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Star

LIFE



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HEALTHY JAPANESE CUISINE

PHOTO: SHAHREAR KABIR HEEMEL MODEL: SIMMI STYLING: SONIA YEASMIN ISHA WARDROBE: ENIGMA BY MOLLY
JEWELRY: ZEVAR BY FAISAL TUSHAR MAKEUP: SUMON RAHAT

Summer essentials: Everyday routine to protect your skin against heat

Do you think the summer heat has gotten its clutches on your skin? Have you felt unpleasant impurities and sweat on your face despite your skincare? Your skin is an organ in and of itself, so it is essential to take care of it.



Living in a humid environment may cause your skin to produce more sebum, which can clog pores and cause breakouts. An easy cure for this is to adjust your skincare routine to account for the humidity. If you are looking for a daily routine to help keep your face clean in this heat, this is it!

Cleansing

The first step in skincare is cleansing. High humidity may irritate and clog pores. Because of this, washing your face twice a day is essential, and using a good cleanser for it is extremely beneficial right now. Moreover, sweat may make your skin sticky in humid climates. If you wash your face first thing in the morning and last thing at night, you will feel much cleaner and refreshed.

Sunscreen

Hot, humid conditions provide searing sunlight, which is excellent for sunkissed photos but bad for your skin. Applying sunscreen regularly will shield you from the sun's damaging UV rays. So, you should keep your face, neck, and exposed areas protected with SPF 15 or higher. You may also consider SPF while choosing moisturisers, foundations, and BB creams.

If you are going to be outside for a long time, you should also choose to bring a hat or an umbrella to protect yourself from the sun.

Face mist

Humidity causes continual perspiration, which may lead to a sticky sensation on the face. For that reason alone, when the humidity level is high, a face spray is your best bet.

By preventing dryness and enhancing the absorption of skincare products, a face mist aids in maintaining moisturised skin. Plus, face mists have a pleasant scent and are lightweight, so you can wear them all day long and carry on your day with a confident face no matter the temperature.

Exfoliating

Looking for another easy way to protect your skin from humidity? Exfoliating helps remove dead skin cells, which build in high humidity due to sebum production. An undesirable consequence of excessive sebum production is that it accumulates on the surface of the skin, making it seem dull. Exfoliation eliminates the lingering effects of toxins and impurities that other products have failed to eradicate, leaving your skin feeling lighter in the process.

With all of these simple steps, you will be able to construct your skincare routine with ease to combat the heat and the impurities that come along with it, and your skin will be grateful to you for doing so!

By Samayla Mahjabin Koishy

Photo: LS Archive/ Sazzad Ibne Sayed

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Healthy Glowing Skin - এ আত্মবিশ্বাসী আমি

Beautina Face Wash

GLOWING SKIN

Neem & Aloe Vera Extract

3 OIL CONTROL REMOVES PIMPLE DEEP CLEANSING

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KOHINOOR CHEMICAL



SARFARAZ ALI'S journey towards sustainability

An entrepreneur and advocate for sustainable development, Sarfaraz Ali serves as the CEO and Executive Director of Khulshi Mart and K Bakery. Beyond his leadership roles, he lends his expertise as a Board Member to several organisations. His obsession with establishing sustainable practices in his organisation, especially the latest venture Earth Matters Ltd., is what got our attention and here is an excerpt from the tête-à-tête with the industrialist.

Q. Given the global urgency to address climate change and environmental degradation, how do you see the role of businesses, particularly in the retail industry, evolving in terms of sustainability and social responsibility?

Retailers have a big role to play in terms of sustainability and social responsibility. For example, in most developed countries, the practice of carrying reusable containers is the norm. People take these containers to the store, fill them up with items, and take them home. This results in reducing waste from packaging, as no new containers or carrying bags are used. This concept is not fully caught up yet, even in foreign countries. However, this is what retailers should encourage in order to be fully sustainable. I believe this is our ultimate goal, and we have to work accordingly to make an impact. We have plans to incorporate this practice more prominently. Adopting sustainability practices goes beyond a personal choice; founders and entrepreneurs should think of their businesses and take decisions keeping sustainability in mind.

