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Style

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# Ruffles *all* *the* WAY!

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RE-DISCOVERING THE OLD  
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WHEN HOBBIES MAKE YOU SMARTER

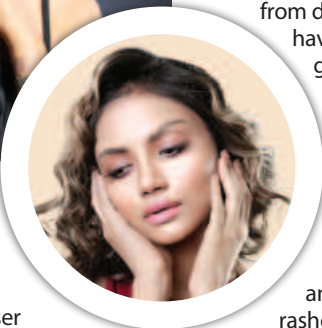
PHOTO: ADNAN RAHMAN  
MODEL: SIMMI  
WARDROBE: TAAN BY TANHA SHEIKH  
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MAKEUP: SUMON RAHAT

# SUMMER SKINCARE

## Your ultimate guide to healthy, radiant skin

With summer in full swing, the importance of a proper skincare routine cannot be overemphasised. The sun, the heat, and the humidity can take a toll on your skin, making it essential to adopt a regimen that keeps your skin healthy and glowing.

Although it may seem daunting, with a “10-step routine” circulating, there are simpler and more practical approaches to keeping your skin healthy during summer.



### A FRESH START

Dermatologists suggest starting your morning routine with a gentle cleanser. Now, which cleanser is gentle, you may ask? Choose any face wash that will prevent your skin from drying out.

Next comes serum. Although considered optional by many, it can do wonders for your skin when used daily. It not only restores balance but also helps protect your skin from environmental damage.

Even if your skin gets oily in summer, moisturising is a must. Choose a lightweight moisturiser that provides hydration without heaviness.

### SUN PROTECTION

A lesser-known fact about UVA rays is that they can cause damage to your skin even through window glass on a seemingly cloudy day. So, sunscreen is a must, whether you are going out or staying home.

Applying generously on your face, neck,

and any other exposed areas will not only protect you from this but also prevent premature ageing of your skin.

### HEALTHY HABITS

Nothing beats water when it comes to maintaining healthy skin. Drinking 6-8 glasses of water will help keep your skin hydrated, avoiding dryness and wrinkles. Hot showers, as relaxing as they often are, can strip your skin of its natural oils. Opt for lukewarm water and keep showers short to prevent your skin from drying out. Also, while you do not have to be a gym rat to get your skin glowing, a regular physical exercise routine promotes healthy blood circulation, which in turn, helps nourish your skin cells.

### YOUR SUMMER WARDROBE

Choose attires made from breathable fabrics like cotton and linen to allow your skin to breathe and reduce the risk of irritation and rashes. Opt for loose-fitting clothes as tight clothes often trap sweat and lead to skin issues like acne and rashes.

### NIGHT-TIME RETREAT

It is no longer a myth — at the end of the day, a double cleanse is a must. Use an oil-based cleanser to remove makeup and sunscreen, followed by your regular face wash to cleanse your skin thoroughly.

Nothing compares to a good exfoliation for removing dead skin cells and preventing clogged pores. Although daily exfoliation is not recommended, make it a habit to exfoliate 2-3 times a week. Avoid harsh scrubs that can irritate your skin.

A toner is not necessary

for every night but can help in hydrating your skin on nights when you exfoliate. An extra dose of softness does not hurt, right?

Lastly, finish with a nourishing night cream that supports your skin's natural repair process. Night creams are usually richer and provide more intense hydration than day moisturisers.

Remember, consistency is key when it comes to skincare. Even if it feels like a lot in the beginning, the results will soon speak for themselves.

