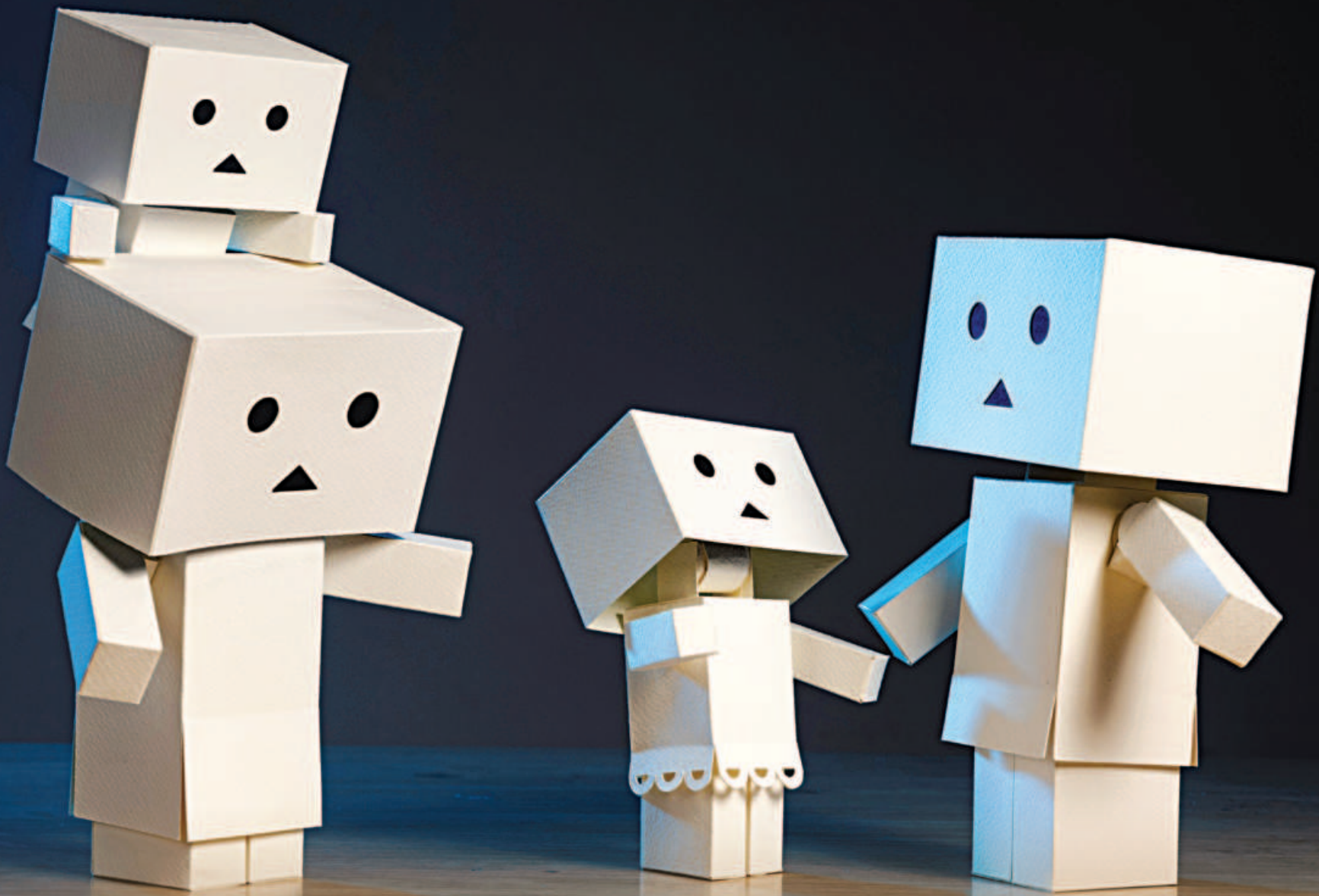


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at **A second chance
PARENTHOOD**

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RAISING HOPE, RAISING AWARENESS **P 2**
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DANBO BOX CHARACTERS: MAHAMUD HASAN REAZ
PHOTO: SHAHREAR KABIR HEEMEL

#HEALTH & FITNESS

How to detect early warning signs of breast cancer

October marks Breast Cancer Awareness Month. The significance of this month varies from person to person — for some, the pink ribbon is a memory of a disease that changed their lives, while for others, it is an opportunity to rally behind almost two million women who get cancer diagnoses annually throughout the globe.

