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REWIND to the Retro

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SPICY AND HOT P8
KIMCHI NOODLES

PHOTO: ADNAN RAHMAN
MODEL: SUHI
STYLING: ALMIRA BY SHAHRUKH AMIN
WARDROBE: ALMIRA BY SHAHRUKH AMIN

#GUIDES

Master the art of time management

We always seem to be running out of time, especially at the workplace. That's why the importance of managing your time throughout the day is paramount. Being efficient with your time will not only increase your productivity but also establish a positive work-life balance. In this article, we will show you some effective strategies for time management that you will definitely appreciate integrating into your busy life.

Prioritise like a pro

Probably one of the most essential aspects of time management is the ability to prioritise effectively. Usually, we are bombarded with work that takes up a huge chunk of our day just to barely get through. When this happens, take a step back, evaluate your tasks, and sort them in order of urgency and importance. This will help you focus on the right tasks at the appropriate time and avoid getting caught in the busyness web.

Planning power

"By failing to prepare, you are preparing to fail"

Benjamin Franklin's words still stand true even to this day. Take some time to plan out your days even weeks ahead of time so you fall into a routine of sorts. If you have tasks that take weeks or months to accomplish, break them down into smaller tasks so you will not get overwhelmed at the 11th hour. A well-structured plan not only helps you stay focused but also provides a sense of drive and purpose.

Learn to say No

Saying no is a struggle most people go through every day. It just feels mean to turn someone down. But saying "no" to certain things which might shift your focus away from your important work is a good thing. Understand your limits, be mindful of your work and goals, and politely decline the other party expressing your busy schedule to them. This will reduce work overload and therefore create space for work that matters to you.

Eliminate distractions

In today's digitally connected world, distractions are everywhere and getting hooked on some random thing or the other is easier than you think. So, it is crucial that you identify the culprits like social media, unwanted noise, chatty co-workers, and random deep thoughts, and dedicate some time to eliminate them as much as you can. Create a distraction-free work atmosphere, use noise cancelling headphones, or silence your notifications when you are lasered in on work.

Take time to recharge

Time management is not all about getting things done all the time though. You are only human and humans need to rest both physically and mentally. Take time out of your free time and engage in activities that freshen you. Whether it's exercising, spending time with loved ones, or even just simply taking a break, nurturing yourself is crucial for productivity and overall happiness.

By Abdul Warith Khan
Photo: LS Desk

#HEALTH & FITNESS

Hair care tips for this hot summer

The current heat waves, scorching temperatures, and glaring sun rays may all be damaging to your hair due to the combination of sweat, humidity, and dust. During these times, keeping a healthy head by being clean and taking care of your hair can help avoid or regulate numerous skin disorders or conditions. Therefore, you must aim for hair that is in good condition. To help you with that, we have put together some of the best tips for taking care of your hair this summer.

Avoid excess use of appliances and chemicals

Heat-styling appliances such as blow dryers, straighteners, and curling irons may be more damaging to your hair in the hot and humid weather. In the warmer months, air drying or using a diffuser is preferable to using these instruments to soothe your hair. Moreover, because the humidity of summer may be harsh on your locks, avoid the unnecessary use of harsh chemicals in your hair. Avoid dyeing your hair during hot weather. In the future, do your hair colouring a month before summer arrives, if at all possible, or delay it until the weather gets cooler.

Do proper hair wash

The summer heat and filth can leave your hair looking dingy and lifeless. So, make sure you wash your hair a minimum of twice a week throughout the summer to keep it healthy and to retain the quality and cleanliness of your hair. Select a shampoo and conditioner that will not only keep your hair strong but will also aid in the fight against hair loss.

Choose a gentle, summer-appropriate shampoo and do not apply shampoo to the hair itself; instead, focus on the scalp. After properly shampooing, condition only the ends, and finish it off with a good rinse.