By Nusrath Jahan

Photo: LS Archive/Sazzad Ibne Sayed

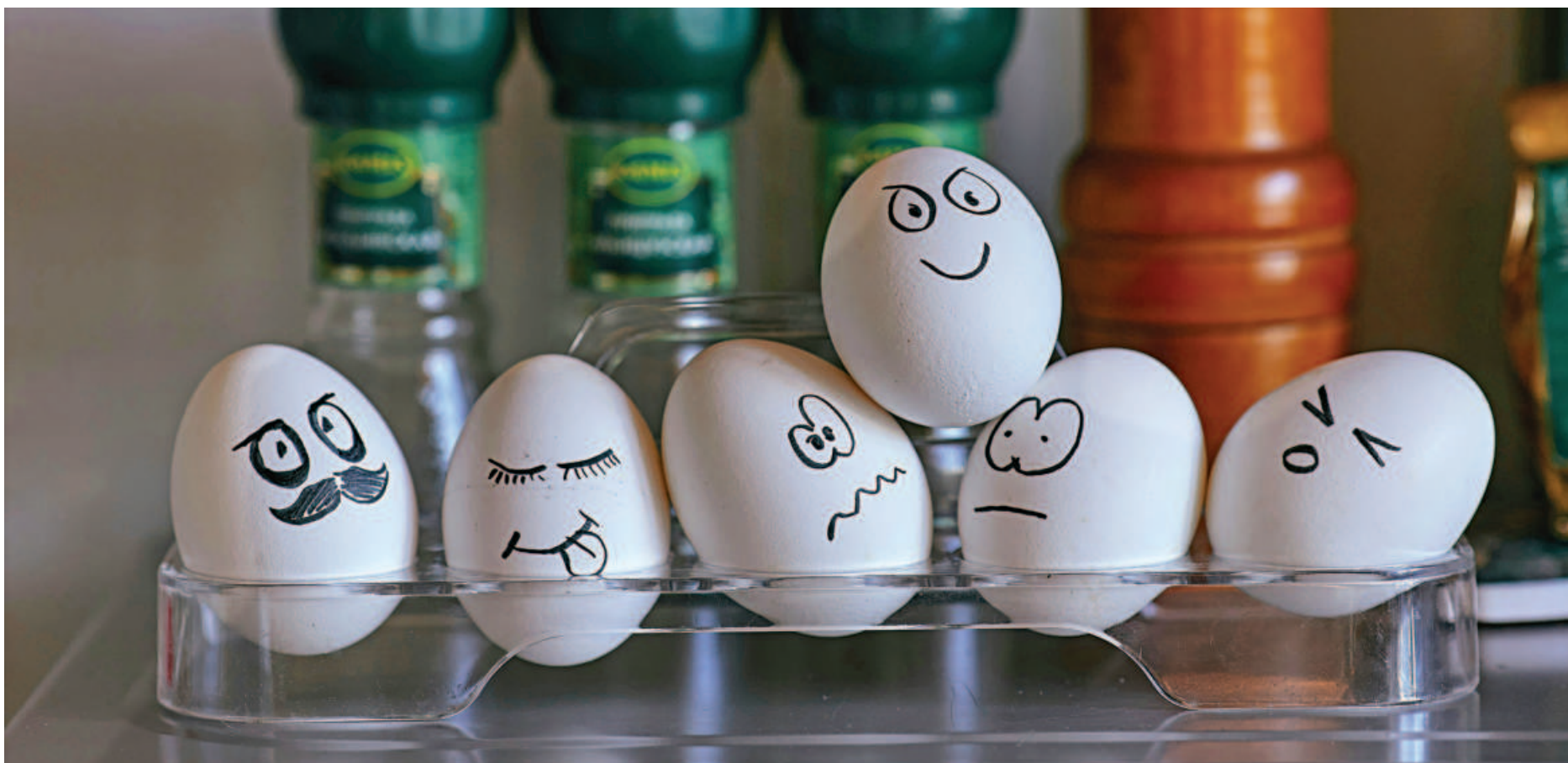


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#PERSPECTIVE

# EMOTIONAL INTELLIGENCE

## In daily life and professional settings

In today's world, where cognitive abilities and technical skills are often highlighted as the primary contributors to success, the importance of emotional intelligence (EI) tends to be overlooked. However, EI – a concept popularised by psychologist Daniel Goleman – is a central factor that can noticeably improve our daily interactions and professional achievements.

Mohammad Moqsud Malaque, a seasoned consultant, trainer, facilitator, and practitioner in the mental health field at Monobikash Foundation, shares his valuable insights on EI.

### UNDERSTANDING EMOTIONAL INTELLIGENCE

Often abbreviated as EI or EQ for “emotional quotient,” emotional intelligence refers to the ability to perceive, evaluate, and manage emotions in oneself and others. He defines emotional intelligence as “the ability to manage our own emotions and understand the emotions of people around us.”

From the first cries of an infant signalling hunger to the complex emotional dynamics in a corporate office, EI is integral to navigating life's varied challenges. Malaque's extensive experience reveals that regardless of mental ability, “we all have intelligence,” pointing to the universality and importance of EI in enhancing personal well-being, fostering healthy relationships, and driving professional success.

### EVERYDAY APPLICATIONS OF EI

In everyday life, emotional intelligence manifests in various practical ways.

Consider the scenario of a family disagreement. A person with high EI might first recognise their feelings of frustration and then choose to respond calmly rather than impulsively.

Drawing from his professional observations, Malaque highlights how EI is pivotal in maintaining personal relationships. He notes, “If you can't regulate your anger, you will eventually unleash it upon your loved ones, resulting in resentment and broken relationships.” This practical example underlines the necessity of emotional intelligence in fostering and sustaining deep, meaningful connections with others.

### EMOTIONAL INTELLIGENCE IN THE WORKPLACE

In professional settings, EI is vital. Malaque explains that regardless of one's environment, from corporate offices with strict rules to more flexible workplaces, emotional intelligence is important.

“You need to learn to cope with the ingrained system of the organisation with emotional intelligence,” he advises. This skill helps professionals balance

responses, comply with team dynamics, and recognise personal strengths and limitations – thereby, fostering essential skills like conflict management, effective communication, and teamwork.

Even in the educational sector, EI plays a crucial role in classroom management and student engagement.

Teachers with high emotional intelligence can better understand student behaviours and craft responses that foster a supportive learning environment. This was illustrated in a study by the Yale Center for Emotional Intelligence, which showed that teachers trained in EI strategies reported a significant decrease in burnout levels.