Knowing about the intricacies of breast cancer and the early warning signs of it could help save countless lives. It is thus important to be aware of the initial warning signs of breast cancer, which are still prominent.

LUMPS

One of the first signs of breast cancer is the appearance of a breast lump. It is more probable that a firm mass with uneven borders is cancerous. However, the borders of other cancers are rounded and soft.

It is wise to not disregard any kind of breast lumps. Many lumps, in fact, are too tiny to feel. Therefore, if you are above the age of 40 or if breast cancer runs in your family, you should undergo a mammogram regularly by consulting with your physician.

SWELLINGS

Sometimes even before a lump is visible, some individuals may experience swelling around the breast. If the swelling does not improve even after taking medication, you should visit a specialist immediately. On top of that,

you might notice some thickness in your breasts or enlarged lymph nodes beneath your arm or close to your collarbone. These odd swellings may indicate a potential cancer risk.

PAIN

The majority of breast pain is not brought on by cancer. However, painful sensations, soreness, or a burning sensation in the breast or nipple may be the first indication of breast cancer that is inflammatory or Paget's disease, both of which are among the less common forms of breast cancer.

When this kind of pain gets worse or lasts for a long time, it is crucial to see a physician.

ALTERATIONS

Changes in breast shape or skin appearance may indicate cancer. The inward pulling of the skin might occur when a breast mass expands.

As a result of this, skin could seem dimpled or

even have a depression in it. These alterations should only be taken seriously if they are new and affect just one breast.

To reduce the number of fatalities caused by breast cancer, early detection and treatment are vital. It is easier to treat breast cancer effectively if caught early when the tumour is tiny and has not spread.

So, regular screenings are the best method to detect breast cancer early.

One effective method of detecting breast cancer early, when therapy is most beneficial, is to get a mammogram

once a year. Because they use low-dose X-rays to examine the breast, mammograms could detect anomalies that may indicate cancer in the breast years before any outward signs appear. Decades of studies have shown that women who did mammograms regularly had a better chance of getting breast cancer detected sooner.

The American Cancer Society reports that annually, women between the ages of 40 and 44 may choose to begin screening with a mammogram. They should also be performed annually on women aged 45 to 54. Women who are 55 and over have the option to either continue having their mammograms done annually or switch to getting them every other year.

Even so, people who have a higher-than-average risk of breast cancer, like those whose family has a history of breast cancer or who know they have a genetic trait that might trigger the disease, are recommended to start earlier.

This October, it is important to educate yourself about breast cancer and to discuss methods in which your loved ones may learn, connect, and act regarding this disease. Take action, starting with you.

By Samayla Mahjabin
Koishy
Photo: LS Archives/
Sazzad Ibne Sayed



Tyfoon

Fabric Care

প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।



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#PARENTING

IS COCOMELON HELPING OR HURTING?

The mixed impact on toddlers' development

Cute characters, lively hues, and catchy music — all combine to create CoComelon. Both parents and toddlers find it difficult to resist. It might seem like a lifesaver for many of us in Dhaka who are trying to balance job, family, and everything in between. It provides us with a few valuable minutes to relax, complete some work, and simply take a little break. However, a growing number of parents are sharing personal accounts lately which raises the question: Is CoComelon causing more harm than good?

For Rajib, a businessman managing his ventures, the show initially felt like a gift.

"It was perfect! My son would sit there, completely focused, and I could finally answer my calls without interruptions."

However, Rajib soon began noticing some changes. "It was not just that he wanted to watch it all the time; it was that when we tried to switch it off, he'd have these massive tantrums. I felt like I was losing control over the situation."

Abdul Hamid, a noted psychotherapist, says, "We, as adults, are addicted to the online world thanks to constant scrolling and endless barrages of content, even though it's a one-way communication. We compensate our energy and effort according to our environment."

He continues, "Now think about a child or a toddler for whom this is the only sort of activity throughout the day. Being constantly exposed to such one-way communicative content, they automatically discard or undermine using their other senses. They do not see the need to explore, which is crucial for a young mind."

