

#FASHION & BEAUTY

Unlocking the ancient secrets

of SANDALWOOD

Used as a South Asian home remedy for thousands of years, the regular use of sandalwood is believed to have myriad beneficial effects on the skin, and it is now used as a core ingredient in many commercial skincare products. Discover how sandalwood can transform your skincare regimen as we explore some of its benefits.

Reducing wrinkles

As we age, wrinkles become a major concern for most of us. Some people get them from the early age of 20 while others get wrinkles much later in life. Using sandalwood on your face can slow down that process. The antioxidants in sandalwood help to maintain the structure of skin cells helping delay the appearance of lines on the face.

Acne

Having acne can be a nightmare. The redness and texture of acne on the skin can be difficult to deal with, especially when it is on your face. Sandalwood is widely believed to have anti-inflammatory, antibacterial, and antifungal properties. Applying sandalwood paste on acne-prone skin gives you a soothing effect and helps fight bacteria, which effectively clears up pores in the skin.

Tan and scarring

The natural oils in sandalwood help remove tan and can soothe the pain and redness of a

sunburn. It helps improve elasticity, nourish the skin, and even out the skin tone. All of these can contribute greatly to reducing the appearance of scars. Some studies have shown that applying sandalwood and honey can also help minimise scars.

Inflammation, wounds, and

Eczema is a skin condition that causes dryness and itching. Sandalwood is known to help reduce the effects of this skin disease. The antiseptic and antifungal properties also help to heal wounds and sandalwood powder mixed with rosewater is widely used in South Asia as a natural remedy to heal cuts and bruises. Sandalwood also has antiinflammatory properties, which can help with fighting inflammation.

Anti-ageing

Being rich in antioxidants, sandalwood prevents the skin from sagging and makes it tighter. It can also fight the damage caused to the skin, making it firmer and smoother. The anti-bacterial and anti-inflammatory properties in sandalwood help prevent any sort of marks or bumps from forming, leaving your skin looking flawless.

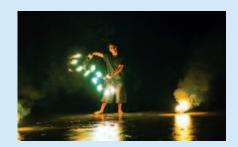
By Ushmila A Tamim Photo: Courtesy













#CULTURE

Playing with fire since 2022

Dragon House - Dhaka, founded by Shadman Faiyaz, has been "playing with fire", and within a short period, this unique group of promising fire spinners has turned into a thriving community under the flickering shadows of their fire-lit performances. Dragon House's reputation for spectacular acts has caught the eye of many of the major corporations in Bangladesh.

So, what ignited Shadman and his team's passion for fire spinning?

Shadman reflects, "I have been fire spinning for quite a while – about seven to eight years. Due to other responsibilities, those who performed with me regularly had to step away. So, I decided to build a new team from the ground up. I decided to train those, who want to learn and perform with me."

This determination led to the creation of a community where skills are honed, and a new generation of fire spinners is

Building a community

The assembly of this fiery troupe was no small feat. Shadman shares, "Building this new team was as much about rediscovering old ties as it was about forming new ones. Many of our members were acquaintances, and others were friends of friends. I reached out through social networks and organised meetings, which helped us knit tightly as a group."

The search for potential members was systematic and inclusive, employing tools like Google Forms to gather interested

individuals. "The new recruits decided to join my classes and we have become a community in that sense," he adds, highlighting the inclusive and expansive nature of Dragon House.

Commitment to safety

Given the inherent risks of fire spinning,

flames to each other, ensuring safety checks, and inspecting the direction of the wind."

to having fire personnel on-site during performances, underscoring their

This balance between large-scale This rigorous safety protocol extends

commitment to safety.

events and personal performances illustrates the versatile appeal of fire-

For those drawn to the allure of firespinning, Shadman offers sage advice rooted in his own journey,

The key is relentless practice. It's about building stamina and skill through persistent effort and overcoming the inevitable setbacks that may come for the beginners," he says.

His guidance is not just about technique but about cultivating resilience and a deep connection to the art.

Looking ahead

Looking forward, Dragon House aspires to expand its horizons beyond the local stage.

"Our eyes are set on international festivals, particularly in places like Australia and Los Angeles, USA which are hubs for fire spinning. Participating in these events is our dream, offering us a chance to learn from global talents and showcase our own," Shadman shares.

This ambition reflects their commitment to growth and global cultural exchange.

In the flickering lights of their performances, Dragon House — Dhaka stands as an encouragement for the passionate and the brave. As they continue to dazzle the audience with their performance, may their endeavours forge new paths for those who want to do something unique and innovative in their own arenas.

