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Wanderlust

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PHOTO: K TANZEEL ZAMAN

ChatGPT — Life in the hands of AI?

Popular natural language AI, ChatGPT had made waves in global news when it first arrived. Hailed as a revolutionary aid to all kinds of writing, it had the world riveted. Fast forward a few months, has it really evolved into the job-eating monster that writers around the world were scared it would become?



Since time immemorial, humans have been the only species that have brought misfortune upon themselves. No other species on earth has done this. Animals look out for their own kind — birds fly in flocks, ants feed in unison. Humans, touted as the smartest, most intellectual creatures on earth, do the opposite. They mock nature, wage wars, and routinely create objects with carefree abandon, only to be controlled by them later.

Think for instance, about the creation of money. If aliens ever came to tour the Earth (although why they would do that is beyond me), they would see money as pieces of colourful, printed paper that hold little to no value. Ask humans and they would tell you they are ready to sell their souls for these scraps. A classic case of the father bowing down before the son.

A similar mishap has occurred in recent times when humans decided to create AI. The smart humans wanted to create something smarter than themselves, but were innocent enough to believe they could get a good night's rest for a single night afterwards. Imagine creating a monster and

keeping it at home as a pet. Smart!

To be fair, however, in the beginning, AI was a dream. Humans gave them cute names like Sophia and other than a few harmless cases of misbehaviour (where Sophia and her kin said that they would potentially kill humans, or something along those lines), they mostly did what they were programmed to do. Techno-savants built on the technology and a team called OpenAI created a chatbot called ChatGPT.

Where Sophia has a human form, its brother-in-tech, ChatGPT does not need a physical presence to sweet-talk you like Romeo. It apparently even passed a university test! And then, it went for the jugular. Google's chilling announcement to do away with its entire middle management — because bots can do it cheaper, and without lunch breaks — was enough to make writers of the world twist and turn in their beds. They simply could not bring themselves to give their adversary in the computer the open-hearted acceptance that it was due.

The world is still discovering new uses for ChatGPT owing to the novelty of the

phenomenon but the creators are not unaware of the future implications of such a technology. The pioneer of Google Bard AI, Geoffrey Hinton, resigned so he could actively warn the world about its dangers, organisations that deal with the ethical aspects of technology were long on their way to creating AI detectors.

People could no longer pass off bot-generated text as their own. Once the initial trauma wore off, writers also realised that the writing style of the bot was largely without soul and that they did not have much to worry about; by then, most academia had already decided to discredit AI generated work completely.

The masters have taken back some control from their AI counterparts but even then, upper storey technological maestros feel the need to push the technology back further. It's too direct, too unpredictable,



too dangerous. Not discounting the human species' ability to self-destruct, unless the most intellectual beings on Earth decide to give AI emotions and an ability to reproduce, the bots are not writing our eulogies anytime soon. What a relief!

By Munira Fidai
Photo: Collected

us on /Sandalina

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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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রূপচর্চায় আভিজাত্য...

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#REVIEW



Sweet lunchbox treats from Amor de Mamá



Meet Tanisha Haq Yusuf, a mother who has made it her life's mission to bake and bring joy to every child around with her out-of-the-world muffins. With a deep understanding of her craft and her endless love to put a smile on children's faces, she has started Amor de Mamá, a bakery that produces the most delectable muffins!

Tanisha was heavily inspired by her daughter to kick off her muffin adventures. When her daughter was born, Tanisha was adamant about giving the best homemade food to her daughter. She would always be experimenting with different foods to cook and one certain segment caught her eye. Desserts!

She started researching and



Tanisha introduced three flavours in her muffins, Cinnapple Crunch, The Brown Cake, and Cerelac Butterbites. They are all equally delicious and quite unique tasting too. She chose to hold onto these three flavours for now as she wants to let the quality and taste shine. By far, according to Tanisha, the Brown Cake is a favourite both at home and among her customers.

Amor de Mamá translates to 'Love of Mum' and Tanisha greatly resonates with this emotion in her baking. She described her muffins as a symbol of a mother's pure love as she bakes these wonderful creations for children with love and hard work representing all mothers who put their heart and soul into their children.



experimenting with several dessert options such as cakes and doughnuts, eventually settling on muffins. She always made them for her daughter so why not extend this love to everyone else? That's when she decided to make muffins for children's school lunches with her daughter being her chief food reviewer.

"My daughter always loved my muffins and proudly stated that I am a baker and that really gave me the confidence to go ahead and start Amor de Mamá," Tanisha said.

Her business kicked off superbly and she was receiving many loyal customers who really loved her product. Children all around the neighbourhood and beyond raved about her delicious creations and enjoyed them immensely. "The children's feedback was very heart-warming," Tanisha stated. "They all say that my muffins are very soft, very sweet and chocolatey." She put all her love into making muffins for children as if they all were her own.