Indulge in hair masks and cuts

One deep conditioning treatment each week should be enough to solve the problem of dry and frizzy hair this summer. Hair masks made from all-natural components like oils from coconut, shea butter, cocoa butter, and honey are the best way to give your hair the care and moisture it needs. If you want your hair to look and feel its best, you also need to have regular haircuts. Getting a trim every 6-8 weeks will maintain your hair in good condition, free from splitting and breakage, resulting in your hair looking great.

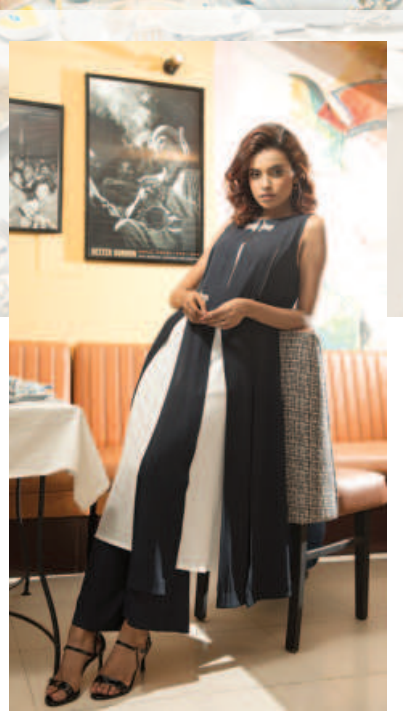
Hydrate and intake adequate nutrients

Even if you take all of these precautions to protect your hair from the sun, it will be useless if you do not drink enough water. Water, along with other fluids, can help your hair tremendously by preserving its health and hydration. In addition, you must increase the number of vegetables and fruits that are fresh and rich in nutrition in your diet to ensure that you are getting enough nourishment for your scalp.

By Samayla Mahjabin Koishy
Photo: LS Archive/ Sazzad Ibne Sayed

#FASHION & BEAUTY

Wardrobe classics to have and to hold



What would you consider a classic? A piece that will enrich your wardrobe, remain timelessly elegant, and always fetch compliments from one and all?

Seasoned fashionistas will agree that it is all that and more. A classic piece will not only stay fashionable always, but its value will only escalate with time. Some of these pieces may be considered heirlooms; an attire so special that one day, you would want your children to have it!

The wondrous land of Bengal is where heritage fabrics, artisanal craftsmanship, and unique aesthetics collide. So rich is our sartorial heritage that certain fabrics can only be created only in specific regions of Bangladesh and cannot be replicated anywhere else in the world.

It is of little surprise that Bangladeshi fashion designers are spectacularly talented and have made their mark on international runways time and again. Some of their creations are truly unique and hold a place of pride in the wearer's wardrobe for decades. Here are just some of these classic pieces by our local designers that are sure to spark joy for years to come.

Rina Latif is an icon in the Bangladeshi fashion scene. For the past few decades, she has carved a niche for her quintessentially Bangladeshi designs with a decidedly international flair. Her designs juxtapose local weaves such as taant, Jamdani, and Muslin with European embroidery as well as Indian and Pakistani works. Her signature Muslin saris, embroidered intricately with European floral motifs and designs are spectacularly elegant. A wardrobe classic, these saris are an investment piece and can be passed on to one's daughter.

Humaira Khan is a stalwart in the Bangladeshi fashion scene. Her designs have always been fresh, modern, and forward-thinking. She reinvented the halter-neck style, blending it effortlessly with a kameez. The result was a stunning halter-neck kameez that eventually became her signature.

An incredibly versatile style, halter-neck kameezes have been rendered in every homegrown material possible, starting from Muslin to Jamdani to taant. Subtle details add more sparkle and polish to the outfits. Chic and stylish this silhouette is very modern yet in touch with tradition. She also uses imported materials like chiffon and georgette to keep things interesting. Every stylish woman should have a Humaira Khan halter neck kameez in her wardrobe.

