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# LIFE

Style

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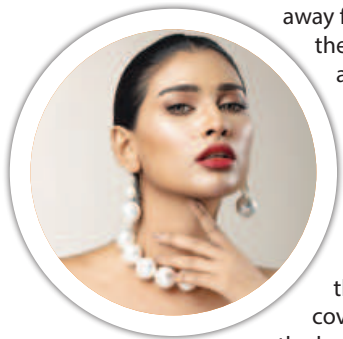
# CHIC and stunning

**FAMILY TIES P4-5** | **MARITAL DISHARMONY P6-7** | **POWER PLAY P10**  
TIPS FOR MANAGING CHILDREN'S BEHAVIOUR | PROBLEMS AND THEIR PROBABLE SOLUTIONS | SUITS VS. CASUAL WEAR  
PHOTO: LS ARCHIVE/ADNAN RAHMAN  
MODEL: NIKI

# JEWELLERY CARE 101

## Because your heirlooms deserve better than neglect

Most people see jewellery as more than simply an ornament; it often has emotional significance as well. Well-cared-for jewellery, whether part of a larger collection, an heirloom, or a handful of pieces, can keep its lustre and value for generations. With the tips for proper care listed below, your jewellery will also be able to hold onto its beauty and charm!



sunshine, extreme heat, and humidity, regardless of the material. To keep jewellery from tangling, rubbing, or scratching one another, you should store them separately.

Pearls, in particular, are delicate and should be stored separately from hard gemstones to avoid scratches. And to keep them from tangling, always secure necklaces and chains before putting them away.

There is also the option of using plastic zip-lock airtight bags made of Mylar or polythene for storage. These bags are an appropriate alternative, particularly if you want to keep your pieces of jewellery away for extended periods since they enable the removal of air and humidity.

### Cleaning

Every jewellery piece needs its own cleaning kit, which should include a gentle toothbrush and a lint-free towel. If you find that your jewels have been covered with stubborn grime,

the best course of action is to soak them in warm, but never boiling, water, and then gently brush them with the toothbrush.

Additionally, you may clean them by mixing some water with a few drops of gentle household soap or baby shampoo. However, you should not use anything that scrapes the surface, such as paper towels or tissues.

### What not to do

Your jewellery may suffer colour loss and cracks from the severe chlorination found

in pools and spas. It is also typical for people to lose jewellery while swimming or diving. So, if you are going to be spending time in a water body, avoid wearing any of your valuable pieces.

You should also refrain from storing your jewellery in wooden jewellery boxes or the tops of wooden dressers. Wood, particularly unfurnished wood, may discolour metals and gemstones due to the acids and other compounds and might dull your jewellery's colour.

Properly caring for your jewellery prolongs its life and keeps it looking sparkly. Your jewellery may serve you well for many years and maybe even become a treasured heirloom if you take the time to care for it properly!

**By Samayla Mahjabin Koishy**  
**Photo: LS Archive/ Adnan Rahman**  
**Model: Niki**



### Storage

If you want to keep your valuable jewels in pristine condition, invest in a jewellery box, pouch, or soft-lined case. Moreover, it is important to protect them from direct

# Typhoon

Fabric Care

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#PERSPECTIVE

## Bring back the “para culture” please!

Once upon a time, when we were younger and life was slower and more relaxed, “know thy neighbour” was a culture, rather than just a phrase. Those of us who have seen the golden era of the ‘90s can fondly recall how power failures were an excuse for the entire family to take a break and socialise with neighbours. Men, women, and children would find their own tribes and the hours would fly.

The warmth of this culture was also felt on Shab-e-Barat when distributing halwa from home to home was more enjoyable than actually eating the delicacy, on Chand Raats when mehndi nights would extend until the wee hours of dawn because only that specific *apu* could do it best and during late night badminton matches in winter.

Gradually, and almost stealthily, however, unbeknownst to us all, the “para culture” began to fade. It faded through the advent of the first IPS or generator in the locality and then mobile internet and Wi-Fi shoved the last remnants of it out the doors. Compounds that once bustled with the energy of people lay empty as residents preferred more and more to stay within the confines of the four walls of their homes.

Soon, old tenants gave way to the new and the second generation hardly made any effort to get to know each other.

Recent events, however, seem to have taken this reclusive culture by its hair and turned it around almost instantly. Propelled by the spirit of reignited patriotism, people stepped out of their homes and took to the streets — their homes and those of their neighbours had to be protected and



people were more than ready to rise to the occasion.

