

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**