Q. In terms of reducing waste, particularly plastic waste, what steps have you taken to encourage customers and suppliers to adopt more sustainable practices, and what challenges have you

encountered in changing behaviours?

One of our key strategies in our pursuit to adopt more sustainable practices has been raising awareness internally and externally. I believe that initiating change necessitates starting at the core, which is why we have provided extensive training to all of our employees. These training sessions focus on the importance of sustainability. We ensure that our employees are aware of how we plan to reduce our carbon footprint and implement eco-friendly systems within our processes. As a result, they've been our biggest advocates in this mission, informing customers about all the steps that can be taken to reduce waste, reuse, and recycle products.

We've installed a "Sustainability Zone" at our outlet, which remains stocked with informative leaflets that customers can take with them and learn about sustainability. We also actively engage our audience on social media to raise awareness, with different sustainability-focused content. However, one of our key challenges is a shift in mindset. For many, the concept of sustainability can seem difficult. Hence, we're making information accessible and easily understood in the simplest way. You don't need to make a complete lifestyle change immediately. Instead, you can start by incorporating small actions and watching them turn into habits. Small

actions taken individually can result in a massive, collective impact. Hence, we always try to incentivize our customers to make a positive change in their lives for the betterment of our environment.

Q. The "Road to Sustainability" includes significant steps towards carbon neutrality and the use of sustainable materials. Can you elaborate on the strategies and technologies you've implemented to achieve these goals?

Our primary goal with our "Road to Sustainability" is to achieve carbon neutrality. From this year onwards, we have started going paper-free within Mart Promoters Ltd. We have implemented different technologies to ensure that all correspondence is done efficiently to reduce paper usage. Apart from

that, we have moved to a new office space that uses sustainable materials, an efficient electric system, and solar energy. Moreover, we've already started using compostable plastic bags. As a result, from the time a shipment enters our facility until it reaches our customers, our operations are free of plastic. Through such initiatives, we have been able to reduce our carbon footprint as a community, and we hope to see the impact of this throughout our country and beyond. By making these changes, we are not only helping the

environment but also creating a more sustainable future for generations to come.

Q. Looking towards the future, what are the next big steps for you and your enterprises in the journey towards sustainability?

This year marks the launch of my newest venture, Earth Matters Ltd., a company that strives to find and provide sustainable solutions for plastic pollution. Our product line comprises compostable bags, and we aim to expand the scope of using 100 per cent compostable materials by including other disposable products such as coffee cups, utensils, etc.

From installing solar panels to planting trees and reducing water usage, I believe that every step

that we take will bring us closer to our goal of achieving carbon neutrality by 2025. Additionally, we've begun to undertake vertical farming at our facility. Vertical farming is an innovative technique for growing organic produce that makes use of small spaces to grow crops on vertically layered shelves. Ideally, having such facilities at the outlet itself can help us reduce packaging and carbon emissions from transportation by growing crops and selling them to customers at the same point.

I have recently attended the ChangeNOW 2024 conference in Paris, France, and I'm quite excited about collaborating with global partners to bring about collective change. I'm proud to be a part of the global narrative, as we fuel initiatives to actively propel Bangladesh forward on par with other countries in the journey towards a better world.

Photo: Courtesy



Makeup artist Nerissa Nashin's movement to celebrate all skin tones

For too long, the beauty industry has mirrored societal biases, notably through colourism, where lighter skin tones are often preferred over darker ones. To break the stereotype, Nerissa Nashin – a determined makeup artist – is challenging deep-seated norms. Her mission is bold yet beautifully simple: confronting the bias toward fair skin that pervades the beauty industry.

Colourism is the preferential treatment given to lighter skin over darker skin, sometimes even within the same community. This bias is not just superficial. It can influence job prospects, social status, marriage agendas, and media representation.

Nerissa's philosophy is rooted deeply in the need to counteract this preference that has long plagued many cultures worldwide, including Bangladesh. Having been shamed for her darker complexion all her life and watching people constantly insult and make fun of those with dark skin, Nerissa wanted to address the issue of colourism after she moved back to Bangladesh upon completing her degree in Economics and Global Studies from Swarthmore College, Pennsylvania.