Sami Doha, a resident of Uttara Sector 4, felt moved by this display of camaraderie and community engagement.

“All of us in our area are taking patrolling very seriously. We have walkie-talkies and organised strategies to defend our area from intruders,” explained Sami, who has creatively integrated his workout routines with patrolling duties. Nightly patrols, initially formed as a pragmatic response to ensure safety, evolved into much more.

“But ruining my workout plan, the elderly uncles and aunties of our sector, disregarding their sleep, bring delicious food for us every night. We even joke among ourselves that Road 13 has tasty sandwiches, Road 15 has khichuri, and so on,” Doha shared with a laugh.

While being their most intimidating selves to the external enemy, people within the communities were seen to naturally ease into each other’s company. They felt as if they had suddenly been jolted awake from a long, lonely slumber and catapulted



back into the 1990s vibe they did not even know they had missed.

Andaleeb Choudhury, from Banani, shared, “Here, we have all come together to protect our community and it’s still going on.”

“We are informing each other through text messages, phone calls, and sharing any new or helpful information in our groups. This proves that we will be there for each other no matter what the situation is!”

“I was a mere child in the late 90s,” said Maniha Alam, a 35-year-old girl from Merul Badda. “I remember living in Shantinagar and thriving in the close-knit societies of that time. All the aunties looking out for me, asking after my family. People are still the same,” she shares. “We had just forgotten how to reach out to each other.”

Maniha wants this community spirit to survive these tumultuous times.

Those that went one night were rarely called back for the second, but many chose to go consistently, and willingly, night, after night, after night. “I went for three nights in a row — it was a whole new feeling,” said

Tanvir Sami, a resident of Gulshan Society. He plans to meet up with his “*parato bhaais*” for coffee over the weekend.

Residents were found holding concerts on the streets, playing ludo and cricket, or just taking leisurely walks while they got to know each other. The energy on the streets was unlike anything anyone had seen in years, and God knows, they had missed it.

As genuine concern for each other’s safety and wellbeing took precedence, residents reached out in good faith, and without any motive other than to protect one another, ‘I have your back’ was the unspoken promise, and a well-kept one at that.

Humans are social animals, naturally meant to thrive in colonies or communities. An increasingly individualistic, hermit-like culture that had taken over the streets of Dhaka could never be synergistic for society and the merits of belonging to a wider clan were once again evident during the last few weeks, in the form of new friendships, business partnerships, and even romantic relationships among people.

Whether people maintain the unity and sense of community, so reminiscent of the ethos of the beloved ‘90s, or retreat into their shells remains to be seen, but the experience of having done something worthwhile together has undoubtedly given us new relationships to cherish, new stories to tell, and new confidence in our fellow neighbours.

**By Munira Fidai**  
**Photo: Sami Doha / Collected**

# Parenting 101: How to say 'no' without becoming the villain

Parent-child bonding is the most priceless relationship in the world. No one wants to jinx it in life for anything in the world! Yet, there are times when parents are compelled to set boundaries over children's impulsive actions. In such cases, it's quite normal to get anxious. Your actions and words directly mould their growing personality and mental development. Hence, to strike a balance between their endless curiosity and

safety, it's important that we understand the context and approach of saying "no" to children.

## Impact of saying 'no'...

As much as we want them to live a carefree life, there are times when children's behaviour gets out of hand. Starting from playing with sharp tools to making crucial life choices, their actions are supervised

with strict restrictions. It all comes from the protective parental instinct. Although it is important to set boundaries, recurrently saying 'no' negates a parent's positive effort and intention. Rigid denial is often a counterproductive strategy.

"Despite repeated forbiddance, if a child is constantly engaged in an unwanted action, such as turning on and off a switch, he/she gets attention. This attention

draws a child more towards that negative action. In such cases, saying no becomes ineffective. So, a temporary avoidance of their action works. Instead of saying no, we should navigate children, especially toddlers, towards the option they can do," explained Dr Helal Uddin Ahmed, Professor, Child Adolescent & Family Psychiatry, National Institute of Mental Health (NIMH).



### When to say 'no'?

Saying 'no' is completely relative to the children's socio-cultural context. It depends on the child's age, gender, and cultural background. Varying on such aspects, their behaviour requires a strict approach, and other times, a delicate one. So, there's no hard and fast rule on saying no.