### LEADERSHIP AND EMOTIONAL INTELLIGENCE

Leadership demands a high level of EI. Malaque elaborates on the foundation of leadership which includes mental strength built upon balanced emotion and cognition, manifesting through behaviour. He describes three types of leadership behaviours — passive, aggressive, and assertive — and argues that assertive behaviour, guided by emotional intelligence, is most effective.

“Leaders need to have assertive

behaviour as they are followed by many and looked towards for guidance,” Malaque states, highlighting how emotional intelligence facilitates the development of this leadership style.

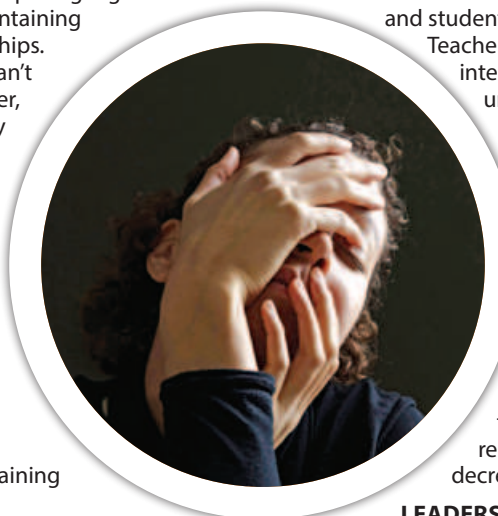
### DEVELOPING EMOTIONAL INTELLIGENCE

The good news is that unlike IQ, which remains relatively fixed throughout life, EI can be developed. Activities like mindfulness meditation, journaling, and active listening exercises can enhance one's emotional intelligence. Training programmes and workshops designed to improve emotional regulation and empathy can also be beneficial.

As we advance into a future dominated by complex interpersonal dynamics and rapid professional shifts, the importance of emotional intelligence only grows. Reports from leading global forums suggest that emotional intelligence will be among the top skills needed in the 21st-century job market. This trend underscores the need for continuous development of emotional competencies in both current and future generations.

Emotional intelligence is a force that shapes how we interact, respond, and connect with the world around us. By fostering and applying emotional intelligence, we not only enhance our own lives but also contribute positively to those around us, paving the way for a more empathetic and understanding society.

**By Ayman Anika**  
**Photo: Collected/Unsplash**



#FASHION &amp; BEAUTY

# FRILL SEEKERS

## The feminine flourish reimagined

Once the exclusive domain of little girls' dresses and overly sweet ensembles that we forgot by the age of 12, frills have undergone a dramatic transformation. This season, ruffles are the game-changing accent on dresses, sleeves, and pants. It gives that same simple dress movement and softness, and it always adds a touch of drama and charm — two things you need to have close at all times.

Fashion historians can tell you that every decade has a defining trend. And frills have a rich history in fashion. Recall those voluminous, Elizabethan ruffles or the delicate lace trims of the Victorian era. These were the early iterations of what we know as frills today.

Modern fashion has reclaimed the frill and infused it with a fresh and contemporary appeal so much so that it is no longer just about sweet and naive; it is about style, attitude, and dare we say, individuality!

If you have doubts, know that you are not alone. Be it the unfortunate mismatch of colour, the terrible tailoring experience, or the use of wrong fabrics — many of us do have valid reasons to be a little weary of frills. The key to rocking ruffles, the one we missed previously, is balance. Too much can easily veer into costume territory, while too little of it might miss the point altogether. If you are brave enough to take on this venture, better make the risk worth it.

### Size matters

Tiny, delicate frills can add a touch of whimsy to an outfit, while larger, bolder frills can create a dramatic effect. Which option you go for, depends entirely on the occasion and your style.

A midi dress with a frilled hem and a slit is a classic combination that exudes elegance and sophistication. Pair it with neutral accessories for a polished look or add a bold statement necklace for a touch of drama. Similarly, a mini dress with frilled sleeves is perfect for a day out. It's flirty, fun, and effortlessly chic. Balance the volume of the sleeves with a fitted silhouette and the forever-trending bellbottoms for a flattering look.

For a bohemian-inspired vibe, opt for a full-length dress with a frilled lower half. It's the epitome of effortless summer style.



**Colour play with frill**

The colour of your frills can significantly impact the overall look. For instance, soft pinks, baby blues, and mint greens are classic choices that complement the delicate nature of frills. But that is not to hold you back from experimenting with bolder colours. A black dress with contrasting sea green frills can create a striking and unforgettable ensemble.

When it comes to colour selection, you can never go wrong with monochrome. For a formal and sophisticated look, it is always a good idea to match the colour of your frills to your outfit. A blush pink dress with blush pink frills is both chic and feminine.

**Frill's trip to Bengal**

Even traditional wear has embraced it. A blouse with a frilled neckline or sleeves is a playful twist to your old cotton saree while adding a frilled border to your saree is like a contemporary edge to a classic look. Subtle yet impactful; it's the perfect way to update your look. Create a stunning visual effect with a saree featuring a frill end draped over your shoulder.

