have a true Mediterranean experience from the

moment they enter the doors and sit down to eat," stated Mayeen Uddin, the Assistant Food and Beverage Manager.

The Ilish is located on the 16th floor of the Holiday Inn Dhaka City Centre, 23 Shaheed Tajuddin Ahmed Sharani, Tejgaon, Dhaka – 1208.

**Essentials**

For reservations, dial +88 01324-717025 – 26.

**Photo: Holiday Inn Dhaka**

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ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...

# Decoding the mind: Unravelling 7 cognitive biases that shape human decision-making

Humans make constant decisions due to their logical nature. Our choices range from simple to complex issues, such as what to eat for lunch to capital investment in a business.

While we cannot be 100 per cent rational at all times, we mostly make logical decisions by weighing the pros and cons of each of our choices. That being said, we have developed some mental shortcuts known as cognitive biases to navigate and ease this decision-making process.

Below, we explore the concept of cognitive biases, why humans have such biases, and the top 7 of the many cognitive biases that affect us daily.

## Cognitive biases

Cognitive bias is a thinking pattern of our brain to innately simplify information based on personal experiences and preferences. Such a pattern is a coping mechanism that enables the brain to prioritise and process large amounts of information quickly.

Biases are not inherently negative but rather evolutionary adaptations that ease the process of efficient decision-making. However, they can sway us to make poor decisions.

## Why do we have it?

Our brains have two methods of processing data: Type 1 thinking and Type 2 thinking. Type 1 links with your current circumstantial knowledge to make quick decisions while supporting about 95 per cent of our thought processes.

Type 2 is slower and more analytical. It involves careful evaluation, reasoning, and analysis of problems to reach sound conclusions. It is a way to edit and audit your decision using Type 1 processing.

## Biases that affect our decisions

### Confirmation bias

Confirmation bias is the tendency to favour information that aligns with our existing beliefs while disregarding contradictory information. We interpret and remember information in a way that aligns with our current views. To overcome this bias, seeking out differing views and challenging our beliefs and assumptions is important.

### Framing effects

Framing bias occurs when you make a decision based on how information is presented rather than solely on objective facts. Our responses change depending on how options are framed. Marketers and advertisers use this framing effect to increase sales and product visibility. Many kinds of frames are used, such as value frames, positive and negative frames, gain vs loss, visual frames, auditory frames, etc.

### Loss aversion

Loss aversion is the tendency to prioritise avoiding losses over struggle. This bias makes people hesitant to take risks because

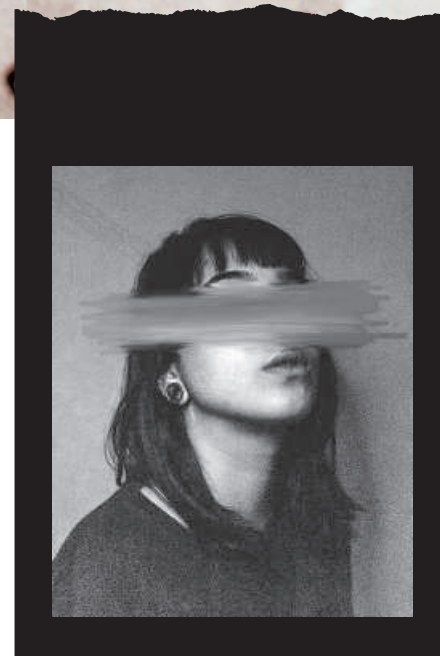


they fear losses more than they value potential gains.

An example would be the general public's interest in saving money in a savings account instead of investing in value stocks to build and accumulate wealth over the long term. People tend to perceive the risk and fear of losing wealth in a stock market downturn as greater than the potential gains from long-term investing.

### Negativity

When negative information is treated more importantly than positive information, it is termed negativity bias. It may sound similar



to loss aversion bias; however, negativity bias has a greater scope and deals with negative information of every kind.

