

VOLUME 23, ISSUE 6, TUESDAY, JULY 11, 2023
ASHAR 27, 1435

Star

Life

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

Dare to *be*
DIFFERENT

EXPRESS YOURSELF P4-5
TAKING CARE OF TATTOOS
STYLE GUIDE C
TALKING ABOUT NOSE PINS
BODY CLEANSER P8
BALSAMIC VINEGAR

PHOTO: ADNAN RAHMAN
MODEL: SUHI
STYLING:
SONIA YEASMIN ISHA
NOSE PIN: ZEVAR BY
FAISAL TUSHAR
MAKEUP: MIRROR
MIRROR BEAUTY LOUNGE



How to start doing what you love

Have you ever felt trapped in a routine that does not align with your true passions and desires? Are you longing to break free and start doing what you love? Imagine waking up every morning with a sense of excitement and purpose, eager to pursue your true passions. If you are ready to embark on a journey of self-discovery and fulfilment, discover the transformative steps that will set you on the path to pursuing your true passions and finding the happiness you have always dreamed of.

One needs to unleash creativity. When we find a pet project that ignites our passion, a whole new world of possibilities opens up. It allows us to tap into our creative side and express ourselves freely — whether it is through painting, writing, playing an instrument, gardening, or any other activity that sparks our interest.

Getting out of our comfort zone is a powerful catalyst for personal growth. It encourages us to step out, take risks, and learn new skills. Whether learning to cook, mastering a dance routine, or trying out a sport, our endeavours help us grow and develop. Through this process, we gain a deeper understanding of our strengths, weaknesses, and goals. Such labour of love encourages self-discovery by exploring new interests and discovering hidden talents, empowering you to become more confident and fulfilled.

Making the most of your free time is essential, but finding a balance between activity and rest is just as important. Avoid overscheduling or feeling pressured to fill every moment with exciting tasks. Engage in activities that promote relaxation and well-being. Prioritise self-care and make time for activities that rejuvenate your mind, body, and spirit.

Dig deeper into your chosen field or interest. The more you learn and understand, the more confident you



become. Start by taking small steps towards your desire. This could be pursuing hobbies in your free time, trying out different projects, or taking on small freelance jobs that match your interests.

Starting small is a great way to gain experience and build momentum. Make time for your passion and give it top priority.

Even if you have other obligations, find ways to fit your interests into your schedule.

Ultimately, the key is to take action and keep going. Do not wait for the perfect moment or for everything to align perfectly. With what you have, begin where you are and continue forward.

Consistency and perseverance are vital

for progress. Remember, starting to do what you love is a process that requires dedication, patience, and self-belief. Enjoy the journey and celebrate each milestone along the way.

By Tahmina Khatun Fahima
Photo: LS

Like us on [Facebook](#) /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

#PERSPECTIVE

Can you spoil a baby?

Daunting as it is, there is no denying that our babies depend on us for everything. This means that we need to be available to them whenever they need us. However, does this inherently natural act of reaching out to our children mean we are spoiling them? Or is there a better argument out there?

Plenty of new and old parenting guides will tell you that you can spoil babies by holding them too much. Or rocking them to sleep. Or co-sleeping. Or cuddling and kissing. Fortunately for babies and for parents who are constantly pressured to fight against their natural instinct and hold off on responding to their children's cries, science says you CANNOT spoil babies.

Child development experts overwhelmingly agree that babies are wired to crave parental touch and attention. It is crucial for them because the world is still unfamiliar territory and they expect known sounds such as those of their parents, or a familiar touch such as that of a father or mother, to make them feel safe and connected. Giving in to their demands, therefore, cannot spoil them. It can, at best, meet their needs and lend them an air of security.

Babies are non-verbal for a good few months after they are born. During this time, if they are hungry, tired, overstimulated or uncomfortable, they only really have one option available to them, and that is to cry. Contrary to everything that has been said about training babies to become self-dependent, child development experts are leaning towards the act of giving in to their pleas, rather than forcing them to self-soothe.

According to them, a baby is no more capable of self-settling than they

are of riding a bike. While it is true that leaving the baby to cry it out can condition it to stop crying and go without parental input after a certain time, this does not always mean that the child is settled, soothed, or calmed.

In fact, doctors say that self-soothing is a developmental stage. This means that babies learn to soothe themselves when they are ready for it. When that happens, the act will not need to be taught; it can be as natural as learning to walk, eating solids, and sleeping for longer stretches at night.

The same argument can be applied to the myth of manipulation. Babies have needs and they trust parents to help them when something is wrong. At other times, they only want a snuggle. It is as instinctual for them to crave their parents as it is for parents to crave their children. This is

not manipulation. In fact, according to Dr Barbara Howard from the Johns Hopkins University in Baltimore, their brains have simply not evolved to the point where they know the complex art of exploitation. Babies cry out for familiarity, security, and affection.