When you add something so unique to your traditional look and are so close to making that grand entrance, why hold back? Ditch the regular drape, go for the newer styles that will highlight those pretty frills and make heads turn!

If you choose a sari with frill ends, a lehenga-style or "mermaid-style" drape will give you the perfect twirl-worthy look.

Remember, the beauty of fashion is experimentation. Don't be afraid to mix and match, and most importantly, have fun with it!

**By Nusrath Jahan**

**Photo: Adnan Rahman**

**Model: Simmi**

**Wardrobe: Taan by Tanha Sheikh**

**Styling: Sonia Yeasmin Isha**

**Makeup: Sumon Rahat**



#PERSPECTIVE

# FENCING

## The sport Bangladesh didn't know it needed

If you ever had the chance to pass by the Shaheed Suhrawardy Indoor Stadium in Mirpur, you may have witnessed the laughter and chatter of young athletes; their eyes gleaming with excitement can be seen afar, setting them apart from the rest of the population.



Star **LIFE** Style

They all want to represent Bangladesh on an international platform. Some of them, if only a few, can achieve their goal as well. That being said, among these athletes, a different breed of young aspirants has been growing as they don their fencing gear. They are becoming enthralled with fencing, an exquisite yet strenuous sport that promises a bright and cutting-edge future as their swords.

In Bangladesh, fencing is still a relatively new activity. It gained popularity in around 2007, far later than in its bordering nations. However, it is rather amazing how much excitement young Bangladeshis have for it.

Foil fencer Ahnaf Niloy, whose career began in 2016 at Dhaka Commerce College, is a shining example. Movies such as 'Pirates of the Caribbean' and 'Kingdom of Heaven' inspired his interest in fencing.

"I was enthralled with sword combat because of its charm, history, and grace," says Ahnaf.

There are, however, several obstacles in the way of perfecting this graceful sport, not the

social media and by demonstrating in schools and colleges," he

Success stories, such as those of Fatema Mujib, who brought home a gold medal from the South Asian Games, serve as a beacon of what can be achieved.

The story of fencing in Bangladesh is one of immense potential. The sport requires substantial funding, equipment, and infrastructural support.

"We are working towards participating in international tournaments, but the journey is difficult due to a lack of sponsors. We require good facilities and internationally graded gear to compete at the international level," Ahnaf points out.

Monir Hussain echoes this sentiment, stressing the importance of more substantial public and private backing. "Fencing is expensive, and we need more support to kickstart the fencing hype here. With a bit more assistance, our fencers can achieve remarkable success on bigger platforms."

With people like Ahnaf Niloy and Mohammad Monir Hussain putting in so much effort, fencing



least of which is the cost. A fencing blade alone may cost between Tk 4,000 and 6,000; a mask between Tk 6,000 and 8,000; and a fencing costume as much as Tk 15,000 — according to Ahnaf.

Bangladesh's excessive humidity makes training even more difficult, necessitating indoor facilities and the right equipment. "We often have to pre-order our equipment, which makes it even more troublesome," he continues.

Despite these hurdles, the passion for fencing burns bright.

Mohammad Monir Hussain, the coach and owner of Mirpur Fencing Club, shares, "We have the potential in the youth here; we just need the right guidance and training to reach the international level. Fencing is new to South Asia, but with the right support, we can achieve great things."

Inspiring a new generation of fencers, Monir Hussain's commitment to fencing from the beginning of his adventure began in 2007. "I founded the club to encourage young people to take up fencing. We promote the sport through

in Bangladesh appears to have a bright future. Their tales serve as a tribute to the tenacity of the Bangladeshi youth, who persist in pursuing their goals with unyielding commitment in the face of adversity on the financial and environmental fronts. Their stories are about more than simply sports; they are about pursuing a passion no matter what.

"We are a country of brilliant individuals", as Ahnaf so eloquently counsels. "Many others waiting to prove themselves are just like him. Never give up on your desire, never back down, and never allow someone to convince you that you cannot realise your ambition," he says.

The quiet but resolute development of fencing in a nation where football and cricket are the most popular sports is a tale of optimism, resilience, and the unbreakable spirit of Bangladeshi youngsters. The sound of foil clanging in Bangladesh's indoor stadiums may someday reverberate around the globe with the right backing.

By **K Tanzeel Zaman**  
Photo: **Shahreear Kabir Heemel**



# Flavour-packed fish recipes for the weekend lunch

Looking forward to making your Friday lunch special? Dive into these delectable fish recipes that are perfect for a satisfying and delicious meal. These recipes promise to deliver a delightful dining experience. So, get ready to enjoy a weekend lunch full of flavour and flair!

## BAKED FISH IN SOY SAUCE

### Ingredients

1 kg basa/koral, boneless and skinless  
6 dried red chillies  
6 tbsp soy sauce  
1 tsp red chilli powder  
4 small onions  
2 tbsp brown sugar  
1 tbsp lemon juice  
Salt (optional)  
Spring onions

### Method

Prepare the fish, wash well and drain water with a sieve. Set aside and allow the fish to dry. Chop onions roughly and sauté until transparent. Set the pan aside until the onion and the oil cools down to room temperature. Throw in chilli powder, salt, brown sugar, lemon juice, and soy sauce and mix with a spoon.