For instance, among a sea of positive comments, the tendency to focus on one slight critique or underwhelming comment during a performance review is negativity bias.

### Sunk Cost Fallacy

It is a cost that has already been incurred and cannot be recovered. Sunk cost fallacy is when we cling to something because we have already invested time, energy, and money into it, even if letting go would be better for us.

A simple example is choosing to watch a boring movie entirely because you bought a ticket. But rationally, as the ticket

cost cannot be recovered, and the movie is boring, leaving the theatre is the best course of action.

### Herd Mentality

The herd mentality or the bandwagon effect is when we tend to adopt beliefs, habits, and behaviours simply because others are doing the same. For example, buying a product or a dress in a particular design because everyone has it without considering whether you need it.

### Survivorship

Survivorship bias is the mistake of valuing successful individuals and entities while ignoring those who have yet to achieve the same level of success. A relevant example of survivorship bias is the laser focus on famous college dropout billionaires.

Famous college dropouts like Bill Gates and Mark Zuckerberg are always in the limelight because their stories are out of the ordinary. This can make you think that a college degree is only beneficial if you consider the millions of other college dropouts who are not rich and famous and have different outcomes.

While being aware of these 7 biases is a great effort, it's important to keep in mind that being aware of them does not protect you from them. The tendency for these biases to exist in humans will always exist. Even if you're not always conscious of the specific biases that are affecting you right now or generally, you can still recognise that you're susceptible to them.

By Maliha Arosha Hasan  
Photo: Collected





# Your ultimate guide to a girls' day out in Dhaka

With life getting busier with each passing day and Dhaka offering more fun activities, it is not a bad idea to get together with your girlfriends for a fun evening filled with joy and laughter, to unwind and break free of the day-to-day stress. A girls' day out is not something we associate with the city of Dhaka, but times are changing.

## Things to do in the afternoons or early evenings

A great way to kickstart the afternoon is to visit art galleries around Dhaka. The Capital has many galleries, all of which host exhibitions throughout the year, both by seasoned artists and up-and-coming talents.

Another great way to participate in arts and culture would be to watch plays in the theatre. The National Theatre in Bangladesh Shilpakala Academy regularly hosts plays of all kinds in the evening for aficionados and connoisseurs.

But if theatre and art seem too serious for you, then an evening filled with laughter might be what you are in search of. Check out Naveed's Comedy Club in Gulshan for a good dose of comedy by the up-and-coming stand-up comedians. There are also stand-up comedy shows around town in various locations, just keep an eye out for them so you do not miss out.

If you and the girls are planning to let loose and be transported to your childhood, then your best option is to spend the evening playing arcade games and hopping on rides. Currently, Toggi World in Bashundhara City has plenty to offer in this endeavour. With 59 arcade games, virtual reality games, and a racing zone including a flight simulator, laser tag, paintball, and bowling, there are more options than you could run out of during the night.

Aside from Toggi World, Chef's Table Gulshan also offers Laser Tag in Laserwars, and right beside Chef's Table Courtside is the GoKart Racing Arena. These locations are a perfect blend of excellent food and fun activities.

With time, concerts are becoming more prevalent in the city. They are happening now and then. So, sway yourself to live music, and dance away your worries and sorrows. End the night by grabbing dinner someplace nearby.

Our final recommendation is a boat ride on Dhanmondi Lake before restaurant-hopping on Sat Masjid Road. A core childhood memory of Dhaka residents, have a relaxing boat ride on the lake in the evening and enjoying the serenity of the reflections of the decorative lights hitting the water's surface. Then, sit by one of the restaurants on the lake and have some kebabs.