By Ayman Anika Photo: MQW Shajib, Abdullah Al Baker



of performers and spectators is paramount. Shadman elaborates on their meticulous approach: "Safety is a very big part of our performances.

We first practice with non-fire equipment and gradually get used to it. We all are very serious about fire safety guidelines, for example, passing the

Dragon House has dazzled audiences, from corporate giants to intimate gatherings, each offering distinct experiences. Reflecting on a particularly grand event, Shadman recalls,

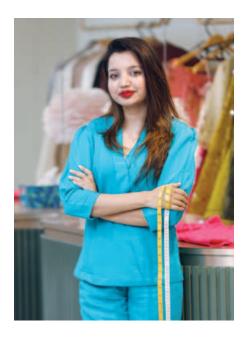
"Performing at Coke Studio was surreal - facing thousands of spectators alongside renowned artists. Yet, smaller venues bring us closer to our audience, allowing us to share the subtleties of our art."



04 LIFE Style







#FASHION & BEAUTY

The embellished world of

DESIGNER SAFIYA SATHI

With a unique sense of style and fascination for zardozi ornamentation, Safiya Sathi is currently one of the most trusted bespoke designers in the country. From superstars scrambling for her latest gowns to brides anticipating her magician's touch in their upcoming weddings, Safiya has managed to become a household name when it comes to ravishing designs.

In an exclusive interview with The Daily Star, we learn about her humble beginnings, fight for her passion, and hopes for the future of fashion in Bangladesh.

TDS: When and how did it all begin?

SS: As a school student, I started painting T-shirts, kameezes, and kurtis and would design block prints myself. Growing up in a small town, we did not have

the same facilities as in Dhaka. However, life in Tangail taught me to value artisans and their skills. I was mesmerised by them, their work, and the fabrics—the texture, the smell, the colour.

In college,
everyone said
I should study
fashion design
because they noticed
my knack for it. My
journey as a designer began
with a Facebook page in 2013
where products like sarees, kurtis, and
kameezes focused on celebratory occasions
like Eid or Pahela Baishakh were on display.
I used whatever money was saved from my
commute as a student and there were no
significant investments involved.

Within a few days of starting the Facebook page, all my authentic designs

were getting copied! Every time a new design appeared, someone would steal the photo and offer it as their own. To stop them from copying, I started focusing on intricate designs and started studying for it on my own. It was also a way to make the work memorable as a bride always remembers her wedding dress.

Even in 2016, no one was making widetail gowns, but I ventured forward and created an engagement dress with heavy zardozi work for a client. Pleased with the result, she hired me to make a lehenga for the next wedding event as well. And with that, in 2017, Safiya Sathi took off.

TDS: What do you think are the biggest drawbacks of the industry?

SS: One of the major obstacles that designers face is the confusion of the customers about what they want. Often, they will ask us to copy something that an Indian or Pakistani designer has made. If we keep copying, who will ever see our *deshi* work? However, we have to keep the business running, so we oblige.

We need to be trusted by the same people who trust Sabyasachi but to earn that respect, we need more promotion. I guess it will take time.

When it comes to problems, the biggest is -- copying. After I began designing wedding dresses, a thousand more popped up like mushrooms! It gets tiring to fight for our own identities and hard work. What we do, especially with zardozi, requires a lot of patience, perseverance, and time. To see cheap knockoffs of the fruits of our labour is truly hurtful and is heavily affecting the industry.

TDS: What is your work process and what makes Safiya Sathi, the brand, different? And what does Safia Sathi, the person, hope for the future?

SS: We specialise in bespoke attires, which require pre-ordering. We start with a conversation with the client and learn all about their preferences — pattern, cutting, colour, fabric, and everything else needed. If they are ever confused, we show them some old designs for inspiration. After the final sketching is approved, we move to the factory where I am constantly present to make sure everything goes just the way my client wants it.

Safiya Sathi, as a brand, is always more focused on ornamentation; we do a lot of zardozi work, and we give most of our time and priority to that. However, we sometimes face challenges when we want to do traditional folk ornamentation, which involves human or animal motifs. Many brides do not want that because of religious reservations. It is mainly ornamentation, embellishment techniques, and the variety of patterns that set us apart.

About hopes for the future, I want existing designers to keep moving forward with proper and big teams and new designers to join and strengthen the industry.

By Naziba Basher Photo: Courtesy





Star Style

will always be

remembered

and treasured.