The Brown Cake

Currently, you can order online from Amor de Mamá Facebook page, and they are also available at Dhali Super Shop in Gulshan 2.

By Abdul Warith Khan
Photo: Amor de Mamá

DHAKA MAKERS 2023

A platform for artists to meet and exchange ideas

Dhaka has always been the cultural hub of this country. A diverse group of artists calls this metropolis their home, or their artistic work revolves around the city. In order to ensure a space for creative minds to develop and grow their brand, connect, and engage with fellow like-minded individuals and market their creations to interested clients, an event — Dhaka Makers 2023 — is scheduled to be arranged between 24 June and 27 June at Aloki, 211 Gulshan-Tejgaon Link Road. It will ensure an inclusive space, tailor-made for the artists of this city and beyond.

A team of motivated and diligent human beings is bringing about Dhaka Makers 2023. This week, we focus on three who are working diligently to make this event a reality.

Umaila Akhter

Umaila Akhter is the Founder and CEO of Turn Up, a public relations firm specialising in smaller businesses and independent artists. They provide a safe space for upcoming artists to harness their talents

and focus on improving themselves. When asked what inspired her to be a part of Dhaka Makers, she said that working together has made them expand their community further and see how each creative person gets to interact with others to learn new things, share their own journeys, and innovate alongside one another.

Her favourite experience during this process was discovering how these talented young artists rose to the occasion and took on challenges and solved them using their creativity and expressiveness. How artists used their own vision and were able to convey their own heartfelt message to the world. "We found several works of art that can illuminate truth, offer transcendent experience in a far too literal world, challenge us to feel, and connect us to our common humanity. The idea of discovering these creative voices and sharing them with the world is deeply meaningful," stated the CEO.

Umaila believes it is important for independent artists to have the freedom and support to excel in their path to success that is unique to them. "Turn Up PR will continue to represent artists who deserve to be positioned indelibly at the forefront, and placed within the larger cultural context," said Umaila.

Fahd Sattar

Fahd Sattar is the founder of Aloki, an event space renovated from an old garments factory! The atmosphere in Aloki is truly breath-taking featuring exposed bricks, a high ceiling, and giant central atrium. The space is mainly for hosting many events from time to time and as a safe space for young independent artists to hone their skills. It has an art gallery within and a cafe as well.

Being an artist and musician himself, Fahd is very familiar with the art scene in Dhaka.





When he first started designing his space, he was really inspired by the open warehouses abroad which gave Alok an iconic look. The art community inspired him to host Dhaka Makers there as it is centrally located and provides a wonderful work atmosphere.

"The idea that when you're in a room with like-minded people, there's a lot of radiation from bouncing your ideas off of one another," said Fahd when speaking on how this space was meant for events like these that bring people closer, help portray their work and be sociable in an inclusive space.

Fahd really enjoyed the time he spent working with the team to make this event a reality. He said that the team was very motivated and helped him immensely to prepare for it. They have an incredibly talented pool of vendors lined up for the event and it was really inspiring to see the community taking the initiative.

He stressed the fact that young artists are crucial to keep the art culture alive in Dhaka.

"They land in a really interesting space because they do not have an artistic philosophy prescribed by a mentor, this really allows them to cultivate their own identity through the work that they do," said Fahd.

It is really important to let them express themselves through their art and keep the



beating heart of the creative community alive.

Istela Imam

Istela Imam is a dynamic young designer and illustrator. She first got introduced to the underground art scene in 2016. She started InvisiBellas to help and promote numerous social causes through street art and graffiti. She was really moved by the sheer talent hiding in plain sight in Dhaka that she decided to open up her own art fair for artists and illustrators alike aptly

named The Milkshake Collective. It gives many artists a platform to showcase their intricate and wonderful work.

She then became part of the super team for Dhaka Makers and is striving to create a bigger and better more inclusive community for art lovers and enthusiasts alike.

"Our team coming together purely out of passion and love for the arts in the city in itself has been such a great thing to be part of," said Istela. She was honoured to create the branding for Dhaka Makers,

capturing the true Dhaka essence while keeping it contemporary.

Istela herself is looking forward to the event eagerly as it includes many notable and upcoming artists. Artworks from Norfmade, Ink Smiths projections, illustrations from Tirto, typography from Sabyasachi Hazra just to name a few. There are many more awesome features to discover and many activities to partake in as well.

When it comes to new artists who are still finding their groove in the extravagant world of the arts, Istela remembers her journey of navigating through many obstacles when she first started. She understands how hard it can be to connect with other artists or have knowledge of how to properly present their work to the masses.

"In my journey as a designer/illustrator, I've always wished for guidance. So, I help younger artists by networking, connecting them with people, sharing stories, and encouraging them to showcase their work. Together, we navigate the crazy and keep growing!" expressed Istela.