**By Maliha Arosha Hasan**  
**Photo: Sazzad Ibne sayed**  
**Model: Proma**  
**Styling: Sonia Yeasmin Isha**  
**MUA: Sumon**  
**Wardrobe: TAAGA**  
**Location: Radisson Blu Dhaka**

# Summer and sundresses!

The inglorious Bangladeshi summer is here with a drumroll, or rather, heatwaves! Call it what you will, but summers do allow us a lot of liberty in terms of fashion. One can experiment with sleeves, cuts, colours and most importantly, silhouettes. Sundresses are an eternal favourite for summer. Easy, breezy and beautiful — what's not to like? In fact, a survey had proven that women wearing sundresses exude more confidence and appear chic and pulled together.

Its very shape and cut are genius in that it tapers at the waist giving its wearer an hourglass shape instantly. Draped graciously across the hips, it beautifully enhances the feminine form. Whatever one's body type may be — tall, short, curvy, straight — a sundress always gives a cinched, flattering shape.

Embracing curves and creating shape where there is none, a sundress is your best friend! Hence, we have put together the ultimate guide so you can pick the perfect sundress for a wondrous summer!

Sundresses are as versatile as they come. Long, mid-length or short, it really depends on the wearer's preference. In terms of sleeves, again the options are endless. Sleeveless, spaghetti strap, off-shouldered — every style is unique and equally stylish. Another fun twist is the 'cold shoulder' style that is fabulously trendy and chic. In 2023, skinny straps are having a moment thanks to the return of the great 90's styles. Tie-ups at the shoulder or down the back are also chic in a bohemian way. Off-shouldered styles are sexy, sweet and show just the right amount of skin. Channel your inner free-spirited diva and choose an off-shouldered long sundress with smocked top!

Cut-outs are another detail that is hot and happening right now. Around the waist, under the bust or at the shoulders or hips — cut-outs are incredibly sexy and attractive. What's more, they keep you cool and calm too! Eyelets are another detail that are highly favoured by everyone because of their breathability and chicness!

For sundresses, cotton and linen are the unanimous choices because of their inherent qualities of keeping the wearer cool and comfortable. While they are staples, don't be afraid to push the boundaries!

After all, we only live once! Having said that, choose breathable fabrics such as French chiffon, georgette, crêpe de chine or lightweight satin too! Solid colours are just as cool as prints right now. Pastel shades such as mint, azure, peach, peony pink, lilac and primrose yellow are forever favourites. Satins in pastel colours look incredibly beautiful. Prints are also having a moment, especially florals. Think unusual flower prints such as lilies, peonies and hydrangeas a la Dolce and Gabbana. Smaller florals such as daisies, baby's breath and hyacinths are very cute too. Aussie fashion label Zimmermann does the most exquisite sundresses that are one of a kind and very chic. Think offbeat florals layered with massive eyelet details, ruffles and embroideries! They are a sundress lover's dream and a treasure trove of inspiration. Perfect for summer days and nights, sundresses are made for those languorous days filled with sun, sand, nostalgia and memories!

**By Sabrina N Bhuiyan**  
**Photo: Adnan Rahman**  
**Model: Efa, Arnira**  
**Styling: Sonia Yeasmin Isha**  
**MUA: Parvez**  
**Décor: Saimul Karim, Eskay Decor**





Fashion tends to look forward for the most part but at times, there's a wealth of ideas and inspirations to be drawn from the past. In the last decade, designers and artists are turning around, taking a mindful look at bygone days to unearth a treasure trove of ideas that are incredibly relevant even in today's fast paced world.

In a time when we scroll through hundreds of videos and shorts in minutes, information being bombarded at us at lighting speed, we are in a constant race. Trends are dime a dozen; fleeting and superficial, they barely make any impact on our personal style or fashion world at large. Taking a moment to reflect and appreciate the trends that worked so well for women in the past and have made an everlasting impression on the sartorial world will truly pay off.

While ombre hair and hefty extensions are the order of the day, there used to be a time when hairstyles were considered artistic. In the '20s and '30s stylish flapper girls and fashionistas favoured bold but sculpted styles. It was the age of great change, women could vote and were slowly gaining independence, so they did not shy away from embracing new styles.