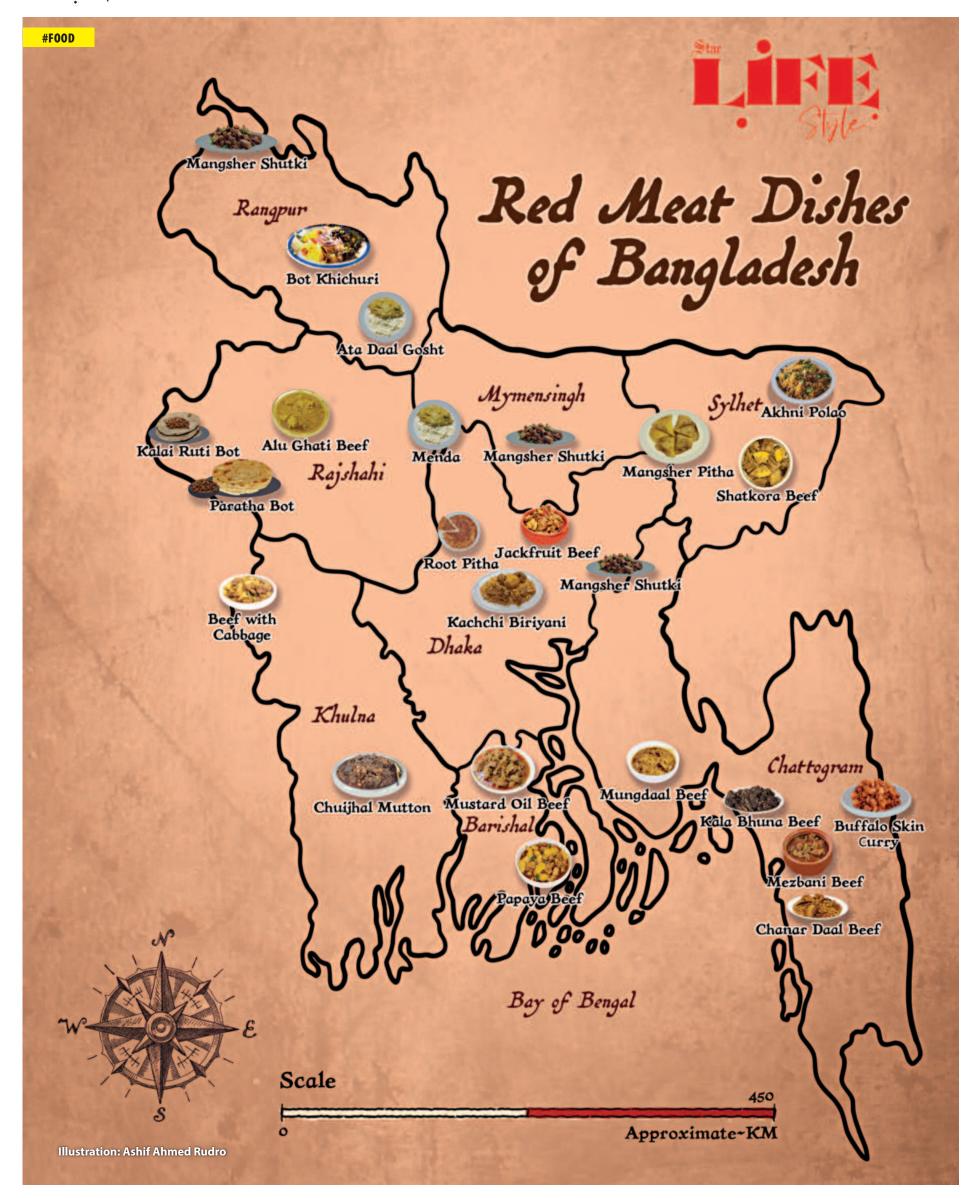
course, you can choose packages that offer much more than that!

An insider tip -- hiring an assistant will make a huge difference to the way your dress

in this case -- maybe your better half, your smartphone can be put to some use, ultimately helping you to return home with wonderful pictures worthy of a lifetime, and

a series of whitewashed buildings to avoid blending in with your background.

Here, we go back to



Red Meat Roadmap of Bangladesh

Bangladesh's food scene is like an explosion of flavours with something for everyone. At Star Lifestyle, this got us curious — what are some of the most popular and unique red meat dishes that Bangladesh has to offer? With that question in mind, we embarked on a voyage lasting two long months to discover and bring our readers a taste of Bangladesh's red meat marvels

The idea was to map out the regional specialities but as soon as the brainstorming sessions started, this was proving to be rather difficult. When it came to popular red meat dishes, some names instantly popped into our minds —haleem, nehari, chaap, kofta kebabs, jhura mangsho, mutton kosha — the list was endless. These dishes are loved and eaten all over the country and as such, there was no way to pin them in one district or division.