A world of overstimulation

At its heart, CoComelon is designed to grab and hold a child's attention. The quick scene changes, bright colours, and non-stop music do precisely that. However, experts claim that this continual barrage of sensory information may overwhelm a child's growing brain. Infants perceive the world via their senses and when they are constantly stimulated, they are unable to

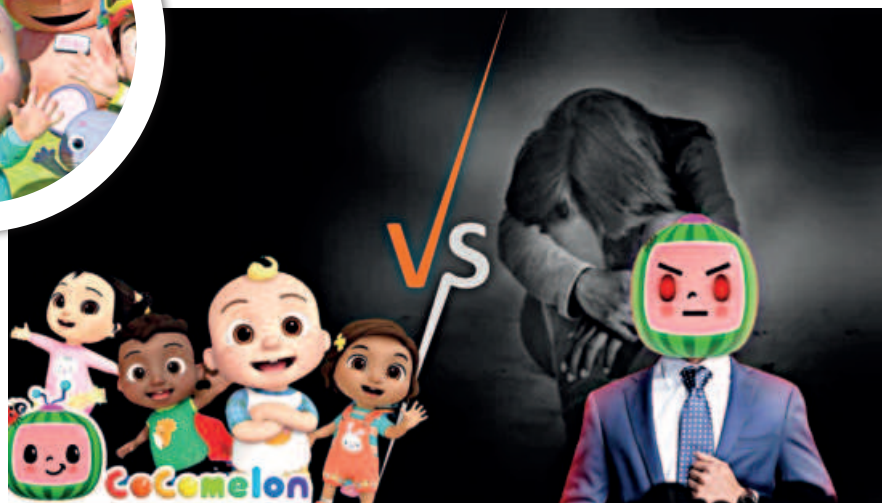
stop thinking or reflecting on what they are experiencing.

Somaila, a school teacher and mother of two, has experienced this first-hand. "After a few episodes, it was like my son would zone out. He would not respond if I called him, and if we turned off the TV, he'd have a meltdown."

For parents like Somaila, it's the aftermath that's the hardest to handle. "I wanted to give him a little break with the show, but instead, I ended up with a child who was irritable and frustrated when it was over."

Speech delays: A growing concern

Another troubling issue



that has emerged is the possible link between CoComelon and speech delays. Experts say that shows like this, which engage children passively, reduce the need for them to communicate. Instead of interacting with people, children are glued to a screen, absorbing sounds and visuals without responding verbally.

"I didn't even notice it at first," admits Orthi, a mother of two. "My youngest was watching CoComelon almost every day, and I just thought he was taking a bit longer with his speech. But after I cut it out, his speech picked up almost instantly. He started saying simple words like 'mama' and 'dada' that he hadn't said before."

This experience is not unique; many parents have noticed significant improvements in their child's speech once they reduced screen time.

Tantrums and dependency

The show's fast pace and continuous flow of bright, cheerful content can make the real world seem dull in comparison. For children accustomed to the non-stop stimulation of CoComelon, everyday life might feel too slow. This can lead to frustration, and, in many cases, tantrums.

Shariar, a service holder, has been grappling with this very issue. "At first, CoComelon was great—it kept my son happy and gave me some time to relax after work. But then it turned into a fight. He'd

who initially relied on the show to keep his son occupied, has since cut back on screen time.

"We're limiting it now. I let him watch one episode a day, but I try to keep him engaged with other things—books, puzzles, or just playing together. It's been a bit of a transition, but it's worth it," he said

Here's what concerned parents recommend:

Limit screen time: Keeping the show to just one or two episodes a day can help reduce overstimulation and encourage more balanced activities.

Choose slower-paced content: Shows like Bluey or Daniel Tiger provide more meaningful engagement without the rapid pacing.

Encourage interactive games: Instead of relying on passive entertainment, try engaging your child in more hands-on activities. In Dhaka, this could be as simple as storytelling, drawing, or even playing with children-friendly moulding clay.

Watch together: Co-viewing can help transform screen time into a more interactive experience. Talk to your child about what's happening on screen, ask questions, and get them to respond.

For Orthi, the difference was night and day. "Now, instead of CoComelon on loop, we're doing more reading, and my son is talking to me. I didn't realise how much the show had affected him until we made the change."