Think Marcel waves that were coiffed into perfection and the side-parted bob which was all the rage in the '20s and '30s. In 2023 these styles are surprisingly relevant even though a century has passed in between!

For your friend's reception wear Marcel waves with that slinky, cocktail sari. Have a night out planned with the significant other? The aforementioned side-parted curls accessorised with a jewelled clip is the perfect style to go with your satin pantsuit. Think Daisy Buchanan from *The Great Gatsby* or actress, Marlene Dietrich. Another style is the tight coiled curls that is perfect for weddings and dinners. It's a versatile look perfect for both western or ethnic styles.

The '40s were a touch different than the decades prior. Women preferred

# Vintage HAIRSTYLES making a COMEBACK!



to wear their hair down more. Pin curls were widely popular, slightly raised at the crown and loosely curls towards the end. Length of the hair was still short to medium, which left a lot of room for easy styling. Classic and timeless, this style is relevant equally with a kaftan as well as a cape.

A beautiful style is the side-swept chignon few tendrils down. Pin curls by the side adds a soft romantic touch to this dreamy, timeless hairstyle. You could accessorise with a bejewelled hair band to complete the look. The famous Hollywood deep wave is perhaps the crown jewel of the '40s hairstyles; every fashionista worth her tap shoes wore this chic, classic style.

You can too, with any outfit of

your choice as it's highly versatile. The parting must be all the way towards the side to achieve that old Hollywood glamour. Think Rita Hayworth and Marilyn Monroe in their younger years. Voluminous, soft yet shaped this is a beautiful style to channel your inner old Hollywood diva in a modern world!

**By** Sabrina N Bhuiyan  
**Photo:** Adnan Rahman  
**Model:** Efa, Arnira  
**Styling:** Sonia Yeasmin Isha  
**MUA:** Parvez  
**Décor:** Saimul Karim, Eskay Decor





#FOOD & RECIPES

# Summertime mango recipes

The mango season has arrived and with it comes the opportunity to try some delightful recipes. Here are a few cool and refreshing recipes by Sharmila Basu Thakur from Food Farishta, the YouTube channel.

## POMFRET WITH RIPE MANGO

### Ingredients

- 6 pieces pomfret (if small, whole fish can be used)
- 3 tbsp white oil
- 1 tsp mustard seeds
- 2 tbsp curry leaves
- 1 tsp grated ginger
- 2 dry red chillies
- 5 tbsp lime juice
- 3-4 green chillies
- 3 tbsp coriander leaves
- 2 ripe mangoes (cut lengthwise)

### Method

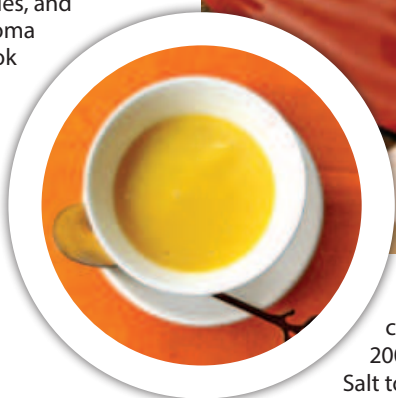
Wash and marinate fish with salt, 3 tablespoons of lime juice, and grated ginger for 15 minutes. Heat oil in a pan. Put mustard seeds, red chillies, and curry leaves. Stir until an aroma is released. Add fish and cook for some time. Add mango, lime juice, salt, and water. Cook for 5-10 minutes. Sprinkle coriander leaves and green chilli before removing from heat.

Ideal with rice in summer.

## STEAMED PRAWN WITH RAW MANGO

### Ingredients

- 250g small prawns
- 1 large, raw mango (sliced lengthwise)
- 1 large onion (chopped)
- 2 dry red chillies
- 1 tsp mustard seeds
- 2 tbsp curry leaves
- 2 tbsp white oil



- 2 tsp chopped green chillies
- 200ml coconut milk
- Salt to taste
- A pinch of sugar

- Water, as required
- Coriander leaves, as required

### Method

In a blender, blend prawn with salt. Make small balls and steam using a steamer.