Science tells us something wonderful about responding to children with love. A baby's limbic system (containing their hippocampus and amygdala) develops between years 0 and 3. Research has proven that children that have nurturing, responsive parents show a higher level of hippocampal volume, which is directly related to behavioural regulation and emotional processing.

Therefore, a child that receives love and attention from parents in their formative years thrives cognitively, emotionally and physically, and is more likely to display empathetic and pro-social behaviour later on in their lives. So, the next time your little bundle of joy cries out for you, go to them, hold them, snuggle them. Their futures will be better for it

By Munira Fidai
Photo: LS



PARENTHOOD TIPS

The psychology of sharing a bed with your children

Bedsharing has got to be one of the most debated topics in modern parenthood. While safety experts continuously warn against it, more and more child development research suggest that the practice is beneficial for children, both biologically and psychologically.

From suffocation to overheating, attachment issues and even spoilt children, sharing a bed with kids has been blamed for almost everything under the sun. Here's the thing, while it is always better to err on the side of caution when it comes to child safety, there is another, perhaps more forgiving way to look at the concept of bedsharing; one rooted in caution, as well as in core human instinct.

Over time, people have been conditioned to please others, chase top grades, and relentlessly look for their "dream careers." They have read too much into the productivity myth — hustling 24/7, and stretching themselves as thin as possible without breaking under pressure. The higher the burnout, the stronger they feel. Along the way, people find themselves losing their abilities to unwind, live in the moment, and cherish their closest relationships.

This seemingly impersonal approach to



life, of course, goes for a toss once there is a baby in the picture. One of the most natural, yet transformational changes that parents go through is when a baby starts to rely on them for its very survival and stakes claim on all of their time and space, right from the word go. Babies need to be picked up, fed, cleaned, and rocked to sleep multiple times a day and as non-verbal beings, are designed to respond only to parental touch, sound, taste and smell, as opposed to external stimuli, at least for the first few months of their lives.

Suddenly, formerly busy executives and creative heads have to slow down and pay attention to what's important, especially if it's being communicated in howls and whimpers. In an era that promises a picture-perfect parenthood, with babies sleeping through the night, monitors keeping guardians aware of their every move as they work, and parental guide books that offer a world of control, these headstrong, temperamental bundles of joy make the caregivers realise that parenting was never meant to be as detached or

scripted as all that.

Babies need proximity to their fathers and mothers, not gadgets. And it takes a good minute for the hard-wired, techno savvy brains of today, to wrap their heads around that.

The Japanese believe that shared sleep not just benefits children, but also parents. It generates a deeper bond between the two, and regulates sleep patterns and heart rates. Contrary to popular opinion, co-sleeping does not spoil children. Rather, it encourages feelings of safety in them, provides parents with space and time that is solely reserved for their children, and is largely, an enjoyable part of the day for both parties.

Apart from the apparent physiological benefits of co-sleeping, the practice also forces parents to slow down, and enjoy moments which they would miss on a baby monitor or while at work. It helps them find joy in the mundane and the ordinary, reconditioning them to pay attention to the more important things in life, especially those that lie outside their daily grind.

By Munira Fidai
Photo: LS

9 tips for maintaining a tattoo right after getting it



Getting a tattoo is a massive feat and commitment. For the most part, people really put a lot of thought and consideration behind one. So, it is safe to say once you go through the painful process of tattooing and look at the marvellous creation on yourself, you would want to make sure it lasts for a while. That is why we have 9 tips for those proud owners of some body ink that will help maintain their tattoo after getting it.

Keep it clean

Maintaining proper hygiene is of utmost importance for a tattoo. Make sure to use a mild soap and lukewarm water to gently wash the tattoo site.

Use your hands or a soft clean cloth to clean it thoroughly, getting rid of any excess ink or residue. Try not to scrub too hard even if it's not completely clean in the first wash. Be patient and let time and repeated cleaning do the work.

Moisturise regularly

Hydration is key for tattoo healing. Therefore, it is very important to moisturise because it prevents dryness, itching, and scabbing. Apply a thin layer of tattoo-specific ointment or ask your tattoo artist to see if they have any moisturisers they can recommend. It is important that you use fragrance-free products, as some fragrances have chemicals that can irritate the skin. Apply lightly with clean hands to prevent introducing any bacteria.

Sun protection

Exposure to the sun can fade and ruin your tattoo over time. You need to shield your tattoos properly and the best way to do this is by covering your tattoo area with clothing when

outdoors under the sun for long periods of time. On the off chance that your tattoo needs to be out, try using some sunscreen. You can use tattoo-specific ones if they are available or anything with a high SPF rating works just fine too.