For more information on Dhaka Makers 2023, follow them on social media, <https://www.facebook.com/dhakamakers>

By Abdul Warith Khan
Photo: Dhaka Makers 2023



#TRAVEL

As a passionate traveller and fervent lover of trekking, the Mardi Himal Trek in Nepal was an adventure that forever altered the perception I acquired throughout the course of my life. Little did I know that amidst the breath-taking landscapes and rugged trails, I would undergo a profound transformation, both internally and externally.



From the moment I set foot on the soil of Pokhara, Nepal, I felt a magnetic pull towards the grandeur of Machhapuchhre (Fishtail), its mighty peak dominating the skyline. It was as if the mountain itself whispered an invitation, urging me to embark on a journey of self-discovery and exploration. And so, with a heart full of anticipation, I ventured forth towards the enigmatic trails of the Mardi Himal Trek.

The initial days of the trek were a test of physical endurance and mental resilience. The altitude gains and the twisting paths through the silent forest demanded unwavering determination. With each step, I felt my muscles ache, my breath quickened, and doubts whispered in my ear. But I refused to succumb to the weariness, for deep within me, a fire ignited—a fire fuelled by the realisation that greatness lies not in one giant leap, but in the steady cadence of each small step forward.

As the days unfolded, the stunning vistas and serene landscapes worked their magic upon my spirit. The untamed beauty of the mountains and the rhythmic symphony of nature awakened something within me—an understanding that life, much like this trek, is a series of challenges to be conquered, one step at a time. I marvelled at the resilience of the towering peaks, which stood firm against the test of time, weathering storms and embracing the light. It was a powerful metaphor for the human spirit—a reminder that we, too, possess the strength to overcome obstacles and reach new heights. Nevertheless, when I witnessed the

gargantuan body of Machhapuchhre, the sheer magnitude and shine of the white snow resting on its body glistened in a way that made me stand there for moments I do not have accounts of. Revitalising not only my depleted body but my drive as well, I moved on, feeling light on my feet. As I went further and further from the viewpoint, I could not help but felt an enigma that was either calling me or making me believe that I have left something of mine behind.

The Mardi Himal Trek also revealed the raw essence of simplicity and the beauty of being present in the moment. In the solitude of the trails, amidst the rustling leaves and the song of birds, I discovered a profound sense of peace. The worries and distractions of the outside world faded away, leaving only the pure joy of the journey. It was a gentle reminder that the pursuit of happiness lies not in material possessions or external achievements, but in the simplicity of appreciating each breath, each step, and each interaction with the natural world.

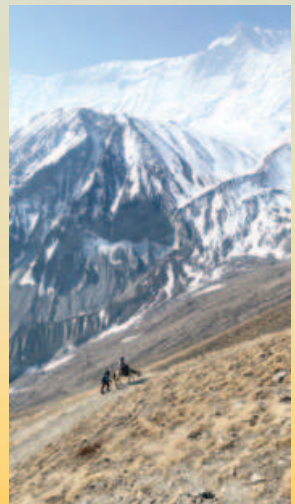
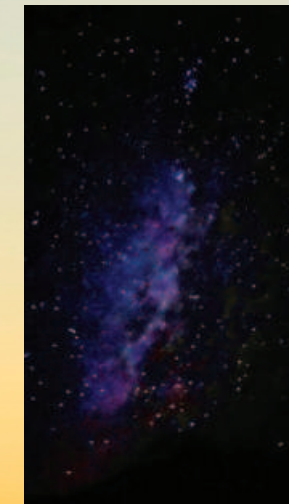
Perhaps, the most significant realisation that dawned upon me during this transformative experience was the power of perseverance. As I pushed myself beyond my limits, overcoming physical exhaustion and mental barriers, I discovered an unyielding wellspring of inner strength. The Mardi Himal Trek taught me that within each of us lies an untapped reservoir of resilience and determination, waiting to be unleashed. It taught me that with patience, resilience, and unwavering belief in oneself, even the loftiest of goals can be achieved.

A few days later of this epiphany, I boarded my flight back home, sitting in the window seat. As the plane took off soaring through the clear sky climbing the height in mere seconds, the Himalayan Range became visible. As I set my eyes upon the range, the enigma that I felt became clear. I was leaving behind a piece of me within the ranges of the Himalayas. The consciousness that I left behind, gravitated toward the gargantuan view and never found its way back to me. I felt its cries of yearning trying to hold me back with no intention of leaving the snowy mountains as I flew further and further away.

Now, as I reflect upon my journey in Mardi, Nepal, I carry within me a newfound sense of purpose and a deep appreciation for the journey of life itself. The Mardi Himal Trek, with its challenges and triumphs, has transformed me into a person who embraces the power of perseverance, cherishes the beauty of simplicity, and understands that with one step at a time, even the most formidable feat is not impossible.

As I conclude this personal narrative, I invite all who read these words to embark on their own transformative journeys—to discover the boundless potential that lies within, and to embrace the profound wisdom that nature so generously bestows. For it is in the wilderness of the world and the depths of our own souls that we find the true essence of who we are and who we can become.