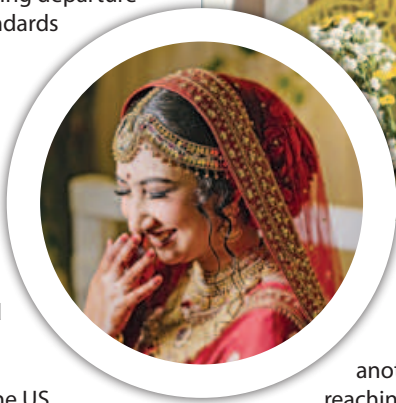
"My whole philosophy stems from, trying to address skin colour bias in the country – the preference that we have for fair skin being equated to being beautiful. So, my makeovers are about being true to your complexion," Nerissa explains with compelling sincerity.

Her approach is a refreshing departure from traditional beauty standards that often diminish the rich diversity of skin tones. She emphasises the inherent beauty in each individual, irrespective of their skin colour.

With her philosophy gaining traction, Nerissa sought to scale her impact. She applied for and secured the Democracy, Human Rights, and Labour grant from the US embassy and the US Department of State, which propelled her mission forward.

"The US Department of State funded this grant. And using that, I was able to grow further. I researched where this bias originally came from and its impact. We conducted several workshops across the country to raise awareness and educate people on its origins. I wanted to know why colourism is still around!" Nerissa details.

The workshops served as platforms not only for education but also for open dialogues, fostering a community of individuals committed to redefining beauty standards. The reception to Nerissa's work revealed a notable demand for a new beauty narrative — one that



resonates with a broader demographic, especially the youth.

"One thing led to another, and salons started reaching out to me. They wanted to collaborate. And I thought why not? If I can keep this going, I can reach more people and offer this service through my services and genuinely have an impact on the industry," Nerissashares, highlighting the expanding influence of her work.

Since then, she has partnered with Studio Salon in Gulshan 2 to offer her signature true-to-complexion, understated makeovers to those interested in embracing their natural skin tones.

The shifts occurring are not just within individual perceptions but also the commercial dynamics of the beauty industry.

"I think it also has to do a little bit with what the clients want. It is like demand and



supply. If there's a demand for it, there's going to be a supply. So, it is almost like consumers versus brands. If consumers stop demanding something, then brands will have to oblige."

"Similarly, if clients stop demanding this, then makeup artists will have to oblige and change how they do things and stick to true to complexion makeovers," Nerissa explains, outlining the economic and cultural forces at play.

Looking to the future, Nerissa is optimistic yet realistic about the challenges ahead. She continues to expand her educational offerings and her reach within the beauty industry.

"I do have a roadmap for the future," she shares. Her ambition is underpinned by a series of classes she has begun offering, designed to empower individuals to appreciate and accentuate their natural beauty through makeup.

"I've started offering classes for teaching

people who want to learn how to do makeup on themselves. My classes focus on embracing our natural skin tone and getting the right shade of foundation, blending it all to create a natural, not overly done, cohesive look," details Nerissa.

In our modern world, where the definition of beauty is often narrow and exclusive, Nerissa Nashin offers a vision that is inclusive and empowering. Thanks to makeup artists like her, the beauty landscape is changing for the better, but there's still work to be done.

Together we can help turn the beauty world into a more inclusive space where every shade is seen and celebrated. After all, beauty is a spectrum where everyone deserves to shine!

By Ayman Anika
Photo Courtesy: Nerissa Nashin
Essentials – <https://www.instagram.com/nerissa.nashin>



#FASHION & BEAUTY

RENT, LEND, BUY AND REPEAT

Embracing circular fashion with Karama Kabir

Indisputably, the environmental impact of the fashion industry is massive. We constantly chase after the trending clothing items and eventually buy them, only to discard after a few wears. Is this a sustainable way of living? This exact question haunted Karama Kabir, prompting her to start Starlet Style Studio with two of her friends. This innovative platform was founded on the ethos of circular fashion — extending the lifecycle of clothing through renting, lending, and buying!

Circular fashion, which promotes the reuse, recycling, and extended lifecycle of clothing is central to reducing the fashion industry's environmental impact. Starlet Style Studio not only exemplifies this sustainable model but also makes high fashion affordable and accessible.

Karama Kabir's journey into the world of fashion is as cinematic as the Bollywood films she adores.