Resist the urge to scratch

After getting your tattoo it will be a test of patience, as it will itch like a menace. But patience is key here because scratching and itching will cause a lot of damage and can delay the healing process.

Therefore, if you must scratch the itch, lightly pat, or dab the area with clean hands. Alternatively, you can use a cold press to soothe the sensation. An ice pack works just fine in clutch situations.

Avoid soaking

During the initial healing stage, you should avoid soaking your tattoo in water. Keeping it dry prevents

infections from occurring and lets your tattoo heal properly. This means no swimming, beach trips, long showers, and bath times. Extended periods of time in the water can cause bacterial infections which hinder your healing process severely. Once your tattoos are set you can do all the water activities you want!

Comfortable clothing

Fabrics are a huge factor when it comes to tattoo healing. Wearing loose and breathable clothes keeps your tattoo area ventilated and free. Tight clothes which are restricting often rub up against your tattoo causing it to break in some cases. The same goes with synthetic and hard fabrics which can stick and snag your tattoo. To be completely on the safe side, ask your tattoo artist which clothes are better to let your tattoo breathe and heal.

Workout routines

Some activities can be harmful to your tattoo especially when it is healing. High-intensity exercises that make you sweat profusely must be avoided as much as possible. Sweat can harbour

harmful bacteria that irritate your tattoo area severely. Also keeping away your tattoo from direct heat is advised as heat causes sweat and sweat leads to irritation. Adjust your routine to prioritise your tattoo health for the time being and let it heal naturally.

Schedule touch-up sessions

Over time tattoos tend to fade away, losing their colour and vibrancy. This is perfectly normal and can be a quick fix at your tattoo artist's shop. A quick touch-up every now and then is highly recommended and will help increase your tattoo's longevity. These sessions restore lost colour, and refine some of the details, restoring your tattoo to its former glory. Regular sessions will keep the tattoo looking fresh and well-maintained.

Aftercare instructions

Consult your tattoo artist as they are the best resource for post-tattoo care. They have the best knowledge of your tattoo and its intricacies. Listen carefully to any specific tips they give you and be sure to follow their advice to the letter. Their guidance is unique to your tattoo so it is important that you follow the routine set by your artist.

By Abdul Warith Khan

Photo: Sazzad Ibne Sayed

Model: Arnira, Amit

Styling: Sonia Yeasmin Isha

Makeup: Sumon

Location: Holiday Inn Dhaka





The world of fashion and self-expression is a fascinating realm that features various accessories, each with its unique ability to enhance one's appearance. Among these, nose pins have emerged as a prominent accessory, adorning features and leaving a lasting impression. However, the trend of wearing nose pins is not a recent phenomenon. For decades, nose pins have been an integral part of adding a hint of glitz to any look. So, let's delve into the different types of nose pins and explore how they can define your face, adding that touch of elegance and personality.

DECODING *the* art of wearing NOSE PINS

STUD NOSE PINS

Stud nose pins are a classic choice, characterised by their subtle and minimalist design. These small, elegant studs offer a delicate touch to your facial features, drawing attention to your nose without overwhelming your overall look. They are versatile and suit various face shapes, making them an excellent choice for those seeking a refined and timeless appeal. For individuals with petite features, stud nose pins provide an understated yet impactful way to accentuate their natural beauty.

HOOP NOSE RINGS

If you are looking to make a bold statement, hoop nose rings are the way to go. These circular or semi-circular adornments come in various sizes, allowing you to experiment with different looks. Larger hoops create a captivating focal point on your face, while smaller ones offer a subtle hint of edginess.

Hoop nose rings are particularly suited for those with angular or oval-shaped faces, as they can soften and balance their features, adding a touch of uniqueness and flair.

SEPTUM RINGS

For those seeking a more unconventional look, septum rings offer a daring and distinctive style. These nose accessories are worn through the septum, the cartilage dividing the nostrils. Septum rings range from simple and discreet to intricate and ornate designs, allowing individuals to express their personality and individuality. Septum rings can be particularly flattering

for individuals with heart-shaped or rectangular faces, as they help to create symmetry and draw attention to the centre of the face.

L-SHAPED NOSE PINS

These nose pins are designed to stay securely in place, making them an ideal choice for those seeking a comfortable and hassle-free option. The L-shaped design ensures that the pin does not easily slide out, providing a reliable and practical accessory. These nose pins suit various face shapes, but they are particularly flattering for those with round faces, as they can add a touch of structure and definition to their features.