Marinate the fish with this mixture for at least 20 minutes and refrigerate. Roughly chop the spring onion and set aside. Preheat the oven and place the fish in a baking dish (best if the same dish is your serving dish too).

Pour the remaining spice mixture and oil on the fish. Take out the stems of the dried red chillies and place them on the fish. Throw in half of the chopped onion and bake for 15-20 minutes at 180° or until the fish is flaky.

Have this hot and sweet fish with a small

portion of steamed rice.

## ILISH MACHER TOK

### Ingredients

6 pieces hilsa  
2 tbsp tamarind paste  
100g jaggery  
½ tsp panch phoron (Bengali five spice)  
2 dry red chillies  
1 tsp turmeric powder  
2 tbsp mustard oil  
Salt to taste

### Method

Wash the fish pieces and marinate with turmeric powder and salt. Mix tamarind paste with one cup of boiling water and leave the mixture for 10 minutes. Using a strainer separate the fibres and keep the tamarind water aside. Now, heat the oil in a pan and fry the fish from both sides.

Remove from pan and keep aside. Temper the remaining oil with five spices and dry red chillies. Add tamarind water, jaggery, and salt. Bring it to a boil. Once boiling starts, add fried fish and cook for 5 minutes with the lid on. This dish should have sufficient gravy at the end.

Switch off the flame and wait until the "ilish macher tok" comes to room temperature. Serve with steamed rice.

## GARDEN FISH CAKE

### Ingredients

200g salmon, tuna, or any boneless fish  
1 big potato (boiled, smashed)  
¼ cup carrot, diced  
¼ cup bell pepper, diced  
Mint leaves (a dash), chopped  
½ cup bread crumbs  
1 big onion, chopped  
1 tsp garlic powder  
Salt to taste  
1-2 green chillies, diced (optional)  
1 tsp freshly ground black pepper  
2 tbsp melted butter  
Parsley (a dash), chopped  
1 egg  
¼ cup cream or evaporated milk



**Method**

Flake the fish meat and combine with crumbs, smashed potato, bell pepper, carrot, and any vegetable as per taste. In another separate bowl, whisk the egg, butter cream/milk. Combine the wet ingredients with the fish meat mixture and stir in with chopped onions, parsley, mint, chillies, salt, pepper and garlic powder. Transfer to a greased pan and bake uncovered for 45-60 minutes or until cooked through.

**SIMPLE STEAMED TILAPIA**

**Ingredients**

- 2 tsp sesame seeds
- Vegetable oil for oiling the dish
- 1½ lb tilapia (snapper fillet if you don't like tilapia), cut into 4 pieces
- 2 tbsp soy sauce
- 2 tsp toasted sesame oil
- 1-inch piece of fresh ginger, peeled and cut into matchsticks
- 6 green onions, white portion only, slivered lengthwise

**Method**

In a dry fry pan over medium-high heat, toast the sesame seeds, shaking the pan frequently, until they are fragrant and pale golden brown. Pour into a bowl and set aside.

Place a steamer in a large, wide pot with a lid. Fill the pot with water to just below the level of the insert. Lightly oil a heatproof dish that will fit inside the steamer. Place the fish in the dish, overlapping the pieces if necessary, and drizzle with the soy sauce and sesame oil.

Sprinkle the ginger and half of the green onions over the fish. Set the dish in the steamer. Cover the pot. Bring the water to a boil over medium-high heat and steam for 10 to 12 minutes until the fish is opaque in the centre.

Carefully lift the dish from the pot and sprinkle the fish with the toasted sesame seeds and the remaining green onions. Serve immediately.



**MALABAR FISH BIRYANI**

**Ingredients**

- 1 kg rui
- 1 cup sliced onion
- ¼ cup onion paste
- 100g green chillies
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 2 tbsp lemon juice
- ¼ cup coriander leaves
- ½ cup yoghurt
- Salt to taste
- 1 kg aromatic rice
- 3 tbsp ghee
- 1 cup cooking oil
- 1 cup tomatoes
- 1 tsp turmeric powder
- 2 tbsp broken cashew nuts
- 3 pods cardamom
- 3 cinnamon sticks
- ¼ tsp garam masala powder
- Boiled water

**Method**

Heat oil in a pan and fry



half of the onion until golden brown. Fry cashew nuts and keep them aside. Apply turmeric powder and salt to the fish. Heat 2 tablespoons of oil in a frying pan. Lightly fry the fish and keep it aside.

In a heavy-bottomed vessel, heat 3 tablespoons of oil. Add onion paste and fry. Add ginger, garlic, chillies and stir well for 2-3 minutes. Add tomatoes, yoghurt and salt. Cook for some time or until the water evaporates. Add fried fish pieces, coriander leaves, lemon juice and a little water. Cook for 2-3 minutes. Keep aside.