"From my early days, I have always been a Bollywood person and whenever I travelled, I carried outfits with me –

whether it was a sari or gown," Kabir recalls, reminiscing about her pre-social media adventures in fashion photography.

Her experiences led to an important realisation: "Now, I see that people like to travel a lot and they take photos while travelling. That got me thinking — why do we need to buy special clothing items for each of the photoshoots? Why can't we just rent them?"

This question sparked the idea for a necessary fashion store.

"You don't have to buy new clothes each time you plan to do a photoshoot. You can just rent it or lend it," she explains.

The Studio provides a space where fashion-forward individuals can rent, lend, and buy clothes, addressing both environmental concerns and consumer needs in one smart solution.

While the concept of clothing rental services has seen popularity in European countries, it remains a novel idea in places like Bangladesh. Kabir noticed a

gap in the market, "Many people don't want to spend a massive amount of money just to rent a gown or flowing dress from abroad. So, I want to make this process easier."

At the Studio, customers can find two categories of clothing: basic and exclusive.

"The basic clothing items include flying dresses, which are one-size-fits-all, so you can rent them out from us. However, blouses cannot be one-size-fits-all, so you will have to order and buy from us," Kabir elaborates.

For those seeking bespoke designs, the studio also offers exclusive items that can be bought and potentially rented out later.

Kabir is particularly mindful of the issues that come with purchasing special clothing items, such as the investment, space, and infrequency of use.

"Whenever you buy a special clothing item such as a flying dress, you are bound to encounter some issues," she states.

To solve this, she came up with a sustainable solution: "Why not lend out the heavy clothing attire we purchase for special occasions instead of letting them create a mess by sitting in our closets?"

With plans to open a physical store soon, the studio aims to extend its reach in the future. Currently, rentals are charged per day, with adjustments made for longer periods, especially for travellers. Interested clients can connect with the studio through their Facebook and Instagram pages.

So, as we look toward the future, the studio's pioneering model serves as an example for other businesses — proving that sustainable practices can and should be stylish, accessible, and impactful.

By Ayman Anika

Photos: Starlet Style Studio

Essentials –

Facebook page: Starlet Style Studio

Instagram page: [https://www.](https://www.instagram.com/starletstylestudio)

[instagram.com/starletstylestudio](https://www.instagram.com/starletstylestudio)



#FASHION & BEAUTY

BEYOND MATERIAL VALUE The emotional connection to HEIRLOOM JEWELLERY

As a little girl, how many times have you looked at your mother's wedding photos yearning to be adorned in her beautiful jewels? Countless times you may have draped a red dupatta over your head trying to capture some of the magic and then when your mother would go to parties, dressed up and fancy in her precious ornaments, you would stare at her in amazement, hoping to be that stylish, glamorous woman yourself one day.



The rubies and emeralds aglow in their gold casing would enchant and enamour you, leaving you mesmerised in anticipation of the woman you will be one day, who would wear such beauty, radiating glamour, and confidence.

There's something special about heirlooms. More than their actual value the worth they hold with memories and sentiments is invaluable.

A mother who started collecting her daughter's trousseau when she was seven has dreamed of her little girl's big day for decades. Every time she would wear her jewellery, she would imagine her daughter wearing and cherishing them one day. Merely a custodian she would take great care of the jewels bestowed upon her with immense love by her mother, she would long for the day her daughter would look like the princess that she is in her mother's eyes.

Such sentiments, so replete with

love and affection are a mother's greatest gift to her daughter. And as intangible love is, jewellery serves as mere tokens of that pure, absolute love of a mother for her child. Just like gold a mother's love holds value over time, only gaining more value as time goes on.

Daughters on the other hand wish to have some of the magic of her mother's presence, her blessings on her person on the most special day of her life. And as she enters the sacred bond of marriage these tokens of love from her mother will forever remind her of the bond between them, that strengthens over time.

Heirlooms are not just mere trinkets passed on from one generation to another, but serve as a reminder of those beautiful memories and bonds that are timeless and meaningful for posterity.