Nose pins have evolved into a diverse range of accessories, each with its own charm and ability to define your face. Whether you opt for the subtle elegance of stud pins, the boldness of hoop rings, the unconventional appeal of septum rings, or the grandeur of L-shaped ones, these nose adornments have the power to enhance your features, express your individuality, and make a lasting impression. Embrace the art of self-expression and find the nose pin that resonates with your style, allowing it to become a defining element of your unique beauty.

By Maisha Tarnnum Iqbal
Photo: Adnan Rahman
Model: Suhi
Styling: Sonia Yeasmin Isha
Nose pin: Zevar by Faisal Tushar
Makeup: Mirror Mirror Beauty Lounge



Recipes using Balsamic vinegar: Exploring its health benefits



This article is an ode to the fantastic balsamic vinegar. Made of grapes, it lends goodness to cure a number of ailments in our bodies. From lowering blood sugar and pressure levels, increasing the ability to absorb vitamins in the body and reducing hypertension, balsamic vinegar denotes to the word balm-like.

The following are some recipes that uses Balsamic vinegar.

CAULIFLOWERS AND POTATO WITH ONION AND BALSAMIC

Ingredients

1 large cauliflower, florets separated
1½ cups of inch-long, chopped, long yard beans (borboti)
3 potatoes, diced into bite sizes
Pinch of cumin seeds
2 red onions thinly sliced
4 tbsp balsamic vinegar
1 tbsp roasted cashew nuts, quartered
Salt and pepper, to taste
1 tbsp chopped mint leaves

Method

Blanche the cauliflowers and long yard beans, in boiling water for about 2 minutes. Boil potatoes for about 5-6 minutes and toss cauliflowers and potatoes with a drizzle

of olive oil, salt pepper, and cumin seeds. Place these in a tray within an oven, pre-heated at 180° C for 10 minutes. Let them roast for about 10 minutes. Keep changing sides to evenly roast. Take them out, cool them and toss them with the rest of the ingredients, drizzle the balsamic on top and serve cold.

SEMOLINA CAKE WITH LAYERED VEGETABLES

Ingredients

1½ cups semolina or suji
½ cup yoghurt
½ tsp baking powder and ¼ tsp baking soda
¼ cup milk
¼ cup olive oil
Salt and pepper to taste
1 tbsp roasted, sliced garlic (slightly pinkish hue)
1 cup sliced and halved, boiled beetroots
½ cup grapefruit de-seeded and hand shredded
2 large onions, sliced thinly
Handful of basil leaves
1 tbsp dried rosemary and oregano
1 tsp coriander seeds (roasted)
2 tbsp crumbled Dhaka Paneer



Drizzle of olive oil
4 tbsp balsamic vinegar

Method

Mix the yoghurt with the baking soda and powder and set aside for about 10 minutes. The soda will cause the yoghurt to pop. Mix the semolina with ¼ cup olive oil. Add the yoghurt mix to the semolina and if it is



still too clumpy, add some milk. It should have a thick batter consistency. Add pinch of salt and pepper to taste and the roasted garlic and dried herbs, except the coriander seeds. Now pre-heat oven at 200° C for about 10 minutes then bring it down to 180° C and bake the semolina (spread it into a square cake tin) for about 15 minutes. Stick a toothpick to check if it is dry. Mix the beetroot, sliced onions, basil leaves, grapefruit with the crumbled cheese, coriander seeds and balsamic vinegar and add salt to taste. Now, take it out and after cooling for about 5 minutes, evenly spread the vegetable mix on top; cut the cake into squares and serve like a pizza square.

GARLIC SHRIMP WITH KAON RICE AND JAMRUL SALAD

Ingredients

½ kg garlic peeled and de-veined
200g Kaon rice (you might use couscous)
1 cup diced, boiled beetroot
A pinch of chopped celery
2 cups jamrul or love apples (quartered)
2 tbsp brown sugar
2-3 garlic cloves diced
½ cup sliced spring onions
1 cup thinly sliced cabbage
1 tbsp sliced green chilis (optional)
Drizzle of olive oil and balsamic vinegar

Method

Boil the shrimp with a hint of celery till they are pink in colour (about 2 minutes). Use the water to boil the kaon rice in. Add some salt here and a dash of olive oil so it does

not clump together. Cook the jamrul with the diced garlic and after 1 minute add the salt, pepper and sugar and cook to reduce. Blanche the cabbage for less than 1 minute so it can still remain crunchy. Now mix all the ingredients in a bowl and add the coriander and chilis and balsamic vinegar. You may drizzle on some more olive oil if you feel it is too dry. Serve this cold.