**For the rice —**

Wash the rice properly and let the water drain. Heat ghee in a non-stick pan. Add remaining onion slices, cardamom, and cinnamon sticks. Fry for 2-3 minutes. Immediately add the rice. Stir and

add boiled water (1:2 ratio) and salt. Cook on high flame until the water is absorbed by the rice. Keep the rice covered for 10 minutes. Sprinkle garam masala powder.

Now take a heavy-bottomed vessel and add the cooked rice in one layer at the bottom. Add a few spoons of fish masala. Toss some fried onion, and nuts, and cover with a rice layer. Layer it up, finishing with the garnishes on top. Cover the vessel and put the biryani to simmer on a low flame for 10-15 minutes. When it is done, remove it from the oven and serve hot.

**BAKED GREEN PANGAS**

**Ingredients**

- 8-10 small pieces of pangas (skinless and boneless)
- 1 bunch of coriander leaves
- 2 tbsp lime juice
- 1 tsp black pepper
- 1 green chilli
- 2 cloves garlic
- 1 small piece ginger
- 1 tbsp lemon zest
- Salt to taste

**Method**

Prepare your fish, wash well and drain the water with a sieve. Set aside and let the fish dry. Put coriander, black pepper, green chilli, garlic, ginger and salt into the blender, pour lemon juice and blend into a smooth paste.

Rub the fish with the paste and refrigerate for 15-20 minutes. Preheat your oven. Sprinkle the lemon zest on top of the fish. Bake for 10-15 minutes at 180°, or until the fish is thoroughly cooked. You may want to turn the pieces over once if needed. Enjoy with brown rice and salad.

**Photo: LS Archive/Sazzad Ibne Sayed**







#HEALTH &amp; FITNESS

# BREASTFEEDING MISCONCEPTIONS

## Debunking 7 myths, one at a time

Breastfeeding is a natural and beautiful process whereby a new mother provides nourishment to the offspring from her own body. Despite its obvious health and emotional benefits, many face challenges in this journey often in the form of criticism and myths, which make the experience seem more daunting than it needs to be. Here, we debunk some common myths to support you on your breastfeeding journey.

### Myth #1. Breastfeeding is easy

It is natural, but not necessarily simple! Even if a baby is born with reflexes to help it find the mother's breasts, many new mothers need time to perfect their positioning of the child to make sure they latch on properly. Considering that the body takes its cues to produce milk depending on how much is demanded and removed, an inability to suck properly may slow down milk production.

### Myth #2. Mothers should wash their nipples before breastfeeding

If the mother generally practices good hygiene, washing nipples should be avoided. This is because a mother has a distinct smell that a baby gets familiar with. Frequent washing can tamper with that. Moreover, nipples produce "good bacteria" which helps build the baby's immune system for life.

### Myth #3. Mothers and babies should be separated during rest time

Separating mother and child during rest time is not recommended. Unless she specifically asks for some time off, skin-to-skin contact with a mother is the best way for her to bond with the baby. According to UNICEF, practising this within an hour of childbirth and then frequently after, helps to establish breastfeeding.

New mothers are also often confused about how often they should feed their babies. While one cannot generalise as each child feeds differently, a newborn is



expected to feed between 8 to 12 times a day as breast milk is easily digested.

### Myth #4. Mothers who are breastfeeding must always eat plain, spice-less food

This is not true! A baby is exposed to its mother's food preferences from the time it is in her womb. Therefore, it is highly unlikely that they will react to her food choices through breast milk. However, if a mother perceives that her child is uncomfortable each time she eats a certain kind of food, she should consult a specialist.

### Myth #5. Mothers cannot breastfeed if they have not started at birth or if they have started formula

It is easier to breastfeed within the first hour

of motherhood as the baby's reflexes are strongest at that time. However, it is not impossible to do it later than that.

The idea is to do it as soon as possible after birth so the child gets used to the idea of feeding at the breast, rather than at a silicone teat. Similarly, it does not matter if a child needs to be given formula on certain occasions. The mother must ensure that the breast is offered from time to time so that the baby remains familiar with the mother's feed.

### Myth #6. Many mothers cannot produce enough feed

Almost all mothers can produce sufficient milk for their babies. The amount of breast milk produced depends on how effectively the baby latches onto the breast, the frequency of feedings, and how efficiently the baby can extract milk during each feeding.

### Myth #7. Mothers should not feed babies if they are sick

Untrue! A mother can often continue breastfeeding while sick, as their antibodies can help protect the baby. Breast milk contains hundreds of nutrients that adapt to the baby's needs, varying daily, with changes based on factors like temperature and growth spurts. This dynamic composition supports the baby's development and immune system.

By Munira Fidai  
Photo: Collected/Unsplash

#HEALTH &amp; FITNESS

# MASTERING THE ART OF FACE YOGA

## Exercises for a youthful glow

Much like traditional yoga, which benefits the whole body, face yoga is a practice that goes beyond mere cosmetic improvements, serving as a soothing ritual that alleviates stress. It offers a non-invasive alternative to Botox and plastic surgery through a series of exercises that tone facial muscles, potentially enhancing youthfulness and radiance. Seasoned yoga instructor Eliza Chowdhury, with certifications from India and Thailand, illustrates the numerous advantages and methods associated with face yoga.