In the modern world of hectic schedules and juggling work and family obligations, it's simple to resort to quick solutions like CoComelon to keep kids occupied. However, as parents in Dhaka and elsewhere discover, it's critical to consider the amount of screen time our children spend and the potential effects it may have on their development.

Making minor adjustments may have a significant impact on ensuring that our children have the resources they require to succeed, whether that means restricting their exposure, selecting slower-paced media, or just being more present when they use screens. Nobody wants a show to take the place of their child's voice, after all.

By K Tanzeel Zaman
Photo: collected



#PERSPECTIVE

CUT THE STRESS, FOLD THE PAPER

The surprising power of origami

Origami is a diverse array of folding techniques, each with its unique vocabulary and looks. Traditional designs include a square piece of paper, precisely folded and creased to create shapes such as animals and plants, geometric patterns, and modular structures. The revered art of wet folding is also employed in some cases, allowing for better manipulation of paper to create more organic and sculptural forms.

This age-old Japanese art of paper folding has fascinated cultures around the world with its simplicity and endless creative potential. While originally from Japan, this craft has been adopted — and adapted — by many, making it one of the most globally influential paper crafts.

Architect Mahamud Hasan Reaz was only thirteen when he started origami. Ridden with the pressures of his studies, he made a paper butterfly sitting in the classroom. “I enjoyed it a lot. Then I made a few more just for fun. I found it worked well for stress relief!”

Reaz started practicing various types of origami in his free time, with the help of YouTube tutorials. He even created a Facebook page for it, calling it “Bhajibinyash”, which many people gradually joined, and continued to encourage him, as he made new things.

“My paper crafting journey started as a mechanism to de-stress, but quickly turned into a hobby, and then an addiction,” says the young architect.

Reaz would often pick complex crafts, challenging himself. He also enjoyed the adulation and praise that he received from people when he showcased his art.

“Income from a hobby, what could be better than that?” Reaz reminisces how money from his father’s failing business was not enough to support his expensive architecture courses. It was this very hobby

that had then become a source of income and a way to cover the cost of his studies.

Today, he is an architect, but he continues to hold on to origami as a way to de-stress. “When I feel overwhelmed with work pressure, I sit down with a piece of paper. Creating makes me happy.”

Reaz may have taught origami to himself but there are plenty

“We should spread all the art we practice in society to the best of our ability. I am also trying my best to do this,” expresses Reaz.

Origami is very popular worldwide, and enthusiasts of the art feel that Bangladesh is no different. “I don’t think there is anyone who has not made a plane or a boat out of paper as a child. This practice is lost while growing up. The popularity of origami among adults is much less, of course.”

Reaz feels that this may be because of a lack of institutional education on the subject in our country. However, what gives him hope is that parents are much more receptive nowadays to their children



of people who would love to learn the intricate art from Reaz. “I have conducted several origami workshops, including some for children and underprivileged people, around Dhaka and received a good response.”

These include a workshop done with the children in Icchetala, (later discontinued due to COVID-19), a workshop for the hearing impaired in collaboration with Breeze Foundation, and “Sudin Sattva” programme, in collaboration with Sajida Foundation.

learning newer art forms. Thanks to the internet, anyone can practice origami very easily, pulling up its popularity.

A therapeutic form of expression, origami is a great way to lose oneself in the folds and creases of paper, transcending cultural boundaries, and spreading our wings to the deepest corners of our imaginations.

Let the paper games begin!