By K Tanzeel Zaman
Photo: K Tanzeel Zaman



FOOTSTEPS TO HEAVEN

Embarking on the
ethereal Mardi
Himal Trek in Nepal

WHERE FASHION TELLS A STORY

Faiza Ahmed, an artist, designer, and fashion activist has seen trends and styles change right before her eyes. And while she found herself appreciating many of these changes, the drastic decline of Bengali elements in mainstream fashion did not sit well with her. This is when she founded Manas, a fashion studio that combined classic art with contemporary fashion to create an amazing line of clothing. With her magical touch, each piece of sari exudes grace in a manner very different than what our eyes have become accustomed to.



Upon entering the studio, you will not be greeted with a vast collection of silk, chiffon, or net but rather a selective range of khadi, cotton, and the like. Earthy tones like off-white, beige, and mustard yellow are paired with sunset orange, deep green, magenta or red, which somehow perfectly balances elegance and excitement.

Manas started its journey with an interesting piece where the legendary band Beatles was incorporated in the design of the sari. While we have all come across t-shirts with the Beatles printed on them, this was Faiza Ahmed's way of showing that a sari can be just as edgy and fun when done right.

Another amazing creation by Manas is their petticoats. Where petticoats have been largely treated like a part of undergarments in a sari outfit, Ahmed thinks it is an unnecessary point of discomfort we must get rid of. So, stepping out of the idea where you must match the petticoat with the sari and must not let it show at any cost, she introduced a sharp contrast where, for instance, a black sari can be paired with a hot-pink petticoat. Not only does this make the humble petticoat a major part of the outfit, but also elevates the sari look itself into something funkier.

According to Ahmed, 2023 is the best time to embrace the Bengali spirit in fashion. "I think the phrase 'less is more' was

definitely made for us," she says jokingly. "While people all over the world are fussing over tailored dresses, we have been draping a 6-yard-long piece of cloth into various styles for decades now. We come with endless potential in minimalistic style so why not make the most of it!"

Rabindranath Tagore's portrait, song lyrics, and poems have been printed on saris, dresses, and even t-shirts countless times. Manas, however, was the first to take inspiration from a different angle altogether. In four exclusive saris, designs showcased Tagore's own doodles and his signature scribbling.

Ahmed still speaks fondly of another piece of art, her Tagore *chithi* sari; a beautiful letter Tagore had written to his beloved, Bashontika. Faiza Ahmed put her heart and soul into studying it, finding and putting together any missing piece, even seeking out the stamp that was used in Tagore's time to post the letters, before composing it all into this one sari. Unfortunately, her design was replicated before she could bring her creation forward.

"This is the only drawback I, and I'm sure many like me, face in this line of work," says the artist regrettably. "The market is so



heavily focused on products only; art often gets replicated unfairly and we cannot do much about it."

Manas was also the first to bring Bangla cinema posters as prints on saris. "We don't see, hear, or wear classics anymore," says Ahmed, "So the idea behind these designs was to build something intriguing for the youth so that they are not only drawn to this style but also to the content of it."

In a world of changing fashion, many of our old traditions have been lost. Faiza Ahmed aims to not only tell the tales of olden times but also let the new generation know that we have much to be proud of in our own culture. The journey will not be easy, she admits. But every big change starts small and every step counts.

Check out their collection on Facebook: www.facebook.com/manas.manas

Or visit the studio in Mohakhali DOHS, Road 22, House 136/B, Dhaka.

By Nusrath Jahan

Photo: Sazzad Ibne Sayed

Model: Nidhi

Styling: Sonia Yeasmin Isha

Makeup Artist: Sumon

Wardrobe: Manas

5 mango - inspired dishes for summer

Shanchayita is a remarkable plant-based food venture by Faiza Ahmed that celebrates the simplicity of Bangladeshi cuisine in its most unadulterated form. With a deep-rooted commitment to revive the age-old traditions of Bengal, Shanchayita often highlights seasonal delicacies through its tantalising creations.

Mango has taken centre stage at Shanchayita this month, with a wide range of simple, complex, and unique dishes. While you can order their mouth-watering creations online or make reservations for a meal, here are 5 recipes to try in the comfort of your home.

MANGO LENTIL

"Mums introduced 'aamer daal' to us but as much as we love it, we rarely make it ourselves," says Faiza Ahmed regrettably, adding, "Why? Because our fast-paced life often makes these foods look more complex than they really are."

However, mango lentil is surprisingly easy to make but tastes great.

Ingredients

2 raw mangoes
1 cup lentil
1 tsp black cumin
4 dried chillies
½ cup mustard oil
1 tbsp minced garlic
½ tsp turmeric

Method

In a medium-sized pot, add water, lentil, and raw mangoes with salt and turmeric and boil until the mango and lentil softens into an aromatic mixture. Next, in a separate pan, heat mustard oil and fry the garlic, black cumin, and dried chilli. When the garlic turns golden brown, add it to the boiling lentil and mango mixture. Cook for a few more minutes until the flavours are merged perfectly together and then take it off the heat.