So, we started delving much deeper to bring out the regional delicacies that make Bangladeshi cuisine so diverse. And what a treasure trove we unearthed!

Dhaka's love affair with kachchi biriyani came as no surprise. We know it, we love it, and Dhakaiya kachchi with its distinct flavour profile most definitely deserved a spot on our map.

Chattogram, much like Dhaka, boasted some undisputed champions like kala bhuna, chanar daal beef, and akhni biriyani -- which shared a close kinship with Sylhet's akhni polao.

These were the easy bits though. When scouring the Internet, every possible platform gave us the same names all over the country but that could not be right! Thus began the next phase of the research. We turned into "call centre agents", making countless phone calls throughout the day, talking to regional journalists of The Daily Star, local restaurants, chefs, and pretty much anyone who could help us.



and potatoes in a flavourful gravy, secured its place on our map for its immense popularity across Rajshahi division, especially in Rajshahi City, Bogura, and Naogaon.

Perhaps, one of the most intriguing finds on our journey was bot khichuri, a popular street food in Rangpur. This dish features cow entrails cooked into a spicy curry and served with khichuri. While the

> name might not be the most enticing, the flavours of this dish are sure to delight the

> > adventurous gourmand.
> > Khulna's chuijhal
> > has become a popular
> > dish across the
> > country in recent
> > years. But did you
> > know that in Khulna
> > itself, it is mutton
> > chuijhal that reigns
> > supreme? A delightful
> > surprise, indeed! Meanwhile,

beef with cabbage is more commonly found in households than in restaurants

Although our research revealed a greater amount of beef dishes than other meat, it is perhaps mostly about beef being more common/popular than its counterparts. Make of the dishes on our map, like ata daal gosht, chuijhal, and mustard oil meat, have their version of mutton as well as beef.

A delightful discovery was milli/menda



twist on this dish, but the core elements remain the same — minced or ground meat (usually beef or mutton) cooked with lentils and rice.

This culinary voyage proved to be something much greater than anticipated, with finding dishes that were exclusively

ours and letting each division and district

have their best red meat delicacies brought

Tangail, Jamalpur, Sirajganj, and many other

districts in Bangladesh. Each region has its

bhaat, a hearty dish prevalent across

So, there you have it, a glimpse into the diverse and delectable world of red meat dishes in Bangladesh. This is just a taste, and there's so much more to discover. The next time you travel across Bangladesh, be sure to embark on your own culinary adventure and savour the hidden gems waiting to be

explored!
Special thanks to Uday Shanker Biswas,
Professor, Department of Folklore, University
of Rajshahi and chef Subhabrata Maitra,
Consultant, Indulge Food & Beverage
Limited of United Group, Bangladesh for the
guidance and support in curating this map of
Bangladeshi red meat dishes.

We also extend our gratitude to all our colleagues across the country as well as all the chefs and locals for their valuable insights.

By Nusrath Jahan, Ashif Ahmed Rudro, M. H. Haider Photo: Sazzad Ibne Sayed

We knew for a fact that kala bhuna could not possibly belong to every district in the country, so bringing people out of that box was a task on its own. There was an elaborate and rather complicated Microsoft Excel sheet involved, no less!

Venturing a little further from the bustling capital, we found Gazipur offering a unique take on beef — a curry that combined succulent meat with jackfruit. While this dish is popular across

the nation, Gazipur, being the heartland of this giant fruit, has perfected this generation-old recipe!

Sylhet, of course, had the iconic shatkora beef, also known as Sylheti beef, holding its crown as the region's signature dish. But among our interesting finds, Sunamganj offered the delectable mangsher pitha.

Barishal, while being renowned for its diverse fish dishes, surprised us with two local favourites – beef cooked in a unique blend of mustard oil and tomato sauce, and a beef curry that incorporated the freshness of raw papaya.

Rangamati threw a curveball with its buffalo skin curry, a dish as unique as its name and a favourite among the locals.

Beef alu ghati, a dish featuring beef

Grameenphone Launches Latest Episode of Lumière Featuring Navidul Huq

Grameenphone has launched a new episode in its acclaimed Lumière series, this time spotlighting Navidul Huq, the visionary co-founder of Bongo. Known for his groundbreaking contributions to the digital content industry in Bangladesh, Huq's episode provides an engaging and personal look into his entrepreneurial journey, background, habits, and philosophies.