By Munira Fidai
Photo: Shahrear Kabir Heemel

#RELATIONSHIPS & FAMILY

FROM EMPTY NEST TO NEW LIFE

One family's journey to legal guardianship

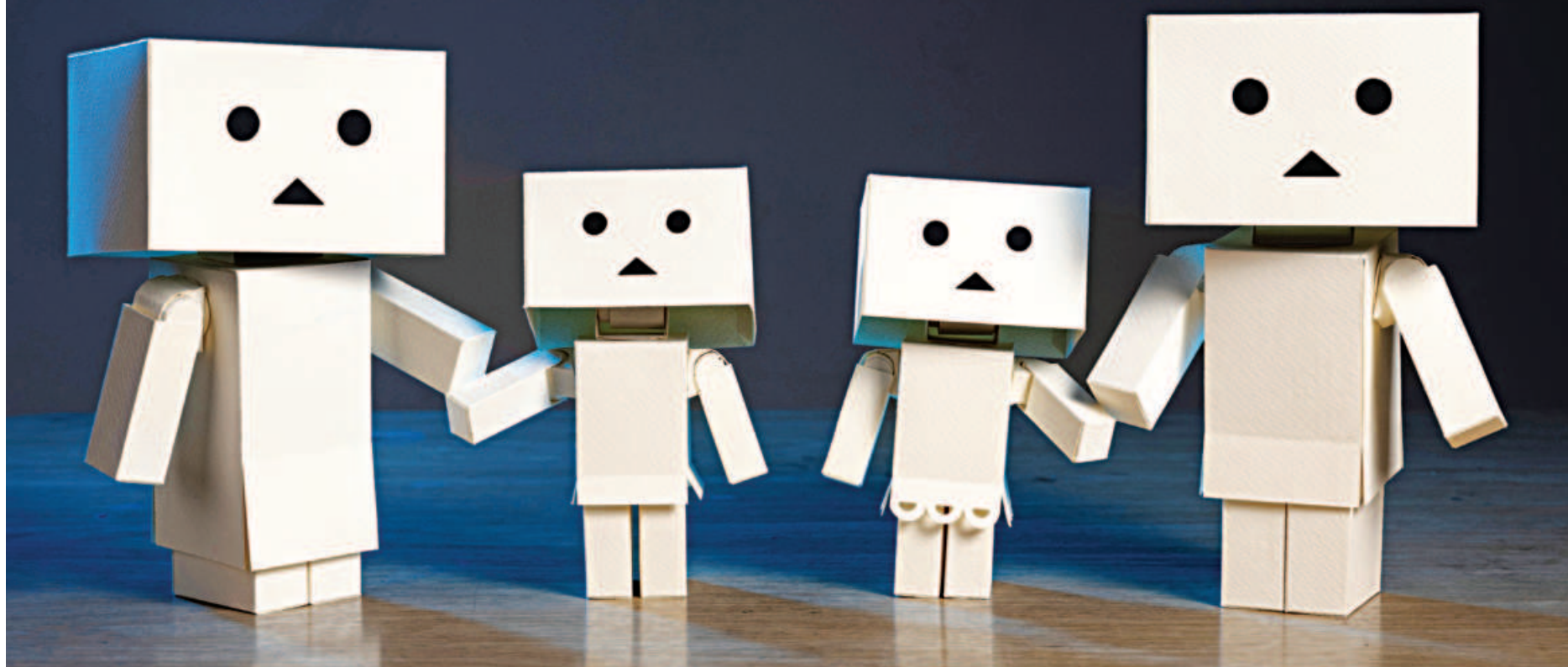
Life in the Rahman household was settled. The couple had long, successful careers in the media; their only daughter was grown up, all set to start university and get busy with her life choices.

For Sayeda Rahman, the transition was not quite as smooth. At 48, she was about to face the blunt reality of a looming empty nest. No matter how much she actively tried to divert her mind from it, the prospect of a quiet household, with no sounds and activities of children, bothered her immensely. The sleepless nights spent attending to a baby, the pleasure of seeing a child take the first step, and watching him/her grow and all the feelings of raising an offspring — were experiences she wanted to re-live.