However, there is a mutual ground upon which setting boundaries for children is mandatory. In this regard, Dr Ahmed said, "Saying no to a child is needed only when their action can harm him/her, impact their functional impairment, or negatively hurt the people around them. For instance, if a teenager smokes, we should talk about the consequences of smoking and how it can harm his/her health and the surrounding people."

Thus, the primary concern of saying 'no'



is whether or not the action deters their health and well-being. However, be mindful of overusing it. Say no to children wisely or else it loses its value. Keep children aware that each action comes with consequences.

### Don't Dictate, Guide!

Parents should not be the decision-makers in their children's life. They are the guiding light. Children should be given the scope to think and decide for themselves. The choices they make on selecting dresses, books, games, etc. supports and develops their personality. On the contrary, most parents take a position of authority. Many tend to do the work for them. This kind of approach hampers a child's thinking capacity and growth mindset.

Emphasizing the aspect of children's decision-making ability, Dr Ahmed explained, "We should create a space for our children to think, reflect, and decide. Rather than giving a verdict, parents should mainly showcase the possible consequences of certain actions and guide them with stories, anecdotes, personal experiences, or real-life events. The rest is up to the children to shape and build their life as per their individuality."

### Handling Tantrums

Let's face it, when kids get adamant on meeting their demands, it becomes tough to handle their constant nagging and crying. Be it a snack, an expensive toy, or a teen's night trip; situations can get



unbearable after saying 'no' to them. Well, to handle their tantrum, the first order of business is to remove all the triggers that can aggravate their tantrum. Secondly, if they start screaming, make sure to keep your calm.

In such a situation, the best action is to ignore their tantrum and withdraw all the attention. In this regard, Dr Ahmed elaborated, "If we keep entertaining children's tantrums by meeting all their

needs, they get conditioned to behave adamantly in order to get things their way. By avoiding their tantrums for the time being, they will stop at one point, realising that crying and pleading is not the solution." Moreover, for teenagers, it's important that parents also delicately explain why they are being forbidden along with the possible outcomes. Without a firm reasoning, the children's curiosity towards harmful activity will perpetuate.

### Approach on Setting Boundaries

Setting boundaries for children is pivotal to drawing a fine line of an accepted behaviour. As children grow up and experience the world around them, they indulge in all kinds of action, such as jumping from high places, hitting objects, trying unusual food, using sharp objects and so on.

It's more important that parents tell what their children can do instead of what they cannot do. About the parental approach on setting boundaries, Dr Ahmed added, "As we set boundaries, our approach should not focus on what the children cannot do. That will spark their curiosity even more, especially the toddlers. Instead, tell them what they can do. For instance, if you want to restrict a child's entry into the kitchen, tell them that it's a better idea to play in the living room or playground and guide them accordingly." For older children, we must explain the outcome of certain harmful actions clearly.



### Language, Tone, Gesture and Posture

Verbal and non-verbal communication plays a pivotal role. Each of our minute tones and words can have a monumental impact on children's minds. Frowning brows and harsh tone often leads them to feel rejected and misunderstood. So, parents must be immensely sensitive in the use of language and behaviour. "Parents must avoid vague phrases such as 'Let's see,' 'Some other time,' or 'We will talk about it later.' Unclear statements confuse children, reduce their sense of trust, and shrink their decision-making capacity. Language should be precise and the tone should be as welcoming as possible," explained Dr Ahmed.

Parenthood is all about teamwork. So, the father and mother must be on the same page in guiding their children. Dr Helal Uddin Ahmed, Professor, Child Adolescent & Family Psychiatry, National



Institute of Mental Health (NIMH), suggests, "If the parents differ in their point of view and guide their children differently, it will create a state of conflict in the child's mind. So before saying 'yes' or 'no' to them, it is of utmost importance that both parents discuss with each other and raise children on a mutual understanding."

**By Afnan Rahman**  
**Photo: LS Archive/ Sazzad Ibne Sayed**



# MARITAL CHALLENGES

## Silent struggles BEHIND CLOSED DOORS

In the era of new terminologies established every other week, one too many have popped up in your newsfeed. "Sleep Divorce" was one such term that caught my eye, encouraging me to delve further into the unknown. Understanding the concept and realising that couples abroad practice it sparked an inkling of questions: Do couples here implement such practices in Bangladesh? Are there any other practices to overcome marital issues? Is marital bliss not just a celebration or a responsibility weighed heavily with cultural expectations?