### Understanding the basics

"Face yoga involves a variety of exercises specifically designed to reduce facial fat," explains Chowdhury. "While we often focus on losing body fat, many overlook the fat in their faces. Yet, it's the first thing people notice. Instead of concealing flaws with makeup, face yoga offers a permanent solution to improve your facial features like double chin, wrinkles, puffy eyes, and dark circles."

Unlike traditional yoga, which



emphasises holistic health and flexibility, face yoga focuses on the micro-muscles that often go unnoticed but play a significant role in our facial expressions and overall appearance.

Face yoga consists of specific postures and exercises that maintain the muscles of the face and neck in prime condition. "Regular practice of these exercises not only tightens the skin and smoothens wrinkles, it also enhances overall facial radiance," says Chowdhury.

Here's a breakdown of some specific exercises —

### Forehead smoothers

These exercises aim to reduce the appearance of forehead wrinkles by relaxing and toning the frontalis muscle. A popular exercise is the 'forehead freeze', where you place both hands on your forehead, spread your fingers out between your hairline and eyebrows, and gently sweep the fingers outwards while applying light pressure to tighten the skin.



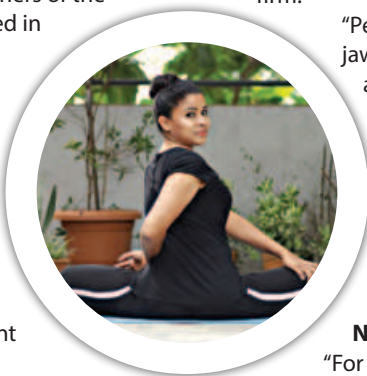
**Eye brighteners**

To reduce puffiness and dark circles, Chowdhury recommends a simple 'V' shape finger placement at the corners of the eyes, with the mouth shaped in an 'O'.

"This exercise should be done gently to ensure no new wrinkles form on the forehead," she advises.

**Cheek sculptors and jawline definers**

These exercises are designed to enhance cheek definition and prevent sagging. The "cheek lifter" involves opening your mouth to form an 'O', pulling the upper lip over the teeth, smiling to lift cheek muscles, and placing fingers lightly on the top part of



the cheeks. Releasing the cheek muscles to lower them, then lifting them back up, provides a good workout to keep cheeks firm.

"People desire a perfect jawline, which can be achieved by controlling facial fat," explains Chowdhury. Exercises include extending the jaw, filling cheeks with air, and making fish lips naturally tone the facial muscles.

**Neck toners**

"For double chin and neck toning, stretching the neck while smiling broadly can be highly effective," says Chowdhury. She recommends performing these stretches several times

daily for optimal results.

**How to practice face yoga**

Chowdhury suggests practising face yoga in a serene environment, preferably outdoors for better oxygen intake.

"You don't need an empty stomach for face yoga, so it's flexible enough to fit into any part of your day," she adds. For those incorporating massage, natural oils like olive oil are recommended.

Face yoga is a holistic skincare approach that empowers individuals to manage their ageing gracefully with mindful exercises. By integrating this practice into your daily routine, you can embrace ancient techniques refined for modern wellness, ensuring your skin remains vibrant and healthy.

**By Ayman Anika**

**Photo: Eliza Chowdhury**

◆ **HOROSCOPE** ◆



**ARIES**  
(MAR. 21-APR. 20)

Emotional connections can happen through business contacts. You can get ahead in business ventures. Don't let anyone take credit for your efforts. Your lucky day this week will be Sunday.



**TAURUS**  
(APR. 21-MAY 21)

Don't take on more than you can handle. You can make significant financial gain through contacts. Keep your partner entertained. Your lucky day this week will be Monday.



**GEMINI**  
(MAY 22-JUN. 21)

Keep your documents in order. Don't discuss your grievances. You might be in a bad place emotionally. Your lucky day this week will be Wednesday.



**CANCER**  
(JUN. 22-JUL. 22)

Your efforts may not pay off. It's time to do a little soul-searching. You might drive your partner crazy this week. Your lucky day this week will be Monday.



**LEO**  
(JUL. 23-AUG. 22)

Make time for your loved ones. Time your investments and you can win big. Make changes to your living space. Your lucky day this week will be Thursday.



**VIRGO**  
(AUG. 23-SEP. 23)

Make amends by making plans to travel. Control your temper. Try not to bring too much attention to yourself. Your lucky day this week will be Monday.