Sarah Karim is a name synonymous with timeless grace and style. Her work is a blend of age-old, traditional techniques fused with European artistry. That is what sets her designs apart — one can instantly recognise a Sarah Karim outfit in a crowd! Her repertoire is extensive, from saris to kurtas to gowns, you name it she makes it with flair!

Worth mentioning are her bridal outfits which are heirloom pieces worthy of being passed on to the next generation. A Sarah Karim lehenga, sharara set, or gown is a beautiful addition to one's wardrobe that will remain timelessly classy.

By Sabrina N Bhuiyan
Photo: LS Archive/ Sazzad Ibne Sayed
Wardrobe: Humaira Khan

#GUIDES

STYLE GUIDE
Wearing white this summer

Is there another hue quite like white? As a colour, or lack thereof, white exudes serenity and imbues its wearer with class and sophistication, unlike any other shade. Coco Chanel once remarked that white has it all — its beauty is absolute. How true!

White as a colour can be whatever one wants it to be. When a woman is adorned in a white ensemble, it lends to her persona an air of elegance and elevates her look. The versatility of this hue is incomparable and is in a league of its own.

Picture a woman in a white sari: pristine and pretty, she is a picture of perfection. When her resplendent anchal, reminiscent of soft, silvery moonlight, flows in the air, she captures the hearts of one and many, leaving them mesmerised and in absolute awe. Her beauty and grace become absolute when adorned in six yards of white magic, for a white ensemble is indeed magical in its own right.

Now, imagine a lady donning a white pantsuit. Chic and sophisticated, she is feminine power personified. Having mastered the art of power dressing she retains her feminine strength and exudes it with absolute aplomb along with her characteristic softness and grace.

Perhaps, the greatest blessing of white is its ability to keep a wearer cool and comfortable during sweltering summers. A white kurta, be it chikankari or block printed is the ideal summer wear. Pair it with jeans or salwar it's beautiful both ways.

White sundresses are an absolute delight during the day. Let your imagination run wild and choose the perfect dress for you. It could be a simple but elegant chiffon one or a broderie anglaise dress that is all the rage right now.

Coords are another great option. A solid white set can be dressed up or dressed down depending on the occasion. Pair it with a colourful scarf and a statement tote and you are set to spend the day in style! Throw in a pair of gold hoops, some chunky bangles, and a fancy clutch — voilá! You are ready to take on the evening and how.

White formalwear is the stuff every fashionista's dreams are made of! Think of a pearl white silk Jamdani strewn with gold and silver filigree work. Elegant and sophisticated, a white Jamdani will set you apart in a room full of people.

An off-white muslin sari, embroidered with intricate motifs, will bring out the Bengali belle in you. Apart from heritage weaves, white lace is another option that is equally appealing and sophisticated.

Paired with a sleek sleeveless blouse, a white chiffon sari is the ultimate styling statement! While you are at it do not be afraid to experiment. Play with fun, unique colour combinations, embellishments, and designs as white is a fantastic base and the perfect foil for all your fashion fantasies!

By Sabrina N Bhuiyan
Model: Suhi
Photo: Adnan Rahman
Styling: Shahrukh Amin
Wardrobe: Almira by Shahrukh Amin

Star LIFE Style

RETRO FASHION:

Keeping NOSTALGIA alive

Styling is all about channelling your inner spirit and letting it guide you; that's a welcome message in 2023! Designers everywhere would agree wholeheartedly as they seem to be inspired by the past and we are here for it. Fashion experts are predicting that retro vibes are hot and going away they are not! Fashion always comes full circle. During the pandemic when our lives became tumultuous with Covid's eerie omnipresence, the future seemed gloomy. Many of us believed that it was the end and humanity had reached the penultimate, inevitable doom.

Sitting in our homes for months fearing disease and death we all looked back at the decades gone by, reminiscing about the beautiful, carefree times with hope in our hearts that there might be a future for us after all.

Those sepia-tinged pictures of our parents and family members in their oversized sunglasses, bell bottoms, and kaftans, footloose and fancy-free took us down memory lane, envious of their sense of freedom.