The answers to such questions and profound challenges must be discussed openly. Hence, my quest to find these answers led me to Dr Abdul Hamid, a noted psychotherapist at the MONOBKASH Foundation.

He started by saying, "There are a plethora of issues that encompass marital issues." He provides a glimpse into these less talked-about issues, highlighting the complex dynamics of asexual behaviour, erectile dysfunction (ED), the emerging concept of sleep divorce, and other challenges, such as communication barriers and societal pressures among Bangladeshi couples.

Asexuality in marriage, as Dr Hamid explains, is often misunderstood in a society that holds judgemental views on sexual norms. "This is not a disease, but how someone might naturally be, and discovering it within a marriage in our judgemental society often turns into a negative notion," he states. The path to professional help is marred by misconceptions and a lack of acceptance, making it crucial for couples to foster understanding rather than seek unnecessary treatment.

Erectile dysfunction and demisexuality bring their own sets of challenges. Misunderstandings about these conditions

can lead to unnecessary suspicion and stress, impacting marital harmony. Dr Hamid emphasises the importance of distinguishing between these conditions to avoid confusion and undue strain — "While demisexuality, needing a strong mental connection for intimacy, can be addressed, asexuality is a natural state of being."

The concept of sleep divorce is relatively new but is gaining attention. Dr Hamid remarks, "It's a Western trend where couples choose to sleep separately to enhance sleep quality and personal productivity, though it might sacrifice intimacy."

Such decisions can reshape traditional marital roles and expectations in a city like

Dhaka, where familial bonds are strong. To clarify, sleep divorce does not necessarily indicate emotional separation, but is a practical adjustment for better physical health.

Communication is the cornerstone of navigating these challenges. Dr Hamid advises, "It is crucial to discuss needs and concerns openly. Whether scheduling intimate moments or discussing personal struggles, recognising and validating each other's feelings can fortify a relationship."

Dr Hamid also addresses the psychological challenges that accompany sexual dysfunction within marriage, highlighting how societal pressures

exacerbate these issues.

"Erectile dysfunction is the most common problem we see, where individuals feel pressured to perform sexually, which can severely impact their mental health and marital harmony," he explains. This undue pressure strains the relationship and can spiral into severe stress, affecting overall well-being. However, with the support of mental health professionals like Dr Hamid, couples can navigate these challenges and find solutions that work for them.

Furthermore, the impact of such dysfunctions on women in marriages is profound. Dr Hamid points out, "Continuing to pretend everything is fine is detrimental. This not only harms the relationship's trust and commitment, but can also impact the couple's emotional connection deeply." He urges that acknowledgement and open discussion are vital in navigating these waters. "Faking satisfaction or compliance can lead to deeper resentments and misunderstandings, making honest communication about sexual health and preferences critical," he advises.

Dr Hamid recommends strategies that foster trust and understanding when handling these sensitive topics within the marital dialogue.

"Trust is crucial, and it's counterproductive to assume our partners know our needs. Open and honest

conversations, without assuming or playing games, can significantly clarify and resolve many underlying issues," he suggests.

These conversations should be direct yet sensitive, ensuring that both partners feel safe and heard, thus preventing the build-up of resentment or misunderstanding.

Couples can improve their emotional and physical closeness by using therapeutic modalities like Emotion-Focused Therapy (EFT) and Cognitive Behavioural Therapy (CBT), which have been modified for the

Bangladeshi environment. "These therapies are tailored to our cultural context, helping couples navigate their challenges effectively," says Dr Hamid.

Marital challenges are more than just personal struggles — they are a reflection of a society in transition. The unspoken struggles of these couples are not isolated incidents, but rather a societal issue that demands our immediate attention and understanding.

In the quiet corridors of homes, couples are redefining intimacy, navigating their identities, and, in many ways, pioneering paths to personal fulfilment within the framework of traditional marital expectations.

**By K Tanzeel Zaman**  
**Photo: Shahrear Kabir Heemel**  
**Model: K Tanzeel Zaman, Sanjida Mithila**





#FOOD &amp; RECIPES

# Spice up your life with these fiery beef recipes

Ready to spice up your culinary repertoire? This collection of mouth-watering beef recipes is sure to delight your taste buds and impress your dinner guests. From the rich and aromatic spicy beef bhuna to the tender and flavourful jhura mangsho, and the classic beef steak with barbecue sauce, there's something here for every beef lover. Whether you are a seasoned chef or just starting, these recipes are your ticket to a delicious meal. Let's get cooking!