FISH TACOS WITH MANGO AND BALSAMIC

Ingredients

250g patari fish fillets (1½ inch long, 1 inch broad pieces) or coral fish (shrimps are also an option)
2 cups mango, cut in 2-inch-long thin slices
1 cup pineapple, diced
1 cup shredded cabbage (blanched for about 1 minute)
Lettuce leaves
½ cup coriander leaves
1 tbsp roasted coriander seeds
1 lemon grass stalk
2-3 kefir lime leaves (you can also use 1 tbsp lemon juice here for more tanginess or different flavour)
Salt and pepper to taste
4-5 tortillas or hand rolled chapattis
A pinch of corn starch
1 quartered onion
½ cup sliced spring onions
Drizzle of olive oil and balsamic vinegar

Method

Boil the fish with the fragrant lemon grass, kefir lime, or lemon juice, salt, pepper and quartered onions and ½ tsp worth of balsamic. This should take about 7-8 minutes. Once done, you may remove the fish pieces and strain the left-over broth. Thicken this to a paste like consistency by adding corn flour (this is optional). Smear the tortillas with the fish paste (you can opt out of this step, in case you want the tortillas plain) and now on one half of the tortilla, add 2 pieces of fish, add mangoes, pineapple, 1-2 lettuce leaves, and rest of the ingredients. Drizzle some balsamic here and add olive oil if needed. Fold the tortilla and serve.

Photo: Collected

Meat recipes to try from around the world

THE FEARLESS OLIVE
REEMA ISLAM



Post Eid-ul-Azha usually means one thing; we are all left with a lot of meat in the refrigerator. If you are tired of having meat dishes deshi style, these three recipes are the perfect cure for you.

POTATO MOUSSAKA WITH GROUND BEEF

Ingredients

250-400g ground beef
2 large onions, chopped
3-4 garlic cloves, minced
About 4-5 tbsp tomato paste
3 tbsp minced fresh parsley (you can use dried or fresh mint) and dried rosemary
¼ tsp ground cinnamon
Pepper
Olive oil to preference
For cheese sauce —
¼ cup butter, cubed (you can alternate with about ½ cup olive oil)
¼ cup all-purpose flour
A pinch of nutmeg powder
2 cups whole milk
4 large eggs, lightly beaten
¼ cup grated Parmesan cheese (you can use ½ cup grated Dhaka Paneer)



cook for another few minutes until it is properly browned. Preheat oven to 350° F.

To make the sauce, melt the butter and slowly stir in the flour until smooth then gradually add milk. Bring to a boil and cook another 2 minutes or until thickened. Remove from heat and stir in a small amount of hot mixture into the eggs, constantly whisking them so they do not separate. Add them back into the saucepan and stir in the cheese now.

Add salt and nutmeg and cook for another 30 seconds then set aside. Layer the baking dish with a bed of potatoes; pour half the mix on this and all the meat. A second layer of potatoes and all the mixture then sprinkle additional freshly ground pepper and some dried basil and set into the oven.

Bake for about half hour. Let it stand for about 20 minutes before serving.

KEEMA KACHORI

Ingredients

For the dough —
2 cups all-purpose flour or maida
2 tbsp corn starch
1 tbsp cooking oil
½ tsp salt
For the keema —
250g beef keema
1 tsp cumin powder
1 tsp of coriander powder and Garam Masala
½ tsp of dried fenugreek or methi
1½ tbsp garlic and ginger paste
1 tsp anar dana powder (pomegranate seeds)
½ tsp aamchur
½ tsp turmeric powder
1 tbsp chopped green chillies
1 cup diced onions
½ cup coriander leaves
2 tbsp ghee
1 tbsp butter
3 tbs corn starch
Cooking oil as per preference

Method

Mix all flour with corn starch, some water, oil, and salt and knead into dough for about 5-7 mins. Leave covered with a damp cloth for about half hour. Sauttee the keema with the ginger-garlic paste and the turmeric until the oil separates. Add all the masalas and cook for another 3-4 minutes. Add the onions and cook for 2 minutes then add the green chillies and coriander and stir it through. Mix the 3 tbsp corn starch with the butter and ghee and set aside.

Now take the dough and portion it into seven pieces as this mix will roughly make seven kachoris. Roll them out into a round roti then layer it with the ghee mix and fold it into a square shape (fold the halves first then fold it again from both ends to reach a square shape). Now roll this square out into a larger square where the edges are thinner than the middle parts and fill it in with a tablespoon full of the keema mix.

Fold the wrap up much like a lobongo lotika or take 2 sides and hold them over the mix and press together then hold the remaining two sides and press together the four sides to give it a tent like shape. Now just press them further closer together and make a knot on top of the kachori and deep fry these for about 15-20 mins.

Serve them hot.