Photo: Shahrear Kabir Heemel
Model: Simmi
Styling: Sonia Yeasmin Isha
Wardrobe: Enigma by Molly
Jewelry: Zevar by Faisal Tushar
Makeup: Sumon Rahat

CONTINUED TO PAGE 8





SPELLBOUND

with heirloom pieces

CONTINUED FROM CENTRE

For a girl engaged to be married and on the jewellery market there are so many options to choose from. The lure of modern designs and the flash of diamonds is hard to resist. The latest designs are exceptionally crafted with magnificent stones that are bound to leave anyone spellbound.

Among the shine and sparkle of diamonds and kundans and polkis, heirloom jewellery still rises to the occasion when it comes to elevating a bride's look. Choosing to honour women who came before us, enriched our lives with their

love, affection, and values and passed on their most precious material possessions is something truly special.

Pairing heirloom jewellery with modern ones is not a faux pas by any means but adds an exceptional touch of depth to one's look. What is more, heirloom jewellery is now appreciated and celebrated all around.

Brides these days are layering heirloom jewellery with new ones to fabulous effects. It must be done cleverly though. That choker your grandmother wore on her wedding day would look fabulous with your joraa set. Your mother's sheeta haar

will perfectly complement your gold bib necklace with its intricate design. Her jhapta will bring royal elegance to your look when worn with your shithi paati.

Some of our mothers had wide, foot-long mantasha, which is a wide cuff studded with pearls and rubies. That could be your statement armpiece. Other trinkets like golap bala, mokor mukh kongkon, or a thick gold bauti will be stunning additions to your gold bangle stack!

Are you one of those lucky ones to inherit an entire wedding jewellery suite? In that case, let that suite have its own time to shine and stun. Wear the entire suite

— haar, tikli, bala the works on one of the more intimate occasions like sangeet or holud to truly pay homage to your lineage and that wonderful woman who so kindly and lovingly bestowed such a precious gift upon you!

By Sabrina N Bhuiyan
Photo: Shahrear Kabir Heemel
Model: Simmi
Styling: Sonia Yeasmin Isha
Wardrobe: Enigma by Molly
Jewelry: Zevar by Faisal Tushar
Makeup: Sumon Rahat

#HEALTH & FITNESS

FOOD FOR THOUGHT

Things to eat to improve mental health

It's 2024 and we all know the importance of a healthy diet for physical health. But what about its impact on our mental well-being? Just like the rest of our body, the brain thrives on nourishment and the quality of that nourishment significantly influences our mood, cognitive function, and even our resilience to stress.

Dr Sifat E Syed Auna, Associate Professor, Department of Psychiatry, Bangabandhu Sheikh Mujib Medical University (BSMMU), shared, "Physical and mental health are not very separate in terms of food. What keeps you physically healthy will also help your mental health."

selling point of these diets, immediately affects our hormones, worsening our mood. Prolonged cut down on carbs and fat will, undoubtedly, reduce serotonin and dopamine levels in your body, linking it instantly to feelings of depression. On the other hand, home-cooked meals with moderate amounts of carbs, fats, and proteins are best for regular meals.

Now, there is no single "magic food" for mental well-being. However, certain dietary choices can provide a significant advantage. Foods rich in tryptophan, generating so-called "happy hormones" are essential. Think nuts, bananas, and

Dr Auna emphasises, "What works for one person might not work for another. Factors like body type, metabolism, and even family genetics play a role."

So, the biggest mistake we make here is jumping on a diet plan without consulting a nutritionist.

The message is clear: ditch fad diets based on fleeting trends. True change requires a holistic approach. Discipline, adequate water intake and quality sleep are all essential for a well-functioning mind. Chronic stress can also take a toll on mental health. Incorporating stress-management techniques like meditation or yoga, along with a balanced diet can be beneficial.

"We are often quick to say that children these days have unhealthy food habits," says Auna, "But remember, children are keen observers. We are the ones who should lead by example."

And truer words have not been spoken. If we can make

children believe that healthy food is a recipe for an energetic and fun life, only then will they want to follow in our footsteps. Remember, we are

what we eat, and a nourished body is the foundation for a nourished mind. The journey towards optimal mental health is unique for everyone and there is no single magic bullet.

While the future of food and mental health holds exciting prospects, the power to make positive changes lies within your hands.

By embracing a mindful approach to eating, prioritising a balanced diet, and incorporating healthy lifestyle habits, you can unlock a world of mental clarity, emotional resilience, and overall well-being.