## SPICY BEEF BHUNA

### Ingredients

1 kg of mixed beef, boneless and bone-in  
 ½ cup of cooking oil  
 2 large onions, chopped  
 1 ½ tbsp salt  
 1 tbsp minced ginger  
 1 tbsp minced garlic  
 Whole spices (1 bay leaf, 1 stick of cinnamon, 2 pieces of cardamom, 2 cloves,

5-6 whole black peppercorns)

1 tsp turmeric powder  
 2-3 tsp chilli powder  
 2 tsp coriander powder  
 1 tsp cumin powder  
 1 tsp curry powder  
 ½ tsp garam masala  
 1 tomato, chopped  
 ½ cup hot water  
 Handful of fresh cilantro, finely chopped

### Method

Add in all the ingredients into a pressure cooker (apart from the tomato and cilantro). Mix everything and then place it into the pressure cooker on high flame. Cook for 8-10 minutes stirring once or twice and add in the hot water. Once the pressure cooker reaches the optimal pressure, turn the flame/heat to medium and cook for another 20 minutes.

Take off the lid, release the pressure and turn the flame to high, stir well. Add in the tomatoes, stir and cook on high flame for an additional 15 minutes. By this time the beef bhuna should be cooked and you will start to see some of the oil floating on the surface of the curry. Add in the chopped cilantro, stir and take the pressure cooker off the heat. Enjoy hot with rice, naan bread or roti.



**JHURA MANGSHO**

**Ingredients**

*For cooking beef —*

- 2 kg boneless beef
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 1 tsp salt
- ½ tsp turmeric
- ½ tsp coriander powder
- ½ tsp cumin powder
- ½ tsp red chilli powder
- ½ tsp garam masala
- 1 bay leaf
- 3 cardamom pods
- 1 cinnamon stick, about 1-inch
- 8 whole black peppers
- 1 dry red chilli

*½ cup cooking oil*

*For frying beef —*

- ¼ cup oil
- 3 cups cubed onions
- 4 green chillies slit



- ¼ cup chopped cilantro
- 1 tsp freshly ground cumin powder
- 1 tsp ghee

**Method**

*For cooking the beef —*

Mix all the ingredients. Using an Instant pot or pressure cooker, cook the beef for 30 minutes. You can do a quick or natural release on the instant pot after the 30 minutes of cooking time. The beef should be tender. If you are doing this on the stovetop, cook the beef covered until it is tender. Shred the beef using two forks right inside the pot.

Turn on the sauté mode on the instant pot to cook down the liquid fully. If you are not using an Instant pot, cook uncovered until the liquid has been absorbed.

*For frying beef —*



Separately in a large frying pan, heat oil and sauté onions until golden. Add shredded beef, followed by green chillies, cilantro, cumin powder, and ghee. Stir fry for 5-7 minutes.

**BEEF STEAK WITH BARBEQUE SAUCE**

**Ingredients**

- 2 (5-ounce) boneless sirloin steaks
- Salt and freshly ground black pepper to taste

- ½ cup beef broth
- 1½ tbsp barbecue sauce
- 1 dash of hot pepper sauce
- 1 tsp cold butter, or more, to taste
- 1 tbsp vegetable oil

**Method**

Place each steak between two sheets of heavy plastic on a solid, level surface. Firmly pound each steak with the smooth side of a meat mallet to a thickness of ¼-inch. Discard the plastic and generously season steaks with salt and pepper.



Make the barbecue butter sauce — Combine beef broth, barbecue sauce, hot sauce, and another pinch of pepper in a bowl. Add cold butter, but do not stir.

Heat oil in a large skillet over high heat until it just begins to smoke, about 1 minute. Place steaks into the pan and sear for 45 to 60 seconds on each side. Remove from the skillet and set aside to rest. Pour barbecue butter sauce into the skillet and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Stir occasionally until butter is melted and incorporated, about 2 minutes. Spoon barbecue butter sauce over steaks to serve.

Enjoy a tasty and affordable steak recipe right in the comfort of your own home.

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







# Serious without suits: The new trend to follow

In the last few days, I have been humming “Nothing suits me like a suit,” — the How I Met Your Mother song, featuring Barney Stinson’s obsession with this attire. It is not only our good old Barney who has this obsession: millions around the world share it, at least when it comes to formal occasions and even in terms of everyday office wear. But while humming it, I have also been challenging Barney along with the millions of others: Do we really need to be in a suit to exude power, to mean business?