BEEF WITH JAMRUL & CARAMELIZED ONION PIE A LA THE FEARLESS OLIVE

Ingredients

250g beef cubes
1 kg jamrul or love apples, cored and quartered
1 cup chopped dried apricot (you can also add dried plums if you want)
1 large onion, diced
3-4 garlic cloves, minced
1 onion sliced in thick rings
A pinch of nutmeg
2 bay leaves
Salt and pepper to taste

1 tbsp sugar
Olive oil to preference
For pie crust —
1 large egg
2-3 tbsp ice water
1½ cups all-purpose flour
A pinch of salt
10 tbsp unsalted butter, sliced into small cubes

Method

In a blender, add flour and salt and briefly pulse to mix it, then add the butter cubes and pulse some more until it is a coarse mix with no butter blobs left within. Add in the egg and ice-water and blend until a dough is formed. Now take this out and knead it into a smoother version, one that can easily be transferred into a baking dish.

For the meat, lightly brown the onions and bay leaves then add the meat and cook for about 6-7 minutes, adding garlic and cooking for another 2-3 minutes. Add salt and pepper and nutmeg at this point. You may remove the bay leaves. Separately cook the jamrul in about 2 teaspoon of oil and add sugar and salt after about 2 minutes then cook until it is a dry mix. You can add more sugar if you want to add more sweetness to the overall dish. Caramelize the onions rings until browned on all sides.

Preheat oven at 350° F for 15 minutes then brush the bottom with some grease/oil and lay the pie crust. The crust should be about ¼ inch thick. Pour the meat mix on this with the caramelised onions and add a final crust layer on top. The top layer should be half the thickness of the bottom layer. Make some perforations or 4 small cuts in the middle to let the excess air out. Seal the sides of the pie crusts with your hands and stick it into the oven. Bake for about 25 mins. Let it rest for about 10 minutes before serving.

Photo: Collected



5 medium potatoes, peeled and thinly sliced

Method

Cook the beef with the onions for about 7-9 minutes until it is slightly brown. Add garlic and cook for about 2 minutes then add the tomato paste and cook another 2 minutes. At this point, add salt, rosemary, pepper, dried mint or parsley and cinnamon, and

Star Collab

The Daily Star has started a new method of digital marketing solution for its advertisers. It is named 'star collab' which means collaboration.

Star Collab offers the best mix of digital communication solutions that can elevate your brand to reach the target audience while also creating a horizon of opportunities through collaboration.

 <p>Branded Video Content</p> <p>Video content can boost the lead by up to 66%. Branded Video Content made by Star Collab tells the amazing story of your brand.</p>	 <p>User-Generated Content</p> <p>The heart of social media is content, and what is better than content that comes from the audience. Star Collab can provide User-Generated Content campaigns that provide direct engagement between the brand and their audience.</p>	 <p>Online Dialogue Session</p> <p>Star Collab has all the resources to craft an Online Dialogue Session. Our professional studio setup has the capability to create wonders.</p>	 <p>Social Media Campaign</p> <p>Currently, there are 3.78 billion social media users worldwide. This is where we can tap in to collaborate and co-create an engaging Social Media Campaign.</p>	 <p>Branded Documentary</p> <p>Bring to light your products and services through a Branded Documentary. Let cinematography talk for your brand.</p>
 <p>Multimedia Studio Setup</p> <p>Star Collab offers a Multimedia Studio Setup that can cover your spectacular events, live or recorded shows to tell the stories of your brand.</p>	 <p>Live Webinar</p> <p>With Star Collab, your brand can be part of a Live Webinar that has the power to create an impact.</p>	 <p>Data Visualisation</p> <p>Data Visualisation is a specialisation of Star Collab which will make your informative content accessible to the audience.</p>	 <p>Knowledge Initiative</p> <p>To expand the horizon of knowledge, Star Collab arranges Knowledge Initiative where your brand can reach the specific target audience effectively.</p>	 <p>Impact Creator Recognition</p> <p>The Daily Star is known for Recognising Impact Creators. You also have the opportunity to be a part of this wonderful initiative.</p>
 <p>Policy Dialogue</p> <p>Star Collab's Policy Dialogue allows your brand to be a part of a discussion among stakeholders where they raise issues, share perspectives, find common ground, and reach agreement or consensus.</p>	 <p>Branded Content</p> <p>Branded Content allows a brand to be visible to the audience. Star Collab can provide support to create wonderful branded content that will make the brand stand out.</p>	 <p>Impact Driven Community Engagement</p> <p>Star Collab and The Daily Star have the power to create Impact Driven Community Engagement. With your brand on our side, we can create an impact on society.</p>	 <p>Gamification</p> <p>Gamification is a fun way to engage with the audience. With Star Collab, you can create gamified campaigns that will lead to more engagement.</p>	 <p>Live Talk Show</p> <p>The digital adaptation of a Live Talk Show can have a great impact. With Star Collab, your brand can collaborate with us to be the talk of the town.</p>
 <p>Platform Sharing</p> <p>The power of a platform that has an audience base is immense. Star Collab's Platform Sharing service gives brands the opportunity to reach their target audiences.</p>	 <p>Branded Microsite</p> <p>Microsites enable brands to engage with their audience through various activities. Star Collab offers Branded Microsite to represent your brand effectively.</p>	 <p>Mobile First Content</p> <p>Star Collab's Mobile First Content allows the brand to come up with an interactive campaign that is "User Focused."</p>	 <p>Multimedia News Content</p> <p>We have taken news into a whole other dimension. With Star Collab, there are various opportunities for product placement and branding in terms of Multimedia News Content.</p>	 <p>Quiz</p> <p>Who do you contact if you want to create an engaging Quiz? (a) Star Collab (b) Star Collab (c) Star Collab (d) Star Collab</p>
 <p>Innovation Challenge</p> <p>The youth are the future of our country and for their future to shine, Star Collab arranges an array of Innovation Challenges where you can also take part.</p>	 <p>Photo Story</p> <p>Photos can express amazing stories! Star Collab provides a platform for a Photo Story which will allow your brand to be a part of the life of your audience.</p>	 <p>Product Placement</p> <p>The new trend is for products to show up at the scene through Product Placement. With Star Collab, we can collaborate and explore multiple scopes of product placement.</p>	 <p>Digital Supplement</p> <p>Digital Supplements have the potential to make a brand flourish in the digital space. Star Collab can provide the support to create great supplements in the digital space.</p>	 <p>Interactive Campaign</p> <p>To create audience interaction, Interactive Campaigns can be quite effective. Star Collab can help your brand to create amazing campaigns.</p>