Keep aside. Heat oil in a pan. Add mustard seeds, curry leaves, and dry red chilli for tempering; now add chopped onions, and fry for a while.

When the onion becomes transparent, add mango slices, salt, and sugar and stir over medium heat. Add water. Cover and cook for 5-7 minutes. When the mango becomes soft, add prawn balls, and coconut milk. Mix nicely, sprinkle coriander leaves,

chopped green chilli before removing from heat. Serve with rice.

## FISH WITH RAW MANGO

### Ingredients

- 250g fish (chryala, banspata, kajli or mourala)
- 1 raw mango (peeled and sliced lengthwise)
- 1 tsp mustard seeds
- 2 dry, red chillies
- 2 tbsp mustard oil
- ½ tsp turmeric powder
- Salt and sugar, to taste

### Method

Wash fish; mix salt and turmeric powder with it. Heat oil in a pan. Put mustard seeds and red chillies for tempering. Add mango, stir and put water. Add salt and sugar, cover and cook for some time. When mango gets tender, add marinated fish and cook for 10 minutes. Serve hot with rice.

## MANGO FOOL

### Ingredients

- 4 raw mangoes (medium sized)
- 400g condensed milk
- Powdered sugar, to taste (depending on the mango)
- Aam ada (mango ginger), for flavour. If not available, mango flavour can be used or skip this.

### Method

Boil whole raw mango with skin. Scoop out the flesh, cool it, keep it in the fridge for some time. Mix cold condensed milk, mango pulp, and sugar with a hand blender. Divide the mixture in serving bowls, keep it in the fridge at least for 4-5 hours.

Ideal dessert for summer.

**Recipe by Sharmila BasuThakur**  
**Photo: Sharmila BasuThakur**

#FOOD & RECIPES

# Summer fun with scrumptious desserts

When the temperature rises, the only thing better than pizza, steaks and burgers are summer desserts. At Star Lifestyle, we are a big fan of cakes, cupcakes and an abundance of ice cream. However, you don't want to be spending too much time in front of the oven during a hot summer day. Hence, here are few refreshing recipes that are easy to make, fulfilling all your summer dessert cravings without much hassle.

## SUMMER SPONGE CAKE

### Ingredients

*For the sponge —*  
225g softened butter  
225g granulated sugar  
4 large eggs  
225g self-rising flour  
2 tsp vanilla extract

### *For the buttercream —*

400g icing sugar  
200g softened butter  
1 tsp vanilla extract  
2 tbsp full-fat milk

### Method

Preheat the oven to 180°C. The sponge needs to be made first, so using a hand mixer try to beat the sugar and butter together until you get a creamy texture. Add the eggs, one by one. Beating the mixture upon each addition. Sift in the flour, add the vanilla extract and mix well to get a thick and consistent batter. Put the mixture in a round pan and then bake for 25 minutes. Remove the sponges and leave it to cool off separately.



For the buttercream, add in sifted sugar, vanilla extract, softened butter to a food processor and whizz until smooth.

Use a blunt knife to slather in the buttercream on top of the sponge cake and finally decorate it with seasonal fruits like sliced mangoes, locally sourced strawberries etc.

### Method

Preheat the oven to 180° C and line mini cupcake pans with liners.

In a medium sized bowl, whisk in flour, baking powder and salt. Set it aside. In a separate bowl, beat in the butter and sugar on medium speed, until a thick foam is formed. Add in eggs, one at a time, beating well with each addition. Add in the vanilla extract.

Add in the buttermilk and flour mixture alternatively. Divide the batter evenly into 10-12 lined mini cupcake pans. Bake for 20 minutes. Let it cool for 5 minutes and decorate as you please.