The onslaught of the Hippie culture in the '60s and '70s meant there were no rules and humanity rejoiced in all its heady, hedonistic haze! Fashion always is a reflection of society's mindset at a point in time. Is it surprising that following the ravages of Covid, we now want to embrace the future while taking the past along?

One is spoilt for choice when indulging in retro fashion. Bell bottoms are easy, breezy, and perfect for summer. Pair them with a loose, short kurta during the day and it will see you through classes, meetings, and what have you!

For night time, a sequined blouse in bright pink or orange with black bell bottoms will look appealing and glamorous. Kaftans are a fashion staple; it embodies the very essence of retro style. Designers everywhere have celebrated this unique outfit; any colour, combination, length, or design your heart desires there is a kaftan to appease your fashion sensibilities!

In 2023 kaftans will take you from day to night, from office to a party. There are endless variations of it in every material imaginable. Think of legendary style icons like Elizabeth Taylor in her Emilio Pucci kaftans, and Zeenat Aman in her saffron cotton number crooning Hare Krishna Hare Rama!

Cotton ensembles are perfect for daytime and nights call for luxurious materials like chiffon, georgette, velvet, and silk. Play around with accessories as they are retro-fashion staples. Think oversized, coloured sunglasses, hoop earrings, chunky bangles, and colourful scarves. Don a metallic turban with your kaftan to truly channel your inner retro diva.

Retro saris do not really receive the love and adoration that they deserve. Bollywood queens like Dimple Kapadia and Parveen Babi set the silver screen on fire in their polka dot and bright, bold-printed saris.

In 2023 reimagine psychedelia with a Pucci-inspired cocktail sari, or a slinky, sequined and polka-dotted number! Complete the look with loose curls and dewy, soft makeup. And while you are at it do not forget to let your whims and fancies take over!

By Sabrina N Bhuiyan
Model: Suhi
Photo: Adnan Rahman
Styling: Shahrukh Amin
Wardrobe: Almira by Shahrukh Amin

#FOOD & RECIPES

MAKING YUMMY SPICY kimchi noodle soup

This dish is a bit of a gold nugget, as making flavourful, spicy Asian soups is actually extremely challenging. A traditional Chinese soup broth cannot simply have a dab of chilli sauce added to it. You can, but it does not have the same punch as truly excellent hot Asian soups, which have strong savoury flavours that balance the heat. A lot of chilli oil, a clever mix of difficult-to-find Asian sauces, or a mound of bones cooked for hours to generate a handmade stock are often required to make a fantastic one.

This recipe for Spicy Korean soup broth is a gold mine!

Kimchi and gochujang are the two main components of this soup, and both can be found at most regular grocery stores. If only to cook this soup often, gochujang is a wickedly wonderful Korean paste to have in your refrigerator.

A traditional Korean pickle made from fermented vegetables and packed in hot, sour liquid is called kimchi. The most popular sort of cabbage works well in this soup. The cabbage works as a mop for the sauce, giving the liquid more taste.

The sauce is flavourful and should not be wasted. For an added kick of salt and heat, add it to stir-fries or Asian soups.

Gochujang is a hot Korean paste that is bursting with spice. It frequently appears in Korean dishes such as the Slow Cooked Beef Ribs in Korean BBQ Sauce, a hallmark meal from my cookbook (it's ridiculously simple with amazing results).

Ingredients

Chicken Broth: Use low-sodium chicken stock or broth; otherwise, once all the sauces are added, it can be excessively salty.

Fish sauce: It adds more taste and salt to the soup than simple salt or even soy sauce.

Soy Sauce: More salt is added to the soup with soy sauce (fish sauce alone is a touch too fishy). Use all-purpose soy sauce or light soy sauce. Avoid black soy sauce as the flavour is too powerful.

Garlic and ginger: To give the broth taste.