MANGO SALAD

As much as salad culture seems to be on the rise, we are yet to incorporate Bengali elements into these healthy choices. This

recipe combines the goodness of raw mango with another underrated fruit, jamrul. With a handful of ingredients found in every kitchen, we can make this salad in only a matter of minutes.

Ingredients

1 raw mango
4 jamrul
1 tbsp roasted peanuts
2 tsp sugar
1 tsp lemon juice

Method

In a bowl, combine thinly sliced raw mangoes with jamrul and peanuts. Next, add the sugar and lemon juice, give it all a light mix, and there you have it; a simple and light dish with perfect balance.

The best part about this salad is that you are at full liberty of adding or altering your version of it.

GREEN MANGO JUICE

While drinks made of ripe mangoes are readily available any time of the year, green mango juice with bursting seasonal glory is something we all need to taste. Not only is it an irresistible combination of sweet and sour, but a dash of chili powder or a touch of cumin gives it a flavourful desi twist.

Ingredients

1 raw mango
4 to 5 mint leaves
1 tbsp sugarcane jaggery
Cumin powder (as per taste)
Dried chili powder (as per taste)

Method

Blend raw mango, mint leaves, and sugarcane jaggery with water just enough to keep a standard juice consistency. Pour into your favourite mug, or maybe even a fancy one, and garnish with some cumin and chilli powder to give it the perfect



earthy finish. Sip and enjoy!

MANGO PUDDING

Moving on to sweeter things in life, we have mango pudding. As unusual as it may sound, Shanchayita has not only incorporated mango into a well-known dessert, but also perfected this creation using vegan components only. Nothing excessive in ingredients or the cooking process but the final dish will have you drooling.

Ingredients

6 ripe mangoes
1 tsp lemon juice
½ cup coconut milk
Agar-agar (as required)
Sugar (as required)

Method

Start by blending peeled mangoes with sugar. Transfer the blended mixture to a pot, add coconut milk and bring the mixture to a gentle boil. In a separate bowl, dissolve agar-agar powder in cold water and add it to the pot. Stir constantly until the mixture thickens to a batter-like consistency.

Brush a serving bowl with oil and pour the mixture into it. Allow the pudding to cool and then refrigerate it for better setting. Once set, serve it chilled.

MANGO RASIYA

This luscious sweet pickle is a must-try for any pickle lover. With the perfect balance of

jaggery's sweetness and mustard oil's zesty flavour, raw mangoes transform into Bengali version of a delicious marmalade.

Ingredients

4 medium-sized raw mangoes
3 cups of sugarcane jaggery
3 cups of mustard oil
1½ tsp salt
1 tbsp five spice
2 tsp sliced dried chili
2 tbsp roasted cumin powder
½ cup vinegar

Method

Begin by taking ripe mangoes, and cutting them into 4 slices and place them in a sieve for excess water to drain away. Meanwhile, heat a pan and add the jaggery. Once it's dissolved into a rich liquid, add the mangoes. Next, add salt and vinegar to taste with five spices blend consisting of cumin, cinnamon, cloves, star anise, and fennel seeds. Once the mangoes softened, add dried chillies, cumin powder, and a touch of mustard oil. Lower the flame further and cook until the pickle takes on a reddish colour.

Find their delicious range of sweet and savoury dishes at <https://www.facebook.com/shanchayita>

Compiled by Nusrath Jahan
Recipes by Faiza Ahmed, Shanchayita
Photo: Sazzad Ibne Sayed