Navidul Huq, a prominent figure in the realm of digital entertainment, is celebrated for his role in establishing Bongo, the premier streaming service in Bangladesh. The Lumière episode delves into Huq's life story, tracing his formative years, the creation of Bongo, and the principles that have fuelled his success. This episode transcends a mere recounting of achievements, offering a heartfelt narrative of his commitment to transforming how Bangladesh consumes digital content.

Lumière, an initiative by Grameenphone, aims to highlight individuals who have significantly impacted Bangladeshi society. The series focuses on their personal and professional journeys, the obstacles they have overcome, and their unique stories. The objective is to inspire the youth and provide an in-depth look at the lives of



those who have shaped the nation's cultural and social fabric.

Now in its second season, after a successful first run, Lumière continues its tradition of featuring influential figures and demonstrating Grameenphone's dedication to motivating the youth of Bangladesh. The format, featuring candid conversations with a personable host, allows for deeper storytelling and the revelation of lesser-

known aspects of these remarkable individuals.

The latest episode, hosted by Nabila Khalid, remains true to the series' commitment to presenting intimate and insightful discussions. Huq shares personal anecdotes from his upbringing, his entrepreneurial ventures, and the philosophies that drive his work.

Viewers get a chance to connect with

Huq on a personal level, understanding his motivations, inspirations, and the philosophy that underlies his endeavours. Through his story, viewers gain insight into his passion for digital content, his relationships, and his lasting influence on the entertainment landscape in Bangladesh.

Photo: Courtesy

#FYI

Are you being Fired Silently? What employees need to know

Companies, to some extent, ranging from e-commerce platforms to the RMG sector in Bangladesh, have been "trimming the fat." Today, with skyrocketing inflation, employees feel their backs have hit the wall without any contingency plan. Taking advantage of such instances, many companies adopt a subtler approach in such dire circumstances: quiet firings rather than outright firings or layoffs. With the rate of downsizing and employees getting the axe on the rise locally and worldwide, the sentiment around working hard has taken

Farzana, a manager at an MNC, says, "I can deal with pressure; it's what you do as a professional. But coping with targeted ignorance inflicted on you by your superiors is very hard." She continues to say, "They deliberately want you to fail; not recognising your hard work, setting up an unrealistic goal, and being downright condescending is just the cherry on top." Studies have revealed that most employees who guit did so due to low pay, lack of growth opportunities, or feeling disrespected. Employees may find themselves burdened with new policies or responsibilities, transforming their jobs into something unrecognisable until resigning seems the only option. Unfortunately, many employees do not



even understand quiet firing, let alone how to recognise or respond to it. An IT expert, Sharif, explained that he had witnessed several colleagues endure this ordeal. "At first, you question your competency. It is a horrible process. It disintegrates your confidence. For the sake of making the financial quarters, my colleagues were treated in ways that did not align with professional etiquette by any means. They were called 'redundant.' This behaviour motivated me to look for opportunities in other companies."

After speaking to several service holders and professionals, it was clear that this culture existed even before the global pandemic or before it was dubbed "silent/quiet firing." Their responses identified several common indicators suggesting an

employer might be trying to "motivate" workers out the door.

Quiet firing warning signs Changes Related to Work Responsibilities —

Reassigning essential job duties to others. Demoting employees or altering their

job descriptions. Withholding promising new opportunities.

Setting unreasonable performance

Assigning undesirable or misaligned responsibilities.

Blocking well-deserved promotions or

Changes related to supervisor communication —

Neglecting career discussions or performance feedback.

Unfair evaluations or excessively harsh criticism.

Frequent cancellation of meetings ("ghosting").

Withholding critical information. Not crediting employees for their work or giving credit to others.

What can you do if you're being quietly fired?

Communicate openly: Have honest conversations with your supervisor about

your concerns. Focus on specific, tactical ways your manager can improve the situation.

Quietly quit: Disengage from work and do the bare minimum while determining your next steps. This can alleviate some stress.

Take legal action: Although quiet firing makes legal recourse difficult, it's possible. You must prove unfair alterations to your work conditions and demonstrate tangible damages.

Negotiate before quitting: If you decide to leave, negotiate your exit terms. Offer to leave voluntarily for severance, a favourable recommendation, job placement support, or other benefits. Leverage your position to secure favourable terms.