SOUP ADD-INS

Kimchi: As mentioned before, we season the broth as well as the cabbage using the juices from the jar. Maximum spiciness from Korea! Noodles: Use any variety of noodles you choose. I prefer to use dried, thin, egg noodles for this. But you may use any kind of noodles in this recipe; just cook them by following the instructions on the packaging. Choy Sum: Asian greens are great for quick-prep meals. Additionally, there is a nice contrast in textures between the floppiness of the leafy area and the crisp crunch of the stem. You may also use other Asian greens (such as bok choy, gai lan, or Chinese broccoli). Carrot: For some crunch and beautiful colour contrast! If you do not want to bother, just slice it at an angle. Fresh garnish: Green onions (optional).

Method

The flow of this dish is excellent and effective. Measure out and add the additional ingredients to the broth as it begins to simmer after adding the stock to the pan. The vegetables should then be chopped, and the noodles should be cooking while the broth simmers for 10 minutes to combine the flavours. then put the soup bowls together!

Cutting the choy sum: Remove the roots. Cut the stems from the leafy portion into pieces that are 7 cm/2.5 in long. Why? We put the stems first because they cook more slowly than the leaves, which wilt in a matter of seconds. So, at the very end, we add them to the pot.

Kimchi: Measure out two tablespoons of kimchi liquid and two-thirds of a cup of kimchi. If necessary, press and squeeze the cabbage to release the juice! Please do not cut it short; you need it for the taste.

Simmer broth for 10 minutes: Simmering the broth will harmonise the flavour. Combine all the ingredients for the broth in a pot. To extract the kimchi juices from the kimchi cabbage, I boil it with the other ingredients for the broth.

Cook the veg: Cook the carrots and the bok choy stems for two minutes before cooking the choy sum leafy portion for only one minute. Then it's over! The finished soup is available for assembling the noodle bowls.

Noodle preparation: While the soup is boiling, prepare the noodles per the directions on the packet, then drain.

Assemble: Put the noodles in a bowl to assemble. Then pour the soup liquid and all the toppings on top. If using, garnish with green onions before serving!

When you want something nutritious, fast, spicy, slurpy, or any combination of the above, this supper comes together in such a deliciously short amount of time. With the add-ins, it is quite adaptable. You may pick your own veggies, noodles, and meats if you choose.

By K Tanzeel Zaman
Photo: Collected

#FOOD & RECIPES

5 spices that you should include in your diet

Spices have always had a special place in food culture because they enhance the flavours of dishes and bring magic to every bite. Some extraordinary spices have established themselves as essential kitchen companions as we move into the realm of flavours. These not only make food taste and smell better but also have several health benefits that make them even more important.

Cinnamon

Cinnamon, with its warm and lovely smell, is a zest that has been praised for a long time. It has a plethora of positive health effects in addition to its delicious flavour. It has potent antioxidant properties that aid in preventing stress and inflammation in the body. Additionally, cinnamon has been linked to improved control of blood sugar, making it useful for diabetics and those aiming to maintain healthy blood sugar levels.

Turmeric

Turmeric, known for its energetic brilliant shade, holds the power to enhance the flavours of any dish. The remarkable health benefits of turmeric are due to its active compound, curcumin. Curcumin has potent anti-inflammatory properties that can assist in reducing the signs and symptoms of chronic inflammation and conditions related to it. Embrace the brilliant remedy of turmeric and open a universe of prosperity.

Ginger

The zesty and energising flavour of ginger has long been prized in culinary and medicinal traditions. When it comes to its health benefits, this adaptable spice packs a big punch. Ginger is a well-known natural remedy for motion sickness and morning sickness during pregnancy due to its anti-nausea properties. It is additionally known for its intense calming impacts, giving help to those experiencing joint pain or other fiery circumstances. Ginger's noteworthy stomach-related benefits, including helping processing and lessening bulging, make it an ideal addition to any feast.