## THE PERFECT CUPCAKE

### Ingredients

1¼ cups white flour  
¼ tsp vanilla extract  
½ tsp salt  
½ cup unsalted butter  
¾ cup sugar  
2 large eggs  
½ cup buttermilk

By LS Desk

Photo: LS Archive/Sazzad Ibne Sayed



# স্বাদের কাছে হারবে সবাই



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# Jagadish Chandra Roy: MASTERING THE ART OF BATIK

The world of fashion is constantly changing but every once in a while, someone comes up with an idea that can shake things up and change the entire dynamics of the ecosystem. Jagadish Chandra Roy may be on the verge of doing exactly that.

Over the past few years, the craftsman-entrepreneur has been consistently finding new ways to incorporate nature and natural raw materials into his ever-growing and never-ending love for the art of batik print and marketing his creations through his brand: T-gaon Craft. Jagadish's journey with T-gaon Craft had begun way back in the late '90s when he took a course on batik during his time at Charukala.

"I was instantly drawn towards batik and out of sheer love for the art, my friends and I used to compile our works and organise

banana tree branches.

"Nature always has a lot to offer. On top of that, the raw materials that I used in my process at that point were always fluctuating in price. For instance, a wax material that is crucial to our process can cost up to Tk 14,000 and at this rate, not many artisans will be able to keep up with the production cost and sustain their business. So, I started experimenting," he added.

From various types of clay to rust to various types of leaves and even fruits. Jagadish has experimented extensively to see what works. Using naturally occurring resources can drastically cut down the cost of production and the final product is not only pretty but also more natural and friendlier to our skin and the environment.



and they are all rural women.

"Another beauty of this process is its inclusivity. It is very easy to learn and I have been working with various organisations to pass my knowledge to people from rural areas in hopes of creating more work opportunities," he added in his concluding notes.

Jagadish is currently conducting batik

workshops at Charukala to inspire young artists. At the time of writing, he is travelling to Tangail to educate people about the benefits of using vegetable dye. In the coming days, he hopes to experiment with mahogany trees and also cactus plants. The world is quite literally his playground.

**By Irfan Aziz**

**Photo: Collected**

exhibitions. Back then, we had to do a lot of experiments with various chemicals to see what favoured us the best. Some would not sit well while others would discolour way too easily. I used to long for better mediums and material for the work that we do," explains Jagadish.

After graduating from Charukala, Jagadish got a scholarship to study in Indonesia. During his time there, he learned more about batik, experimented with newer techniques, and got a better understanding of the overall process. He wanted to apply his new skills back home.

"After returning home, I opened a small workshop where I would apply all of my knowledge to bring my ideas to life. My work would even be displayed at Jatra. However, my workshop was too far away and I was also working for UNDP at that time. So, considering all the factors, I had to briefly shut down my workshop," he lamented.

However, what did not shut down was his love for the craft and his pursuit of finding better and more sustainable techniques.

"I always saw a lot of potential in naturally occurring materials. For instance, mud stains are extremely hard to remove from clothing. I noticed how the wire I hung my clothes in would get rusty and once that rust got onto my white shirt, it would not come off. Nor would the extract from

He briefly explained the entire process to us, which takes around 6-7 days.

"At first, we get the fabric which is then treated with soda or compost to get rid of the starch. The fabric is then soaked in myrobalan plant extract and left to dry in sunlight. We then make a paste of iron and soil and soak the fabric in the paste and leave

it for a few days. The fabric is then washed with clean water several times and this gets rid of the soil but the iron stays. We then boil the fabric in different materials depending on what colour we are aiming for," Jagadish stated.

The process might sound a bit strenuous but Jagadish's workshop produces around 30 products each week and with the correct amount of space and manpower, this output can be increased significantly.

His go-to materials include rust, dark soil, and vegetable dye and

Jagadish has also switched from block printing to screen printing to make the process even more seamless. The only drawback is the weather sometimes, as the whole process is heavily reliant on the sun.