For brand collaboration  +880 1322867879  starcollab@thedailystar.net



#PERSPECTIVE

Celebrating cultural differences: a pathway for an inclusive future

Our world is progressing at a surprisingly fast rate. With the help of technology, we can get in touch with many people of different cultures and backgrounds all across the world and it is generally a wholesome and heart-warming experience. The topic of diversity in culture thus arises as we reach more people in the world around us. How can we explore other cultures and the communities behind them? What benefits do we get from learning and understanding their life stories?

Humans have a range of emotions, experiences, and values. It is what essentially gives us our identity in the wider

society. By being open to other cultures we not only open the doors to new forms of creative innovation but also understanding and tolerance. Every culture has its own influences and quirks that they bring to the table and by bringing our cultures together, we can create a safe, inclusive, and creative environment that transcends borders of any kind.

There are two aspects that really catalyse the bonding of many cultures; empathy and understanding. As we interact with a diverse cultural group, we are able to engage in meaningful conversations and share stories, and experiences with one another. We can empathise with someone's

hardships and understand their side of the story. This helps find a lot of common ground to lay down the base for a long-lasting and fruitful friendship.

Another way to learn about other cultures is by directly partaking in them. Activities like learning about history or learning the language can go a long way to being relatable to someone from that culture. Nowadays, many cultural events celebrate traditions and festivals all around the globe. Taking part in those can also give some useful insight into different perceptions and help better understand other cultures. Festivals like Eid, Christmas, Diwali are good examples of where people

get together, celebrate their traditions, and create new memories.

A good way to instil the values of acceptance and inclusivity across cultures is via education. Teaching children at school or having cultural exchange programmes in place can really open the eyes of these budding individuals to the plethora of cultures and their merits. The opportunity to visit another country and experience first-hand what it's like to be part of a community other than their own can teach them the importance of inclusivity and let them develop lifelong connections.

By Abdul Warith Khan

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Your devotion will be persuasive. Peers may not be on your side. Travel will be your best outlet. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Consider a physical Don't be mad at someone who doesn't care. Minor accidents could happen if you aren't careful. Join intellectual or cultural groups. Your lucky day this week will be Tuesday.



GEMINI
(MAY 22-JUN. 21)

Your practical approach may charm someone. Deceit with co-workers is apparent. Don't be afraid of opposition. Your lucky day this week will be Sunday.



CANCER
(JUN. 22-JUL. 22)

Don't let your emotions interfere with work. Friendships can suffer if money is involved. Empty promises at work are evident. Your lucky day this week will be Sunday.



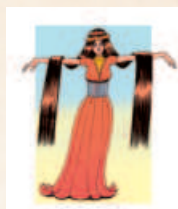
LEO
(JUL. 23-AUG. 22)

Get involved in competitive sports this week. Real estate ventures will be to your advantage. Make plans with your partner. Your lucky day this week will be Tuesday.



VIRGO
(AUG. 23-SEP. 23)

Short trips will be fruitful. Don't waste time debating on senseless issues. Your talents will shine at work. Your lucky day this week will be Thursday.