Paprika

Paprika, a flavour collected from dried sweet peppers, is a spice that can surely enhance the flavour of any dish. Past its dynamic red tone and wonderful taste, paprika offers a plethora of medical benefits. This fiery delight is loaded with antioxidants, defending the body from oxidative stress and promoting cellular health as a whole. Additionally, paprika is a good source of vitamins A and E, which aid in improved vision, immune system enhancement, and skin health. You can improve both your meals and your overall health by embracing the fiery appeal of paprika.

Cardamom

Our list of essential spices cannot be complete without the exotic and aromatic cardamom. This fragrant zest not only adds a wonderful flavour to culinary delight but also has various medical advantages. Cardamom has been related to stomach-related wellbeing, supporting the alleviation of heartburn, and bulging. Additionally, it is thought to possess antimicrobial properties that support oral health and aid in the fight against common oral bacteria.

In the domain of flavours, these 5 fundamental spices are top tier. From their cell reinforcing properties to helping you fulfil your daily nutrients; these spices encapsulate the wizardry of flavour and wellbeing.

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

#FOOD & RECIPES

Power foods and why you should have them

Greens are abundant in July and we should consume a lot of them. It goes without saying that it is also a great time of year for green power foods. So, why not make the most of our 'meatless July'?

We refer to green vegetables as 'power foods' for good reason: they are brimming with potent vitamins and minerals that give us tonnes of energy and enhance the functioning of our whole body.

You would find yourself amazed at how much eating entire foods, especially green power foods, may enhance your daily life. The natural green hue of these foods denotes their high vitamin C, folate, calcium, and a long list of other nutrient contents.

The advantages of fruits and vegetables are listed in this guide by category. They also provide a part that details the advantages to our health that their related benefits offer. We understand what's going through your mind; if fruits and vegetables are not automatically classified as 'power foods' because they are green, then what precisely qualifies them as such?

Fibre-rich foods

Fibre is perhaps best known for keeping you regular. While it is true, it accomplishes much more.

Your body cannot digest fibre as it is a carbohydrate. It is available in both soluble and insoluble forms. During digestion, soluble fibre transforms into a gel. It lowers cholesterol and blood sugar levels. As insoluble fibre does not disintegrate, it aids in the movement of food through your system and promotes bowel movements.

We require at least 20 to 30 grammes of fibre each day, yet the majority of us consume far less. Beans, fruits, and vegetables are excellent sources.

Antioxidant powerhouses

These vitamins and minerals could help keep some illnesses at bay. They aid in preventing the body's natural chemicals known as free radicals from damaging cells.

Beta-carotene, vitamin E, and vitamin C are well-known antioxidants. The greatest way to obtain them is through food, mainly because you will also receive a number of other nutrients that are included in those meals naturally. The majority of research refutes the idea that taking antioxidant supplements will help you stay healthy.

Antioxidants may be found in abundance in fruits, vegetables, whole grains, and nuts.

Healthy proteins

As protein makes you feel full, high-protein diets are common for helping people lose weight. However, if you primarily eat red meat and full-fat dairy products, it may increase your chance of developing heart disease.

Immune boosting foods

Lean animal items, such as fish, poultry, and low-fat dairy, are sources of healthier protein. Plant protein, which will make you feel satisfied and is packed with nutrients like fibre and antioxidants, is maybe the best option.

The immune system in your body aids in the defence against viruses like the cold and flu. According to research, a poor diet might prevent it from functioning as it should but some foodstuffs can be beneficial.

It is more probable for certain people than others to lack these nutrients. People who often consume fast food or who reside in 'food deserts' with limited access to healthful foods may not consume enough of them.

By K Tanzeel Zaman
Photo: LS Archive/ Sazzad Ibne Sayed

#HEALTH & FITNESS

5 health benefits of outdoor activities

The wonders of nature are often overlooked due to the fast-paced, technology-driven lives we humans lead currently. Nevertheless, reconnecting back with nature by being active outside offers a plethora of health benefits that significantly boost not only our physical but also our mental health.

We explore some of the best health benefits nature and the great outdoors provide.