Implementing these recommendations can be challenging. Most service holders and professionals in various corporate trades try to ignore the problem, avoiding conflict. But recognising the warning signs and knowing how to address them equips you to tackle the issue. Whether you decide to quit or stay, remember that you deserve appreciation and value in your job.

By K Tanzeel Zaman Photo: Illustration by K Tanzeel Zaman











#ART & CULTURE

THE CHANGING NARRATIVES OF KORAIL

Whenever "Korail" comes to mind, the word that follows next is "bosti" (urban slum). Housing about 80,000 people from various districts, the community is one of the largest low-income settlements in Bangladesh and home to residents who work as domestic helpers, office assistants, businessmen, drivers, rickshaw pullers, security guards, janitors, and vendors. Recently, an exhibition was arranged to provide an alternative narrative to the Korail story.

The show was unveiled on 24 May and continued until 7 June at the Shala Gallery at Aloki.

Paraa is a research-based design and architecture studio, focusing on enhancing lives and spaces within the communities in Bangladesh and beyond through multidisciplinary practice. Their experiential exhibition, "Hoichoi: Engage, Interact, Play" captured the life and the culture of Korail, created and curated by the students of CADSE (Critical Architecture Design Sustainable Environments), the 2024 Winter School developed by Paraa.

Every installation and artwork at the show encapsulated how the neighbourhood operated and how it shaped the lives of the people. From birds chirping, people clamouring, or tins clanking, as captured in the "Korail Kechal" audio clip to the "Cha er Tong" with its television airing a PSA on gender-based violence, the exhibition engaged the senses to make us feel as if we are standing right there.



They also weaved in some humour to simpler aspects of life, for instance, installations like the 'Shobji Shomachar' narrated the internal monologues of the popular home-grown vegetables sold at the markets of Korail.

This year, the school focused on "Korail City of Culture", a project by Paraa and Goethe-Institut, Bangladesh, working on building an inclusive play space and cultural hub for the people of Korail, by the people of Korail!



Korail — City of Culture was an initiative in sustainable urban development, supported by the Creative Economy Programme of the Federal Foreign Office (Germany), in conjunction with the Goethe-Institut Bangladesh, Paraa, and German partner, Floating University Berlin.

The project worked closely with young people, a mix of young men and women, along with elders from the community leadership to train, develop, and build a publicly accessible place using the Ershad

The young people were being taught to research, document and lead, and develop a network that could sustain the place after it was built. The overall idea was to build a new cultural space in the heart of Korail and produce a cultural festival that will focus on design collaborations, within the community, with the city, and with international design partners.

By Rubab Naveem Khan Photo: Courtesy





#DECOR

A guide to choosing modern kitchen cabinets

How often have you seen a sitcom and thought, "Wow, that is a nice kitchen cabinet?'" A person who appreciates good interior design is always on the lookout for a modern touch to their home. Kitchens are a special area for any home, not only Because the food is prepared there but also because of the memories that come with it. So. why not upgrade the functionality of our kitchens and give it a modern touch?



Modern kitchen cabinets are all about looking minimalistic while giving adequate functionality. It is distinguished by clean lines, shiny surfaces, and a light-toned colour palette.

If you want to display your glassware and beautiful dishes, go for open shelves -- a hallmark of modern kitchen design. This gives you a clutter-free look while making your appliances easily accessible.

A chic contemporary look is to pair high-glossy cabinets next to your usual wooden ones. Glass automatically makes your kitchen look brighter and bigger.

Wooden cabinets with quartz countertops are a popular choice. They are easy to maintain as well as durable and there are several colours to choose from. The smooth polished finish gives the minimalist aesthetic your modern kitchen calls for.

If you want to give your kitchen that seamless look, integrated appliances such as built-in ovens and refrigerators will help the cabinets blend in easily while looking neat and organised.

These may be standard modern kitchen cabinet ideas, but you always have the option to customise your cooking space. Materials common in the latest kitchen cabinets are often metal, plastic, concrete, and glass. You can replace your old cabinet doors with semi-opaque frosted glass ones. It is a simple and cost-effective way to make your kitchen stylish.





It is not necessary to get rid of all your old kitchen cabinets, mix and match with what you already have, and refurbish your wooden cabinets. Add new modern ones with it. Give it a pop of colour. There is so much you can do with your cooking space, give your vision a new reality.

Once you have picked out your specific kitchen cabinets, start to recreate them! Accessories such as door handles, knobs and drawer pulls, organisation systems within the cabinets, and decorative finishes can be chosen to give you the custom modern look you are hoping for.

Yearlong

By Tasnim Kabir Photo: Courtesy