**LIBRA**  
(SEP. 24-OCT. 23)

Stick to basics. Concentrate on picking up new skills. Talk to someone you trust. Your lucky day this week will be Saturday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Travelling may not go as smoothly as planned. Don't be too critical. Avoid spending too much. Your lucky day this week will be Saturday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Don't let co-workers in on your personal secrets. Avoid getting outsiders involved in family matters. Cultural activities will be quite enlightening. Your lucky day this week will be Friday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Get rid of your bad habits. Don't let your partner put you down. Try not to be arrogant when presenting ideas. Your lucky day this week will be Thursday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Your partner will have your emotions swirling. Prepare to deal with unreasonable people this week. Get involved in projects coming your way. Your lucky day this week will be Monday.



**PISCES**  
(FEB. 20-MAR. 20)

Expect insincere gestures of friendliness this week. Don't let anyone criticize your work. Avoid lending or borrowing anything. Your lucky day this week will be Sunday.

স্বপ্নের ছোয়ায়, তোমার উপমায়,  
বদলে দিলে যে আমায়...

**অ্যান্ডালিনা**  
সোপ

রূপচর্চায় আন্ডিজাত্য...

KOHINOOR CHEMICAL

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#HEALTH & FITNESS

# 5 hobbies that can boost MENTAL HEALTH AND CLARITY

In a world where our minds are constantly bombarded with information, finding activities that not only entertain but also enhance cognitive function is a win-win. From the rhythmic motions of knitting to the immersive worlds of books, and the strategic challenges of puzzles and board games, these hobbies offer more than just a way to pass the time. They are brain-boosting powerhouses that can improve memory, concentration, and even stave off cognitive decline. So, whether you're an avid reader, or a puzzle enthusiast, there's no better time to embrace these activities and give your brain the workout it deserves.

## Knitting

Those who knit know it to be a calming, almost meditative pursuit. According to research, the rhythmic and repetitive motion of knitting reduces stress, boosts mood, improves concentration, helps to manage chronic pain, and even treats addiction and eating disorders.

"The activity is not mindless, however," says Hamida Rehan, a school teacher who knits for pleasure.

"By requiring me to alternate knits and purl stitches, knitting keeps me alert. I'm no scientist,

but I'm sure this helps my brain function better!"

Knitting is also extremely beneficial for older people, aiding in memory retention and reasoning, and reducing their chances of developing cognitive impairment, and memory loss. The hobby, often bearing the harsh reputation of being monotonous, has the potential to reduce the chances of



Alzheimer's and dementia by 30 to 50 per cent.

## Reading

While on the surface, reading a book increases one's knowledge, the merits of reading do not end there. Research has shown that reading can strengthen the brain, engaging a complex network of circuits and signals, which grow more and more refined through habit.

The National Institute of Ageing in Maryland, USA has found that reading can also reverse cognitive decline that happens due to ageing. While it is not confirmed that it can prevent issues such as dementia, there is

conclusive evidence that maintains that older people who read every day are more likely to improve their cognitive function than those who do not.

## Puzzles and board games

The human brain is as much muscle, as it is a supercomputer, and therefore must be exercised from time to time. Board games, word games, and puzzles are good exercises for the brain as they present complexity and can therefore boost brain plasticity.

"I'm an avid puzzler," says Rajan Das, a 22-year-old student and teacher. "I started with 100-piece puzzles and I've worked my way up to 500. There's no way I can hurry a puzzle along — some days are easier than others but piecing together a 500-piece picture is not something I can do in an hour!"

Rajan admits to sitting with the puzzle



diligently for 45 minutes a day, making steady progress.

Puzzles are also known to increase focus and mindfulness, which makes them ideal for cognitive growth. Crosswords, riddles, and card games are equally good brain sharpeners.

## Exercising

The merits of exercise are no secret; physical activity can be supremely beneficial to both physical and psychological health. With the ability to lower stress hormones, exercise has been proven to reduce loss of brain volume, which in turn helps with boosting cognitive function, and lower shrinkage in parts of the brain that are associated with memory.

According to research, regular exercise can help with both convergent thinking, which is the ability to solve problems, as well as divergent thinking, which is the ability to churn out creative ideas.

Arissa Mayar, a middle-aged housewife says that she has made it a habit to exercise every day.

"I do a bit of everything – sometimes it's yoga, sometimes Pilates, and other times, it's swimming. If nothing else, I put on some music and dance for 30 minutes."

Mayar mentions that she feels groggy on the days she is unable to work out. "It has



become a crucial part of my daily routine."

## Gardening

What is better than exercising your brain? Doing it in some fresh air, of course!

Gardening is a relaxing activity that enhances brain functions that have to do with learning, problem-solving, strength, agility and endurance, and it is as good as a full workout too!

"The good thing about gardening is that it no longer needs a yard," announced Ruby Quayum, a fifty-five-year-old empty nester. "I do it in my veranda, and my friends and I share a rooftop garden where we grow some of our veggies!"

Adding to its benefits, research has now shown that a 20-minute, low-to-medium intensity gardening session a day showed increased levels of brain nerve growth while also decreasing chances of dementia by up to 30 per cent.

Considering that a gardener must multitask too, from studying the maintenance of healthy growth cycles to planning and mapping landscapes, gardening makes for a challenging brain exercise.

By Munira Fidai

Photo: LS Archive/Sazzad Ibne Sayed