Rejuvenating the body

Outdoor activities provide an ideal opportunity to partake in numerous physical exercises, rejuvenating our bodies, and promoting healthy living. Whether you go hiking, cycling, or even the spontaneous challenges of the outdoors greatly improve your cardiovascular fitness and strengthen muscles. Not to mention, it is the best way to get vitamin D, which is essential for our bodies to absorb minerals. Only 5-15 minutes of sun a day gives all the vitamin D our body needs.

Enhancing mental clarity

Most of us are confined to a table and a chair for the majority of the day. Constantly being bombarded with information on screens can create mental fatigue. This takes a huge toll on our mental health. Being outside offers a reprieve from the mundane aspects of our daily lives and declutters our minds. Going outside greatly helps our brain to focus better and also improves memory. All of this results in heightened creativity and increased productivity.

Reduces stress and anxiety

The reason being active outside is so great for mental health is the fact that it does not come with any side effects! Basically, Cortisol, the hormone indicator of stress in humans significantly goes down when you spend time outdoors. This works even better with low-intensity outdoor activities like yoga and walking. Many office spaces nowadays have nature inside to help people with stress relief. If doing that works, imagine how much more people could benefit just by going outside instead.

Improves sleep quality

Our sleep cycle is dependent on our internal clocks. Lack of sleep can be harmful to our health leading to all sorts of health issues. When we go outside and let the sun hit our body, especially our eyes, this helps our internal clock return to its natural rhythm, which enables us to get better sleep at night. As our sleep improves, so do our lives. A good night's sleep keeps our body energised for the next morning making us more alert and able to concentrate throughout the day.

Connecting with others

Outdoor activities provide an excellent atmosphere for social connections and bonding. You can find others doing the same activities as yourself, or be part of the local sports team. These can help you build confidence by interacting and learning from other individuals too. Engaging in outdoor activities together fosters teamwork, communication, and cooperation, and promotes a sense of belonging and camaraderie.

By Abdul Warith Khan

HOROSCOPE

ARIES
(MAR. 21-APR. 20)

Social events will be successful. Don't evade issues. Share your insights with your boss. Your lucky day this week will be Thursday.

TAURUS
(APR. 21-MAY 21)

Re-examine your goals and objectives. Don't be disappointed if you don't get your way. Unexpected guests will be a welcome surprise. Your lucky day this week will be Sunday.

GEMINI
(MAY 22-JUN. 21)

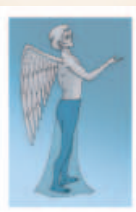
Make plans for a trip. Not everything you hear will be legitimate. Treat your partner well. Your lucky day this week will be Saturday.

CANCER
(JUN. 22-JUL. 22)

Consider making professional changes. You have a lot to offer. Don't let your partner mess up your routine. Your lucky day this week will be Saturday.

LEO
(JUL. 23-AUG. 22)

Avoid any social unpleasantness. Bank on your communication skills to bail you out. Don't be insensitive to your partner's needs. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

Take good care of your health. Sort out everything before closing any deals. Look for creative ways to make extra cash. Your lucky day this week will be Saturday.

LIBRA
(SEP. 24-OCT. 23)

You can utilise your versatile mind. Keep your wits about you. Don't be too quick to judge loved ones. Your lucky day this week will be Thursday.

SCORPIO
(OCT. 24-NOV. 21)

Avoid any unnecessary gossip. Don't be at anyone's constant beck and call. Do the best that you can for now. Your lucky day this week will be Friday.

SAGITTARIUS
(NOV. 22-DEC. 21)

Acknowledge your partner's needs. New avenues will open for you at work. Communicate your intentions clearly. Your lucky day this week will be Sunday.

CAPRICORN
(DEC. 22-JAN. 20)

Use your extra energy constructively. Your outgoing nature will attract others. Bad dreams could ruin your sleep schedule. Your lucky day this week will be Friday.