Is it the time to talk about such trivial and useless matters though, when the country is going through such a massive transition? As it turns out, it’s all related! Call me the lord of useless things but it is indeed with peculiar curiosity I notice some of the student leaders in casual wear, even on the most formal of occasions. I will remember these the next time I am invited to any black tie event!

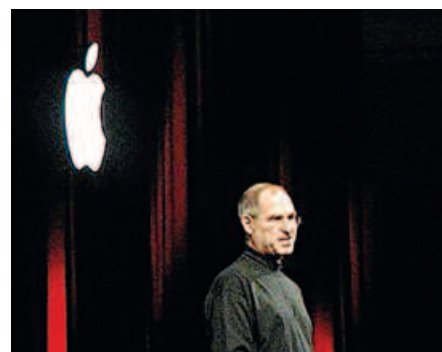
If you are judging someone by the clothes s/he wears, you are essentially judging the book by its cover. Formal wear does not necessarily mean someone is serious, sincere, powerful, or good at his/her job.

One of Google’s philosophies or principles, written in the organisation’s initial years, states that “you can be serious without a suit.” The casual work environment does not stop the flow of ideas and their execution.

Even more boldly, business tycoon and Shark Tank star Mark Cuban, once asserted, “I’m not a suit hater, I just could never think of any good reason for any sane person to wear a suit in the first place.”

Meanwhile, two visionaries of the tech

industry, Steve Jobs and Mark Zuckerberg, remind us of their own “uniforms” or staple wear at work — Jobs with his black turtleneck and Zuck with his grey tee. Signature styles or personal branding tactics these may well be, but another possible reason is the avoidance of the everyday decision-making chore of what to wear, as the Facebook founder had explained, “I really want to clear my life to make it so that I have to make as few decisions as possible about anything except



how to best serve this community.”

However, Zuckerberg did wear a suit in the court proceedings!

Back to our country — in the past few days — many status updates, people’s comments, and memes emerged regarding formal versus casual, that have made us chuckle. To illustrate, a meme showed suited-up students during mere 5-mark presentations in classrooms on one hand and students in casual wear at serious, high-level events on the other.

Meanwhile, Tanvir Sultan, MBA (a satire page on Facebook) posted a group photo

of Dr Yunus in the middle, with two student leaders on either side — with the caption: “Wearing a T-shirt and Crocs is not suitable attire for the workplace.”

Jokes aside, people are used to seeing professionals, politicians, etc. in formal wear. Panjabi is commonplace too, be it the more formal ones or even the simple white ones.

Compared to that, tucked-out shirts and tee shirts are an interesting change of scene. Among all the changes we are seeing, this matters little, other than strongly pointing out that conventional formal wear, in general, may imply — well, nothing!

Sure, it is perfectly fine to clad in panjabi or formal wear, but the pressure or expectation of it should also go away.

I’d rather prefer an honest government official/politician/bureaucrat in the most carefree attire, over a “suited-booted” one who is corrupted to the core and does not represent people’s demands!

**By M H Haider**  
**Photo: LS Archive/ Collected**

#FASHION & BEAUTY

# Mastering eyebrow shaping at home

Shaping one's eyebrows on their own is daunting, and why not? Eyebrows frame your face and can either enhance your expressions or change your look completely, depending on how well or poorly you execute the task. However, fret not, for with the right tools and techniques, it is possible to achieve expert results.

**What you need:** A pair of tweezers, a spoolie brush (like a mascara wand), small scissors, and an eyebrow pencil.

## Step 1: Eyebrow mapping

The secret to well-shaped brows is a good understanding of your natural brow shape and a thorough mapping job done beforehand. You can start by holding your eyebrow pencil vertically along the last quarter of your nose. The point where the pencil meets your brow is where your eyebrow should begin.

Next, angle the pencil from the tip of your nose across the outer corner of your eye — this is where your brow should end. Finally, find your natural arch by placing the pencil diagonally from the tip of your nose through the centre of your eye. Mark these points lightly with a pencil.

## Step 2: Tweeze and trim

When tweezing,

one should always follow the natural direction of hair growth to avoid irritation. You can start by removing stray hair outside your mapped brow shape but remember to be sparing about it. Even one hair, unnecessarily tweezed, can lead to sparse brows. Remember, it is always easier to go back and tweeze more, than it is, to wait for hair on uneven eyebrows to grow back.