By Nusrath Jahan
Photo: Collected



This simple statement holds a profound meaning. Auna emphasises how our regular intake of restaurant meals and ultra-processed food, disrupts the delicate balance of elements in our body and slowly but surely weighs on to our mental health.

"Dehydration, slowness, fatigue, migraine, unexplained increased heart rate, etc. are just some examples of what excessive sugar, caffeine, artificial flavours and colours contained in these foods can do to our body," she explains.

Although there is nothing wrong with occasional indulgence, moderation is key.

Does that mean we are suggesting only leafy greens and cucumbers in the name of "healthy living"? Absolutely not! In fact, popular reels on YouTube for quick weight-loss are something experts strictly advise against.

According to Auna, the sudden drop in carb intake, which is often the main

even lean red meat.

Dr Auna highlights these options as potential weapons in the fight against primary depression and anxiety.

Omega-3 fatty acids are another indispensable nutrient for mental health. Often found in fatty fish, they have earned a reputation as memory enhancers and may even play a role in reducing symptoms of anxiety.

Vitamins A, C, D, and B complexes all play essential roles in brain function and overall well-being. Vitamin D deficiency, for instance, has been linked to an increased risk of depression.

The key to a healthy mind on a healthy plate lies in personalisation. As



Grameenphone has unveiled a new episode of the second season of the Lumière series, spotlighting Shehzad Munim, the former managing director of British American Tobacco Bangladesh.

This episode delves into Munim's illustrious career, his philosophical approach to life and work, and his fervent passion for cricket, offering viewers a profound glimpse into the life of a remarkable leader.



The new season of The Lumière series lines up a new set of Lumières, building on the success of the first season.

The inaugural episode, hosted by Nabila Khalid, masterfully navigates through Munim's journey, presenting an inspiring narrative of professional triumph and personal insights. It emphasises

Munim's philosophy of integrating personal values with professional ethics and his contributions towards nurturing talent and leadership in the corporate world.

Munim discusses his upbringing, pivotal moments that tested and built his character, and his lifelong passion for cricket, illustrating how these aspects have influenced his leadership style and decision-making.

The second season of Lumière aims to not only continue the series' tradition of highlighting influential figures but also underscores Grameenphone's commitment to inspiring the youth of Bangladesh. The

Grameenphone releases Lumière Season 2's first episode featuring Shehzad Munim

show's format, where the congenial host candidly engages with guests, allows for deeper storytelling and revelation of lesser-known facets of a Lumière.

In the first episode of the season, Khalid's ability to ask penetrating questions in a casual manner uncovers new layers to Munim's character, enriching the viewer's experience.

The episode also serves as a critical reflective surface for understanding the

broader impact of such media initiatives. It exemplifies how storytelling can be a powerful tool for motivation and education, encouraging viewers to draw parallels with their personal aspirations and challenges.

The latest Lumière episode not only entertains but also educates and inspires, cementing Grameenphone's role in shaping a narrative that fosters a more informed and inspired youth.

Photo: Courtesy



#FOOD & RECIPES

THE HEALTHIEST DIET AROUND

Exploring Japanese cuisine

With an emphasis on unprocessed and fresh food, Japanese cuisine can boast as one of the healthiest dietary choices in the world. Rice, vegetables, and fish are the staples of the cuisine. Of course, meat has a place but in the past, under the influence of Buddhist vegetarianism, meat was practically shunned. However, modern Japanese cuisine features all sorts of ingredients.

The dominance of soy

Soy sauce and soybeans have been part of Japanese culture for more than 2000 years. Sushi — the quintessential Japanese dish — would not be the same without it. However, the condiment we find at our local grocery store is a far cry from the authentic version. Full of antioxidants and antimicrobial properties, it takes a very carefully maintained delicate process and about 6-8 months to produce authentic, Japanese soy sauce.

High in protein, soybeans are a popular source of protein for vegetarians. "Edamame" are whole, immature soybeans that are boiled or steamed and served with salt or other condiments. Like many soy-based food, it is high in protein and low in carbs, with the added benefit of vitamins and minerals.