AQUARIUS
(JAN. 21-FEB. 19)

Be careful of who you help. Someone you love may be hiding something. There's no need for validation. Your lucky day this week will be Monday.

PISCES
(FEB. 20-MAR. 20)

Pleasure trips will heal your emotional state of mind. Consider property investments. Overindulgence may be a problem. Your lucky day this week will be Friday.

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#TRAVEL

5-day trip destinations for Dhaka dwellers on a rainy day

The short-lived and precious days of monsoon are upon us bringing a brief window of opportunity to immerse oneself in the beautiful and aesthetic beauty that is often forgotten in the daily battles of life. If you are looking for an escape to truly enjoy the charms of a rainy day, here are 5 places fairly close to Dhaka that are perfect for it.

Panam City, Sonargaon

The Panam City of Sonargaon, a sharp contrast to the bustling modern ways of Dhaka, is like a tangible representation of history, inviting you to step into a world where time stands still and the echoes of magnificence resonate through every brick and archway. Add the charms of rain and it becomes a trip into the glorious days of the past.

During monsoon, the rain-soaked walls reveal the mark of time in each crack, letting you explore their histories and celebrate their legacy. As you walk the grounds near the vast ponds with an umbrella in hand, the enchanted feeling created by rain and the tranquillity of the surroundings brings a sense of unparalleled peace.

Mawa

The combination of the monsoon and the river has its charms. With the first drops of rain, the Padma River becomes a breathtaking canvas of serenity and natural beauty.

The beautiful riverbanks of Mawa make a beautiful backdrop for a rainy-day escapade. The natural beauty is enhanced by the grey clouds overhead, which cast a beautiful, diffused light. Standing here, your train of thought slows down ever so slightly.

The journey through the Padma Bridge itself is nothing short of poetic as the rain beats down on window panes and your favourite songs play in the background.

Lastly, you can wrap up your perfect day with a meal consisting of the freshest of hilsas and a wide range of mouth-watering bhortas, all on a budget.

Bhawal National Park, Gazipur

The Bhawal National Park is still largely an underrated gem in Gazipur that lets you experience a day in nature as if you were in an exotic location.

Upon entering, you are met with a symphony of greens. Stunning shadows cast on the forest floor by towering trees filter sunlight while the rustling of leaves in the monsoon breeze fills the air with the smell of rain-soaked earth.

Whether you decide to hike the paths, enjoy a leisurely picnic on its immaculate grounds, or just sit in silent reflection, the park offers a beautiful refuge where you may reconnect with nature. It is a blank canvas of unspoiled beauty that is just waiting to be observed and enjoyed by people looking for a moment of solace in nature.

Chuti Resort, Gazipur

Located in Joydebpur of Gazipur is Chuti resort, perfect for a daylong getaway among the soothing rhythm of rain. The long stretches of flowerbeds look like a burst of colours against the cloudy sky. The lake flowing close to it offers boat rides allowing you to take in the scenic view surrounding the calm waters.

You can also find small tents in the dense line of trees. The rain, the rustling of leaves, and you among all of it are what perfect rustic escapes look like. Alternatively, you can choose to sit in one of the bamboo huts, enjoying the unique charm of traditional architecture while staying sheltered from the rain.

Sit down with lunch in one of the two picnic spots or stroll through the vast area taking in the fresh scent of rain-soaked earth, you will feel your tensions melt away in an instant.

Jolshiri Central Park

Located only an hour away from Dhaka, Jolshiri Central Park is a serene oasis with landscaped gardens, flower beds, impeccably built walkways, and a long-stretched lake surrounding the area.

Whether you want to spend a day by yourself, a romantic outing, or a friends and family gathering Jolshiri serves as an ideal setup. The rain combined with this park's beauty really makes you want to slow down for a bit and enjoy every passing moment.

The small huts are perfect for enjoying a cup of coffee while you take in the beauty of rain on the lake near it. Walk among the green grass or rent one of the paddle boats, an umbrella is all you need to enjoy the charms of Jolshiri Park in a whole new form.

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