While beginners can attempt tweezing with some confidence, trimming is a far riskier idea, and things can go south very fast. However, those who are confident of doing a stellar trim should brush their eyebrows upward using a spoolie brush and then use small scissors to trim any hair that extends beyond the natural brow line. This will ensure that brows look neat and not too bushy.



## Step 3: Fill in the gaps

Once you are done with the most difficult part, you can get down to the aesthetics of it. Even with perfectly shaped brows, some areas might need a bit of filling in. Use an eyebrow pencil or powder that matches your natural brow colour to lightly fill in areas that look bare. Avoid sharp strokes towards the end of your brows as this can make them look unnaturally blocky. Instead, use small, hair-like strokes to mimic the natural growth pattern.

## Step 4: Set your brows

Finally, you can use a clear or tinted brow gel to set your brows in place. Brushing your brows upwards with the gel can help keep them tidy and also give them a lifted look.

*On a side note, do remember, that under no circumstances, should you conceal your natural eyebrows and draw odd curvy lines on your face with a kohl pencil. That never was, and never will be in fashion.*

By Q Shakespeare

Photo: Shahrear Kabir Heemel



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

অ্যান্ডামিনা  
সোপ

রূপচর্চায় আন্ডিজাস্ত্য...

KOHINOOR  
CHEMICAL

us on f /Sandalina



# VOICES ON WALLS

## How Dhaka's murals and graffiti echo the struggle for freedom

In celebration of our newfound freedom, everyone is expressing themselves in different ways, one of which is through murals and graffiti. Walk through the campus of Dhaka University and you will see how the walls of DU have been revitalised into vibrant canvases that convey messages of understanding, harmony, and freedom of expression. Behind this transformation are the bright minds and skilled hands of students, who we hope, will propel the country forward.

Indeed, not only DU and its adjacent areas, but overall the streets of Dhaka are being transformed in meaningful ways. Reflecting on this transformation, Morshed Mishu, a celebrated cartoonist and the Assistant Editor of Unmad, who has been pursuing activism through art for years and inspired many to take up paintbrushes to express their demands, notes, "Graffiti and murals convey impactful messages. For starters, they keep reminding everyone about the spirit of our protest and can be used to educate the public about important topics such as communal harmony and the value of tolerance."

He adds, "Our struggle for freedom began a long time ago," recalling the movement of 2018 when students presented their demands despite the pervasive fear. "People were afraid back then but they continued to paint and write. Now in 2024, that fear has dissipated. We have learned to harness our voices and fight for our freedom."

These artistic expressions also play an educational role, teaching observers about the history and ongoing efforts in



the fight for social justice. Graffiti and murals encourage viewers to reflect on their positions

within these narratives and consider their roles in the broader societal framework.

"Young people are giving new life to old, neglected walls through paintings and we all should appreciate their efforts," Mishu elaborates. He encourages young artists to be intentional in their efforts, "They should paint not only to beautify but to inspire and

enlighten."

This advice highlights the dual purpose of such art – it beautifies while it educates and it delights while it informs.

The strategic placement of these murals and graffiti can turn every wall into a message board, reminding viewers of the ongoing struggles and victories in the fight for civil liberties. Moreover, the influence of such art extends beyond the confines of walls. Social media platforms have become conduits for these messages to travel worldwide, amplifying their impact.

That said, not all expressions on these

walls are welcomed and we have also witnessed a surge in abrasive graffiti and murals. "There were coarse graffiti painted during the recent protests, which should be erased. But the murals and graffiti that voice our demands should stay," Mishu believes.

This distinction highlights the importance of intention behind the artwork emphasising that while some spontaneous expressions may reflect momentary emotions, those that resonate with the collective aspirations should endure.

The historical roots of murals and graffiti as tools of societal dialogue and protest stretch back hundreds of years. From the political frescoes of the 1952 Language Movement to the "Subodh series" featuring the slogan, "Subodh tui paliye jaa, tor bhagge kichu nei," which became popular in 2016 – these artworks symbolise the ongoing struggle for justice and the need for continual renewal of commitment to societal issues.

Just as murals may fade or be painted over, the issues they represent require persistent engagement and advocacy. Hence, as we look forward, we must recognise murals and graffiti not just as art forms but as educational tools that can foster a more engaged and informed citizenry. Because art, with its premeditated messages, can transform passive observers into active participants in the democratic process.

**By Ayman Anika**  
**Photo: Morshed Mishu**