Tofu is another soy-based food which is a meat substitute. Miso is a paste made from fermented soybeans that can be used as a soup base or even condiments. Fermented soybeans are called 'natto' which comes with a strong flavour and a sticky texture. It is a breakfast item but not particularly popular amongst foreigners.

Vegetables and seaweed

Vegetarian food habits are gaining more popularity these days. According to the Harvard School of Public Health, there is strong evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke.

Seaweed is yet another popular food choice in Japan, Wakame being the most popular kind. It is low in calories and rich in vitamins, minerals, and fibre. Seaweeds in general are rich in iodine and tyrosine, which is great for your thyroid glands. They are said to reduce the risk of heart disease and diabetes. And of course, they have a very unique taste.



Fish over meat

Although meat is present in Japanese cuisine, fish and seafood reign supreme. Different regions of Japan have different kinds of food that stand out. Dried octopus is a source of the "good" fat, Omega-3 with much-needed calcium, phosphorous, and iron. So, it can help prevent anaemia,

relieve fatigue, and restore eyesight. Bonito fish, on the other hand, can be really helpful for your teeth and bones.

In general, fish is a great source of protein. Because of its lower calorie and saturated fat, it is considered to be a comparatively healthier choice than meat.

Worldwide popular dish sushi is another delicacy in Japan. Even though sushi originated in China, it has been involved in Japanese culture long enough. Fish (usually raw but can be cooked too) is a key ingredient for sushi. However, in recent years there has been vegetarian sushi, which can be, much to many people's surprise, full of flavours and a memorable experience.

Having one of the highest life expectancies in the world, one can imagine that it has something to do with their food and eating habits. Japanese cuisine is not just healthy, it embodies their culture as well.

In 2014, UNESCO recognised Washoku, a traditional Japanese cuisine, as an intangible cultural heritage. With all the colours, flavours, and health benefits they hold, Japanese cuisine is a must-try.

By Ashif Ahmed Rudro
Photo: Collected

#HEALTH & FITNESS

Here's why watermelons are good for you

Watermelons are not merely a symbol of summer refreshment. They are an excellent source of hydration and nutrition. Beyond its irresistible watery sweetness, the fruit is preferred for its ability to sustain good health and invigorate the body.

Instant hydration

Watermelons are nature's hydration specialists, boasting an impressive 92 per cent water content. So, the next time you reach for a slice, remember you are not just treating your taste buds to a burst of natural sugariness — you're also giving your body a revitalising boost from nature's one of the best water sources.

Good for your skin

Packed with the goodness of vitamin A and vitamin C, watermelons can become your skin's best friend.

Vitamin A also steps in as a skin rejuvenator. It boosts collagen production, smoothens out fine lines and revives tired skin cells. Vitamin C, a powerful antioxidant, shields your complexion from the onslaught of pollutants. It enables your skin to abbreviate wrinkles, fend off acne, and lighten dark spots for a relatively flawless finish.

Lycopene is another strong antioxidant found in watermelons. By minimising oxidative stress, it can help prevent early ageing. Other health benefits include

sustaining skin elasticity and maintaining a youthful glow.

Now, the skin benefits of watermelons are not limited to oral consumption. Some dermatologists suggest that applying watermelons on the skin can be equally rewarding. So, for those having with acne and dark spots, watermelons can be a possible solution.

Watermelon as your heart's companion

Watermelon's impact on cardiac health is often overlooked. As it contains lycopene, various studies have suggested it can greatly benefit heart health.

Researchers have found out that lycopene can help lower cholesterol and

blood pressure, both of which have a positive impact on your heart's overall condition. The wonders of watermelons do not end there. It's also filled with citrulline, potassium, magnesium, and vitamins A, B6, and C — all of which are healthy ingredients for your heart. These nutrients team up to keep your heart beating happily and your body feeling energised. Enjoy a slice or two every day and give your heart a little extra love this season!

Watermelons can easily turn into your summer snack of choice. It's a delicious way to keep hydrated and load up on those important nutrients.

By Pratno Rahman

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Restrictions will be difficult for you to bear. Look for creative ways to make money. Make any changes you feel is necessary. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Your determination to do your own thing will succeed. You will have trouble saving money. Make an effort to be pleasant. Your lucky day this week will be Tuesday.