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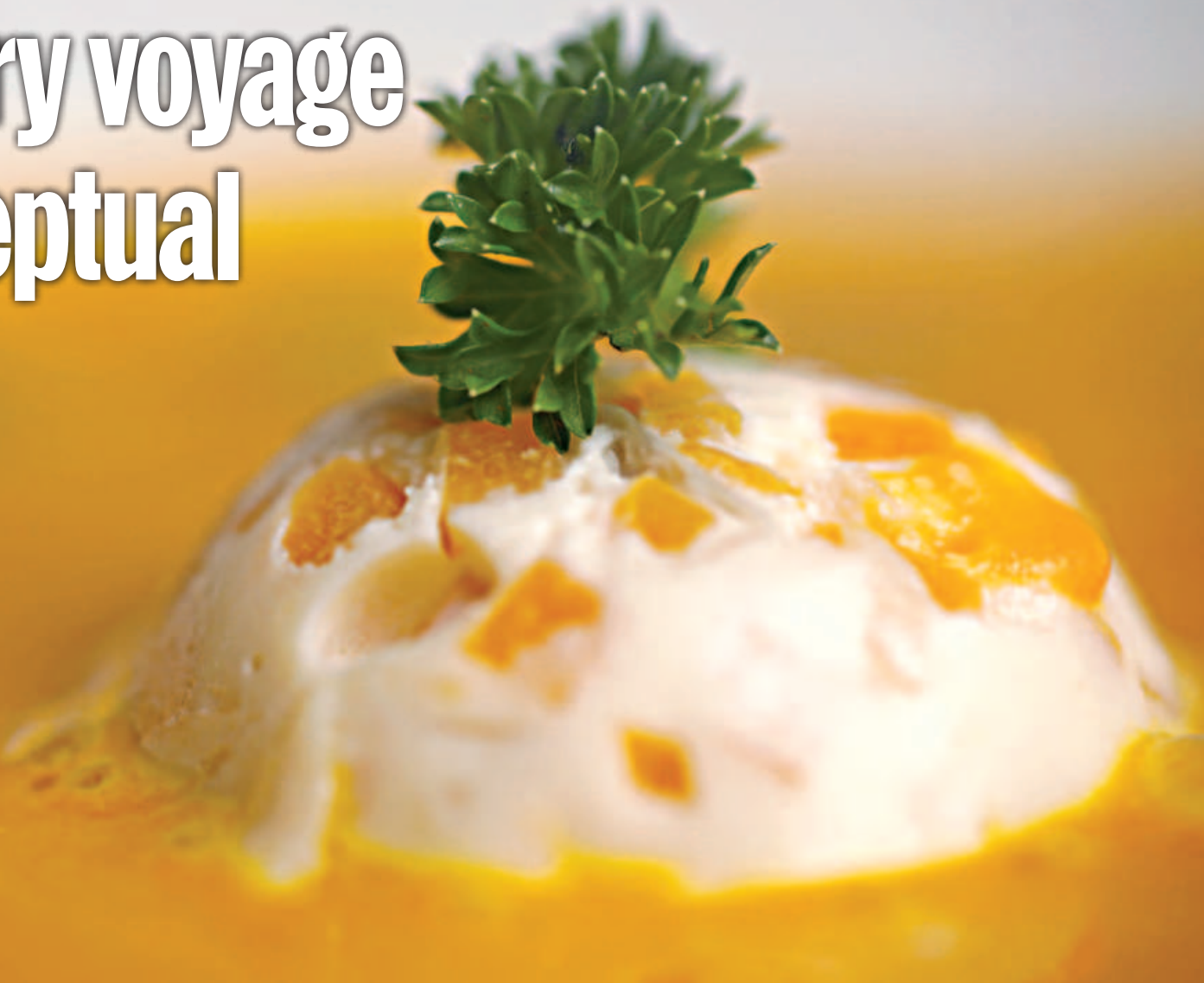
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#FOOD & RECIPES

A culinary voyage of conceptual delights



Manzo is an exquisite fine-dining restaurant nestled in the heart of the bustling metropolis of Dhaka. Eagerly, I ventured into this gastronomic sanctuary, curious to unravel the conceptual wonders that awaited me within its elegant confines.

Upon crossing the threshold, a verdant expanse of foliage enveloped my senses, infusing the atmosphere with a serene aura. It was a prelude to the visual feast that awaited me. My gaze wandered, and in an instant, it was captivated by a symphony of artistry adorning the walls. Local talents, both established and emerging, had found their muse here, their captivating masterpieces casting a spell upon the ambience. The decor, a resplendent fusion of creativity and reverence for the local arts, evoked a profound sense of appreciation within me.

As I settled into my seat, perusing the menu that promised a culinary voyage like no other, I was struck by its minimalistic charm. A deliberate choice, it stemmed from the desire to eliminate the overwhelming abundance of options that had bewildered the minds of the founders. Instead, the menu at Manzo embodied a refined curation, allowing the ingredients of the season to take centre stage and showcase their true essence. Every week, the Executive Chef, Zohra Maliha, transforms the culinary symphony of Manzo, seamlessly integrating new creations while respectfully bidding farewell to others.

Among the many culinary delights that graced the specials menu, one dish beckoned me with its intriguing allure—

the scallop carpaccio with iced apple. The fleeting season of the ice apple endowed this delicacy with a rare charm, a fleeting indulgence reserved for those fortunate enough to experience it.

Raw mangoes, vibrant and tart, danced upon my taste buds, infusing the dishes with a zesty citrus flavour. Ripe mangoes would soon make their appearance, not only in the realm of desserts but also in



savoury delights, promising to elevate the culinary journey to new heights.

Plating, a true art form in its own right, became the canvas upon which the culinary creations of Manzo unfurled. Each dish was a picturesque masterpiece, meticulously arranged to evoke wonder and awe. Random inspirations guided the hand of the Executive Chef, Zohra Maliha, who passionately embraced the realms of modern cooking and plating techniques. A myriad of experiences shaped this visionary's perspective, resulting in a symphony of flavours and aesthetics

transcending the ordinary.