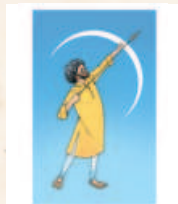
LIBRA
(SEP. 24-OCT. 23)

Real estate ventures will work to your advantage. Invite loved ones to your home. Don't push your luck with authority figures. Your lucky day this week will be Sunday.



SCORPIO
(OCT. 24-NOV. 21)

Keep your wits about you. Get out and meet new people this week. Don't keep unrealistic expectations. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Changes at home are evident. Make plans to travel somewhere. Don't lose your temper before getting all the facts. Your lucky day this week will be Tuesday.



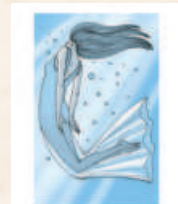
CAPRICORN
(DEC. 22-JAN. 20)

Help children with their projects. Learn to say no. You have more than enough on your plate already. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Use your intellectual charm to get your way. Don't let your jealous imagination sway you. Don't spend your money on unnecessary things. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Don't be too pushy. Avoid making unnecessary changes this week. Get your work done. Your lucky day this week will be Friday.



করোনা এবং অন্যান্য
ভাইরাসের বিরুদ্ধে নিশ্চিত
করে 99.99% সুরক্ষা

Bactrol[®]

Left Right
Left Right




#DECOR

Learn how to make your home AESTHETIC

It is easy to become bored with HomeTok (home TikTok), interior design Instagram reels, and every home blog in between. When you spend a lot of time inside and fall in love with new décor trends, even if you spent hours honing your Pinterest aesthetics, things might start to seem dull quickly. It is, however, possible to refurbish your home without taking out a new debt. Your house may go from boring to stunningly aesthetic with only a few easy adjustments.

Twinkle it away

String lights are a common technique to adorn a home since they are inexpensive, simple to set up, and lovely to look at. You can also light up your space from varying heights with the help of a table lamp and a floor lamp. Moreover, the recent trend of TikTok's sunset lamps is the rage. They instantly enhance the aesthetic of any space. Each light fixture creates a sunburst on the wall, washing it in swirls of yellow,



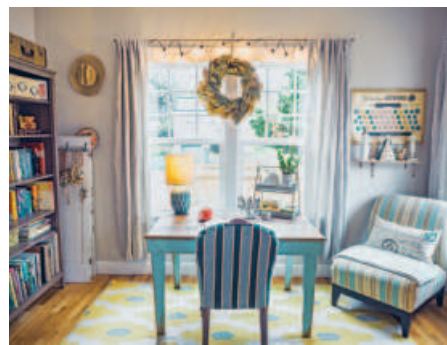
soften your space, add a touch of polish, and inject a dash of colour all at once. They are usually rather cheap, which is great news for your bank account.

Flourish with flowers

Grab a few stems of flowers that mean something to you from your local flower store or order them online, and arrange them in an elegant vase. The gorgeous blooms and their fresh scents are sure to brighten up your day. The addition of greenery, no matter how modest, can also enhance the look of any given place. The responsibility of looking after plants may also help mould a person into a more reliable individual. Therefore, flowers and plants are great for a touch of aestheticism in your home.

Flaunt your furniture

When furnishing a space, it is important to choose items that reflect your personality and perspective. The appearance of a whole room may be transformed with the addition of a single light, a statement rug, some dark furniture, or even a funky wall clock. When picking up furniture for a space, it is a good idea to keep the area's colour scheme in mind. For greater impact, combine seemingly mismatched materials such as shiny tiles and rough beams, smooth leather and soft carpets, and wooden frames and upholstered sofas.



orange, pink, and navy. Furthermore, scented candles can not only light up a room beautifully, but also fill it with a wonderful aroma.

Bring out the bookworm

A bookshelf may provide new energy to an otherwise lifeless home. All sorts of interesting things, such as books, trinkets, art pieces, photographs, and so on may be used to decorate them. Furthermore, there is nothing better than a bookshelf with well-organised colour sections! Following the colours of the rainbow, as shown by the

spines of one's books, can be soothing to the eyes. It adds a splash of colour to your room and will come in handy when packing your bag and recalling where you put that book you have been meaning to read.

Drape some cute curtains

Curtains serve a variety of functions. If you want to sleep in beyond noon, these will help keep the sun from waking you up. And certainly, they are very useful for adding texture to your home. While they may tend to seem a bit extravagant at times, silk-patterned or pastel-coloured curtains can

By Samayla Mahjabin Koishy
 Photo: Collected

live
relive

Supplements

ভালো থাকা, ভালো নাগা
 সবকিছুই পুনরুজ্জীবিত হোক
 চারপাশের নান্দনিকতার আবেশ

HATIL