GEMINI (MAY 22-JUN. 21)

Your concern for others will add to your charm. Your partner will be difficult this week. Don't jump into relationships. Your lucky day this week will be Tuesday.



CANCER (JUN. 22-JUL. 22)

Go for some shopping. Make use of your creative flair. Stick to deadlines to avoid trouble. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Don't let anyone treat you poorly. Sort your personal issues yourself. Avoid getting involved with married individuals. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Plan your course of action carefully. You will be indecisive. Hidden assets can be doubled if you make the right moves. Your lucky day this week will be Tuesday.



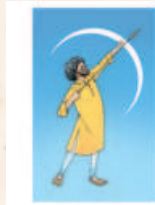
LIBRA (SEP. 24-OCT. 23)

Take action. Social functions will new romantic opportunities. Major job opportunities are apparent. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

You can gain invaluable knowledge if you listen. Get some rest. Don't waste time daydreaming. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Your plans might cost more than expected. Think twice before volunteering information. Heart to heart talks will clear up misunderstandings. Your lucky day this week will be Wednesday.



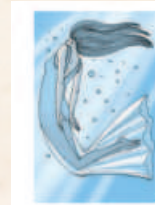
CAPRICORN (DEC. 22-JAN. 20)

Think twice before signing up for costly ventures. Seek support from loved ones. Now is not the time to be overly generous. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Make plans to meet with friends. Visit someone who is ill. Don't rely on advice from false information. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Things may not be as they appear. Your new ideas will bring about extra money. Spend time with people who can help with your situation. Your lucky day this week will be Friday.

এখন প্রতিটি **বিডিটিনা** হেয়ার অয়েল
২০০ মি.লি. এর সাথে **৫০ গ্রাম**
ম্যান্ডালিনা লোশ **ফ্রী**

বিডিটিনা

হেয়ার অয়েল

5

BENEFITS

- চুল পড়া নিয়ন্ত্রন করে।
- চুলের গোড়ায় অতিরিক্ত পুষ্টি যোগায়।
- চুলকে করে খুশকিমুক্ত।
- চুলকে করে হালকা ও নরম।
- চুলকে করে উজ্জ্বল ও ঝলমলে।

ফ্রী

Complete Hair Therapy...

#DECOR

WHERE DECISIONS MEET DESIGN: Basic guidelines for designing a CEO's office

Decorating office spaces can be tricky and the task gets even harder when it comes to the office of the head of the company. While most corporate offices are somewhat mundane, with the right décor and furniture they can be a cosy place too.

A reflection of the office's corporate culture should be evident in the décor of the room. After all, this is where all the important decisions are made. Hence, the décor should create a calming and simple environment.

Personal office rooms should say something about the company while maintaining a personal touch. As the desk becomes the centre of attention, it should be a neutral colour and not too big, that it takes up most of the room. Another thing to consider while selecting the desk is that it should be suitable in terms of storage and space. A comfortable chair that complements the desk and the room is just as important to bring the office space together.

The next focus should be the sofas in the corner of the room, which are mostly used for small meetings. It is important to ensure that the colour is pleasing to the eye. Choosing the right table is important as it should match the desk to make the space look cohesive.

A wooden table to match a wooden desk would look splendid or if you want to add a different touch, a glass centre table or even a marbled one would look great. A comfortable seating space that is pleasant to the eyes will help bring the room together.

Generally, the office needs storage for important files and paperwork. A well-built bookshelf can be perfect for that. Using the



shelf to store things that one may require daily is not only going to be convenient but also give the space a clean look. It can also be used to display some showpieces.

All of it together may be a little heavy on the pocket but no expense should be spared in decorating the office of the head of the company as it speaks a lot about the company itself. Inquiring about EMI options offered by some furniture stores can be an easy way to make the décor process more suitable for the company's budget.

Granted that the essential furniture is crucial to the décor of the room, in order to make it more comfortable and welcoming, adding a few plants in one corner can be a good call. Having some greenery in the room gives off a calming vibe and can make working long hours. Some paintings alongside the achievement certificates on the walls can also add colour to the room.

By Ushmila A Tamim
Photo: Courtesy



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A well-decorated office room boosts your confidence

Yearlong EMI Facilities