Behind the scenes, the quest for exceptional quality produced extended beyond Dhaka's boundaries. Manzo's tireless pursuit led them to traverse villages, forging connections with farmers and vendors who remained concealed from the public eye. Rooted in a commitment to integrity and excellence, they endeavoured to source ingredients from their very core, ensuring that only the finest elements graced their tables. This meticulous approach fostered an environment where the young and spirited team thrived upon the exposure to innovative techniques that set them apart. The attention to detail echoed throughout the establishment, mirroring the unwavering dedication of the three founding partners, who graced the restaurant with their presence daily, tending to every aspect of the dining experience.

The pinnacle of surprise awaited me in the form of an unexpected combination that had defied convention—dark cocoa shavings on mushroom soup. A marriage of contrasting flavours that serendipitously unfolded left an indelible mark on my palate. Such audacity and creativity were emblematic of Manzo, where boundaries were mere illusions waiting to be shattered.

Service at Manzo mirrored their culinary philosophy—an unwavering commitment to meticulousness. The true essence of hospitality, far surpassing the mere notion

of the customer as king, reigned supreme.

Extensive research and a tireless pursuit of knowledge equipped the team with a profound understanding of hospitality, a craft they skilfully honed. The service, characterised by a hands-on approach, was a testament to their ceaseless dedication. Yet, in their humble confidence, they acknowledged that their journey had only just begun, humbly embracing the infinite possibilities that lay ahead.

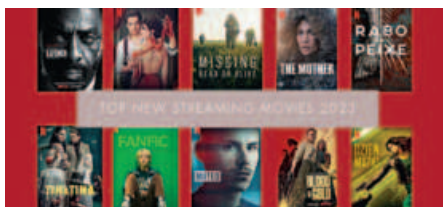
Manzo's inception sprouted from a seed of possibility planted by a visionary founding member who dared to dream. From its humble origins, nurtured by an unwavering commitment to integrity, the restaurant has blossomed into a haven of culinary excellence. Supply chains intertwined with their farm, ensuring the provenance and authenticity of every ingredient. This harmony of ingredients and space was not imposed; rather, it unfolded organically, guided by the intuitive prowess of the team. Each day brought forth new revelations, and Manzo, in its ever-evolving essence, remained open to the winds of change that could reshape its concept entirely.

As I bid adieu to this enchanting culinary haven, I carried with me the memories of an evening bathed in conceptual brilliance and gastronomic delights. Manzo, a testament to the creative spirit that thrives within the starry streets of Gulshan, had left an indelible mark on my palate.

By K Tanzeel Zaman
Photo: Manzo

#ENTERTAINMENT

TOP 10 binge-worthy recommendations on Netflix



OTT platforms have revolutionised how we consume entertainment. With countless titles being added every month, selecting a show to watch in our leisure becomes a daunting task. To make your lives a little easier, here are the top 10 shows (that premiered in May 2023) which you should not miss.

Missing: Dead or Alive – May 10, 2023

The show offers a chilling look into the world of missing-person investigations with a mix of suspense and drama. Richland County Sheriff Leon's commitment to transparency in his field is evident as the series offers viewers a glimpse into his work. It hopes to appeal to true crime fiction fans.

The Mother – May 12, 2023

The film's plot revolves around a mother-daughter relationship and their challenges while trying to avoid a dangerous assailant. The story follows the mother, played by

Jennifer Lopez, as she embarks on an emotional journey to find her daughter and make up for lost time. A determined cop's search for the truth leads the protagonist to two prized jackfruits that vanish from a politician's garden, and her investigation takes an unexpected turn. It is a film with a social message that is not preachy.

Muted – May 19, 2023

Ever since killing his parents, Sergio Siscal has been silent. After being released from prison after six years, he joined a surveillance programme led by a psychiatrist to reveal the reason for his silence.

Dzien Matki – May 24, 2023 (Poland)

Nina, a private former NATO Special Operations agent, will need to employ all of her lethal abilities to rescue her son from ruthless gangsters.

Rabo De Peixe – May 26, 2023 (Portugal)

The plot of this comedy revolves around a boat carrying cocaine that sinks. Eduardo, the protagonist, sees this as a risky but exciting opportunity to make money and realise his impossible dreams.

Tin and Tina – May 26, 2023 (USA)

After going through a traumatic miscarriage, a young couple adopts twins from a convent. Everything was well until the children's obsession with religion causes problems for the family.

Blood and Gold – May 26, 2023

An intriguing WWII movie where a German deserter and a young woman are dragged into a brutal battle with a group of Nazis looking for hidden gold.

By Tahmina Khatun Fahima

Photo: Collected

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

New friends could turn intimate. Don't allow colleagues to interfere. Make up your own mind rather than believing someone else. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Mingle with professionals who can provide good insights. Don't get involved in gossip. Travel with groups. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Be clear with your partner regarding your relationship. Look into enhancing your appearance. Keep your thoughts to yourself. Your lucky day this week will be Wednesday.