What started off as a Tk 10,000 investment has sold products worth over Tk 19 lakhs in just two years and has also garnered a lot of investment. T-gaon Craft has also accumulated a loyal fanbase and also boasts a wide variety of products ranging from saris, three pieces, bed sheets, curtains and even shoes, bags, and purses. He has 15 individuals working under him



**Holiday Inn**  
AN IHG HOTEL  
DHAKA CITY CENTRE

**brings**  
the most premium  
and authentic  
**Mediterranean**  
experience  
of the country

*The Ilish*

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#GUIDES

# Ways to babyproof your home for your toddler

As a parent, babyproofing your home becomes a top priority when your child becomes a toddler. Here are some ways to babyproof your home if you have a toddler.

### Cover power outlets and switches

You know your toddler will just love to stick their fingers inside the electric outlets, making it an extremely risky situation. That's why you should cover any unused outlets either with covers or plugs that cannot be removed by your little one. Alternately, you can also use tapes to close the unused outlet. For switches, you can also use tapes

or get switch guards so that your toddler cannot fiddle with them randomly.

### Use corner and edge protectors

A toddler running at full speed and getting hit by the sharp edges of any furniture and tables is too common of an occurrence. The best way around this is to invest in corner and edge protectors, which are soft pads or cushions that can absorb the impact and prevent any serious injuries. You can easily find them in baby shops or online and they come in different shapes, sizes, and materials to go with your furniture builds.



### Keep hazardous items out of reach

Once your child is moving around comfortably, you should never put items

like cosmetics, detergents, and toiletries which can be accessed pretty easily by them. So, why not take this opportunity to build high shelves or cabinets in your home? If done in accordance to the interior of the house, not only your room will have a new beautiful look, but also you can safely put away all the hazardous products out of reach from your toddler.

By Fedra Al Hossain

Photo: Collected

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't judge too quickly. Doubts can cause problems with loved ones. Wrap up any pending chore. Your lucky day this week will be Thursday.



### TAURUS (APR. 21-MAY 21)

Don't get involved in other people's problems. Consider joining some volunteer work. Don't let your emotions interfere with work. Your lucky day this week will be Saturday.



### GEMINI (MAY 22-JUN. 21)

Sign up for seminars this week. Exercise should be part of your schedule. You might run short of cash this week. Your lucky day this week will be Sunday.



### CANCER (JUN. 22-JUL. 22)

Start making changes in your life. Don't be serious all the time. Financial gains are possible if you can take risks. Your lucky day this week will be Wednesday.



### LEO (JUL. 23-AUG. 22)

Spend time with loved ones. Always keep an open mind when dealing with others. Travel will be enlightening. Your lucky day this week will be Sunday.



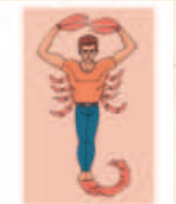
### VIRGO (AUG. 23-SEP. 23)

Set everything in order. Don't care for other people's reactions. Make plans with your partner. Your lucky day this week will be Monday.



### LIBRA (SEP. 24-OCT. 23)

Don't get involved in uncertain organisations. Don't deny yourself this week. Finish projects early. Your lucky day this week will be Friday.



### SCORPIO (OCT. 24-NOV. 21)

Avoid any overindulgences. Your energetic nature will add to your popularity. You can ask for favours. Your lucky day this week will be Sunday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Friends from your past may return. Try not to be overindulgent this week. Travel will initiate new romantic connections. Your lucky day this week will be Monday.



### CAPRICORN (DEC. 22-JAN. 20)

Build on your friendship instead of rushing it. Check everything before you sign anything. Hobbies will be good for your emotional wellbeing. Your lucky day this week will be Friday.



### AQUARIUS (JAN. 21-FEB. 19)

Get involved in distinguished organizations. Children will keep you busy. Be sure to take advantage of the opportunities that exist. Your lucky day this week will be Thursday.