CANCER (JUN. 22-JUL. 22)

Look into new job opportunities. Entertainment will be expensive. Romantic encounters could develop through colleagues. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

You might just find your soulmate this week. Put in extra work and you could be rewarded. Extravagance will be a problem. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEP. 23)

Make amends before things turn sour. Think hard before taking a decision. Physical activities could alleviate some tension. Your lucky day this week will be Friday.



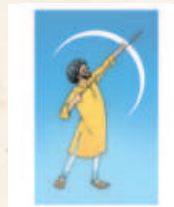
LIBRA (SEP. 24-OCT. 23)

Working hard will help ease the pressure. Romantic relationships should stabilise. Avoid starting something you might regret. Your lucky day this week will be Monday.



SCORPIO (OCT. 24-NOV. 21)

Your efforts will be rewarded handsomely. Arguments will arise with your partner. Find a way to have your spirits lifted. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Make drastic changes at home. Don't put limitations on your partner. Avoid friends with bad practices. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Property investments should pay off. You will be overly sensitive this week. Good friends will provide good advice. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Allow everyone a chance to present their points. Avoid being lavish. Curb those bad habits you've been meaning to. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MAR. 20)

Don't give your heart too readily. Don't exaggerate. Make plans to travel. Your lucky day this week will be Tuesday.



Typhoon

Fabric Care



প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।





Fabric Care -এর
সুপার সাওয়ার

The art of arguing smartly

Any relationship, whether with a spouse, a friend, or a family member, may benefit from arguments as a healthy and effective means of resolving differences and coming to agreements. However, not every argument is made equal. Arguments that spiral out of control or get out of hand can strain relationships and add extra stress. Here, we shall examine some tips for successful and efficient argumentation.

Define the problem

Establishing the issue that needs to be resolved before starting a debate is necessary. This helps maintain the conversation's focus and prevents it from straying into irrelevant subjects. Indicate the nature of the problem and why it matters to you.

Set ground rules

Setting specific ground rules before engaging in the debate might be beneficial. For instance, you may take turns speaking, refrain from interjecting, and keep your attention on the topic. This can guarantee that the discussion remains courteous and fruitful.

Keep emotions in check

It's easy to talk or behave impulsively while your emotions are strong, so try to control them. Inhale deeply, and work to maintain your composure. Pause and return to the conversation when you feel more composed if you see that you are becoming overly emotional.

Focus on the issue and facts, not the person

Do not attack the personality or character of the other person. Instead, concentrate on the current problem and work together to find a solution. Use particular facts to support your points instead of assuming or generalising.

Use "I" statements

Use "I" statements rather than "you" ones to convey your personal viewpoint. Use "I feel hurt when..." as an example rather than "You always make me feel hurt."

Take turns speaking

Let each other finish their sentences without interjecting and get to the point they are trying to make. This ensures that both viewpoints are taken into consideration and heard.

Avoid ultimatums

Ultimatums can backfire and exacerbate a tense situation. Instead of stating, "If you don't do this, I'm leaving," attempt to reach an agreement or solution together.

Look for common ground

Look for areas of agreement and make use of them. This may foster a spirit of cooperation and respect among people.

Be willing to apologise

Be prepared to apologise and accept responsibility for your actions if you realise you were in the wrong or said something offensive.

Use active listening skills

Active listening is paying close attention to the other person's words and emotions without interjecting or passing judgement. This can increase the other person's capacity for empathy and understanding as well as increase their openness to your point of view should pay attention and repeat back what the other person stated in their own words while maintaining eye contact and making other nonverbal cues, such as nodding.

Practice empathy

The capacity for empathy is the capacity to comprehend and experience another person's feelings. Try to envision yourself in the other person's situation while you

are arguing with someone. This can assist you in understanding the problem from their viewpoint and identify a solution that benefits you.

Be willing to compromise

One party often does not obtain what they desire in a dispute. Be prepared to make concessions and identify a solution that benefits all sides. Finding a middle ground or coming up with fresh ideas for solutions may be necessary for this.

Take responsibility for your actions

Be prepared to accept responsibility for your actions and extend an apology if you realise that you were mistaken or that you said anything offensive. Doing this may restore confidence and stop the conflict from getting out of hand.

End on a positive note

Try to conclude on a good note, even if you cannot completely fix the issue throughout the discussion. As you work together to find a solution, express gratitude to the other person for listening. Doing so may increase confidence and demonstrate your commitment to resolving the problem.

Active listening abilities, empathy, and a willingness to compromise are necessary for compelling arguments. You may have a constructive and polite dialogue that results in a favourable end by establishing ground rules, focusing on the current problem, and avoiding personal attacks. Even if you cannot completely fix the matter during the debate, always remember to accept responsibility for your actions and leave the conversation on a positive note.

By K Tanzeel Zaman

Photo: LS Archives/ Sazzad Ibne Sayed