### PISCES (FEB. 20-MAR. 20)

Your original ideas will aid your accomplishments. Your unique approach to life will interest others. Your intuition will be right on. Your lucky day this week will be Monday.



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#TRAVEL

# Top 5 travel destinations in Moulvibazar, Sylhet

If you hear about Sylhet, the name of another mesmerising travel destination, Moulvibazar should effortlessly pop into your mind. Known for its lush tea gardens, breathtaking waterfalls, and bountiful greenery, Moulvibazar is undoubtedly one of the most popular tourist spots in Bangladesh. And here, to satiate your taste buds, the famous seven-layer tea awaits at your disposal!

The moment you set foot in Moulvibazar, be sure to know that you will be swept by its scenic beauty and natural charm. Feeling confused about where to go? Well, for your convenience, we have compiled a list of 5 beautiful places to visit in Moulvibazar.

### Hum Hum Waterfall

Cocooned by the beauty of nature, the Hum Hum Waterfall attracts plenty of adventurers to have the actual taste of adventure. To visit Hum Hum Waterfall, you need to reach Moulvibazar first.

You can take your private transportation or hire a vehicle from



Kamalganj or Sreemangal to go there. You will find many local guides who can give you the right direction. However, keep in mind that you will need to trek for three to four hours through muddy paths.

### Rajkandi Reserve Forest

Surrounded by giant trees and home to many endangered species, Rajkandi Reserve Forest, situated in Kamalganj Upazila of Moulvibazar, is a beauty clad in green. This rich natural habitat comprises three beats — Adampur, Kurma, and Kamarchara and remains alive with the chirping of birds all year round. If you are looking for seclusion and tranquillity in nature, Rajkandi



is perfect for you! You can watch native wildlife thriving from a much closer distance.

It is better to take tourist guides with you when you visit Rajkandi Reserve Forest. Going to this mesmeric forest is not much of a hassle. All you have to do is go to Kamalganj Upazila by public bus or private transportation and from there the forest is about 10 kilometres away.

### Porikunda Waterfall

We all have heard of Madhabkunda Waterfall in Moulvibazar, but a few hundred metres apart another jewel of Moulvibazar remains hidden away, the Porikunda Waterfall. With its calming water and serene environment, the Porikunda Waterfall becomes a mesmerising sight to see for tourists during the rainy season. For being a seasonal waterfall, the beauty of Porikunda can only be enjoyed during the monsoon.

The Porikunda Waterfall is sited inside the Madhabkunda Eco Park and it is not far away from the Madhabkunda Waterfall. After reaching Moulvibazar, take an auto rickshaw from Barlekha Upazila and it will directly take you to Madhabkunda Eco Park.

### Madhabpur Lake

With nearby hills and Madhabpur tea estate, Madhabpur Lake truly looks stunning, especially during

monsoon. Located approximately 16 kilometres away from Sreemangal, Madhabpur Lake puts on different guises in different seasons. Sparkling water and the presence of water lilies will fill you with a sense of tranquillity and peace. The clear blue sky, plenty of greenery, and the smell of green leaves will invigorate your senses and you will forget the monotony of city life, even just for a few hours.

As monsoon is approaching, Madhapur Lake is worth a visit. To go there, take a trip to Sreemangal and from there Kalabagan Para will be your next destination. Go there by car or CNG and hire a guide to take you to the magnificent Madhabpur Lake.

### Lawachara National Park

Are you craving a solitary walk through nature while listening to the hubbub of birds and animals? If yes, then you are in for a treat! The enchanting Lawachara National Park remains vibrant year-round with tourists from all walks of life and you will have the chance to witness sightings of rare species of birds, monkeys, and deer. Additionally, this well-preserved forest is great for hiking and trekking, but it is better if you take a local guide with you.

Lawachara National Park is situated at Kamalganj Upazila and you can easily go there by bus or any private transportation.

By Ayman Anika

Photo: Mohiuddin Ahmed Sagor