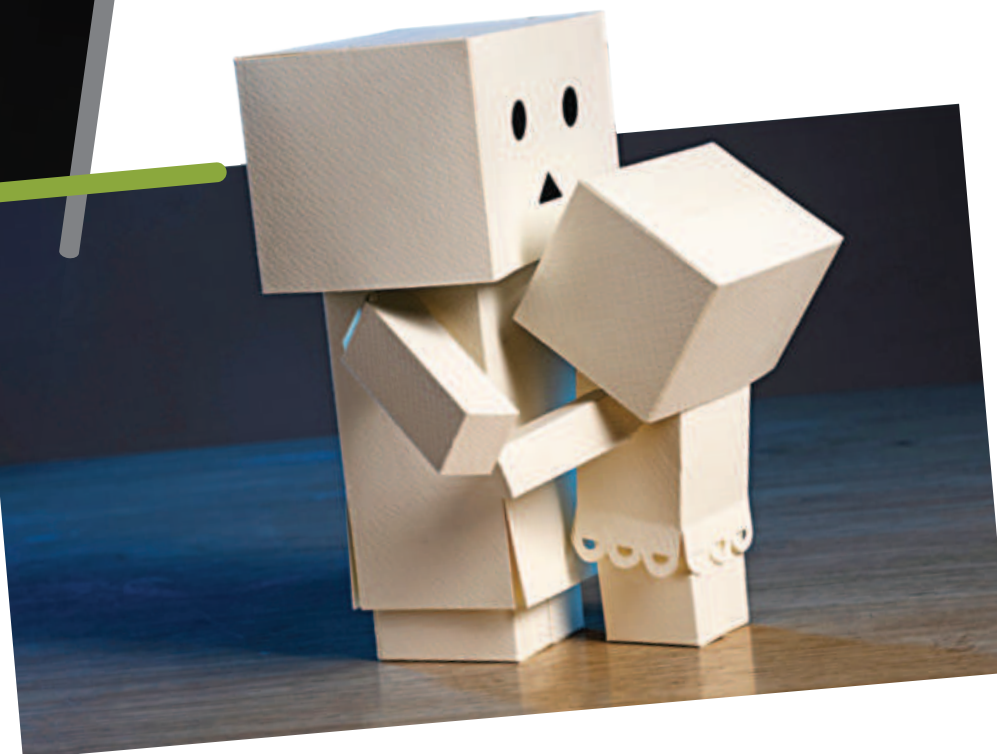
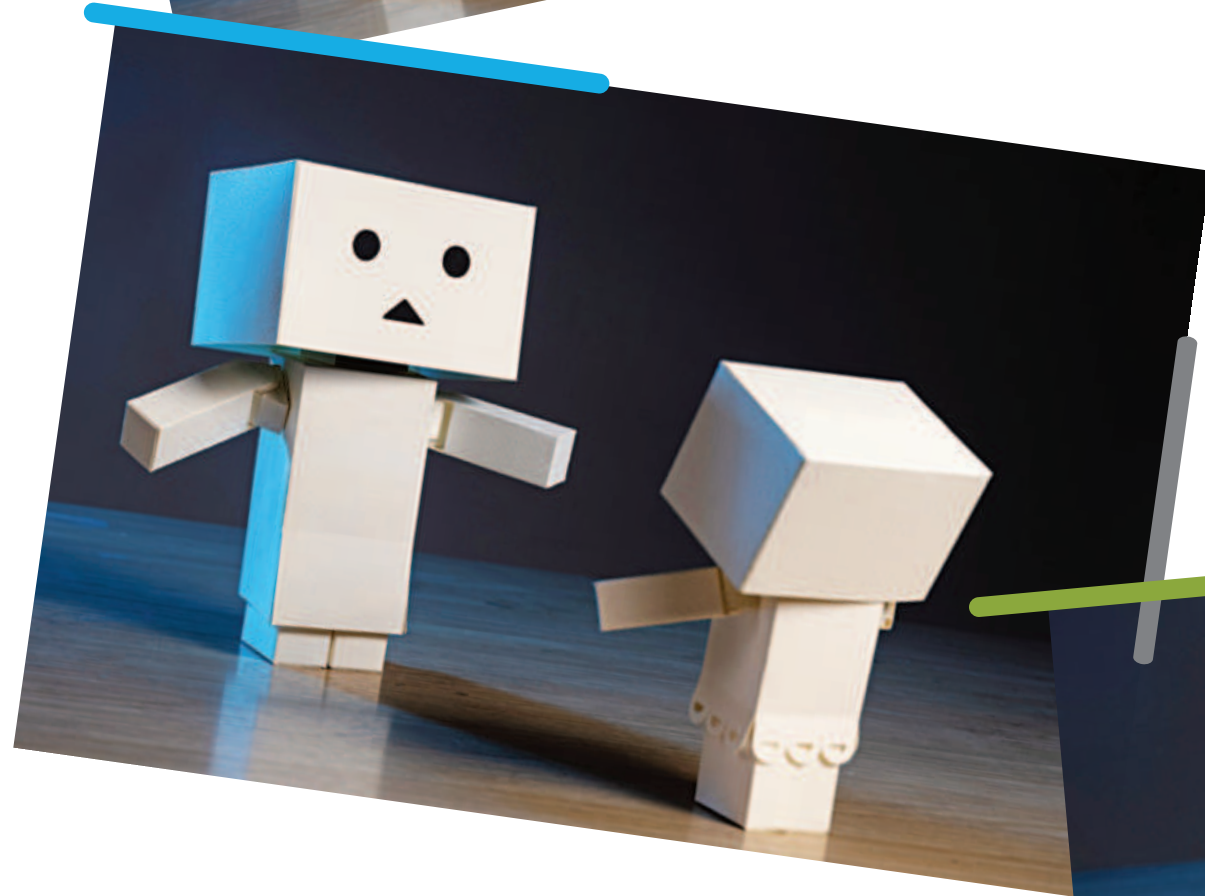
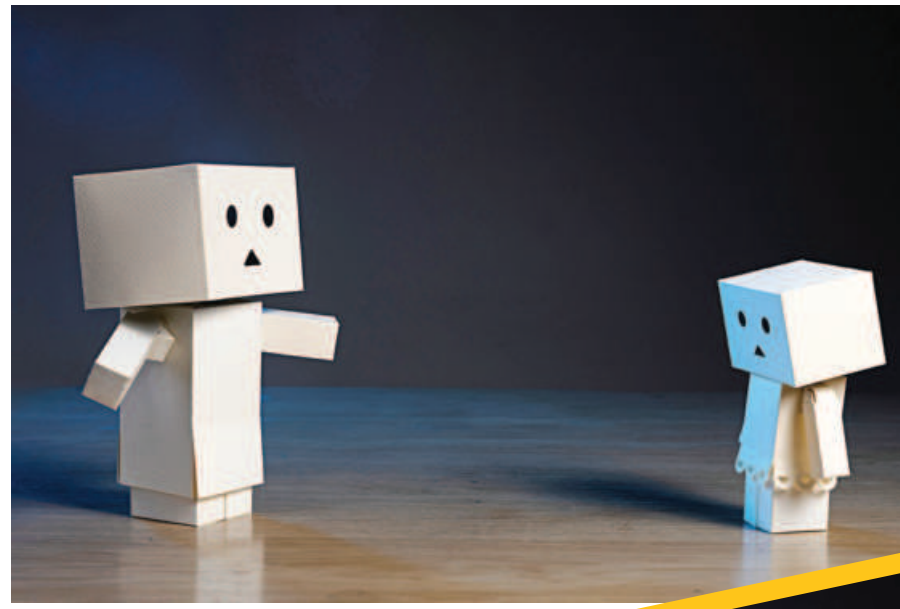
Then, something miraculous happened! Sakina, her house-help of many years, gave birth to a beautiful girl. Bringing little Dahlia into the household had challenges that the Rahmans had not faced in decades but they were met with anticipation and joy. As the days rolled into weeks and the weeks into months, Dahlia became a part of the family.

Danbo Box Characters: Mahamud Hasan Reaz
Photo: Shahrear Kabir Heemel

CONTINUED TO CENTRE



Redefining Family, EMBRACING LOVE



CONTINUED FROM PAGE 05

When their daughter returned for the holidays, she found herself not just as their grown child but as an older sister. It was at this moment that the Rahmans decided to take the leap of faith and seek legal guardianship of Dahlia.

"Our proposal was initially met with mixed emotions from Dahlia's biological parents. While her mother understood the sad reality that we could offer a better life experience for her child, the husband was quite apprehensive and not ready to accept the facts," Sayeda recalled.

She added, "Knowing fully that Bangladesh law does not allow adoption by Muslim families, we were not offering to adopt her and give Dahlia our family name anyway! All we sought was permission, from a legal standpoint, to provide the best for her. And it took some time for Sakina and her husband to come to terms, but they eventually agreed."

In Bangladesh, formal adoption is not recognised under Islamic family law. Instead, the Guardians and Wards Act of 1890 is followed, where a person or couple can be appointed only as a legal guardian of the child.

Afrin Ahmed, advocate, Supreme Court of Bangladesh, explained further, "The law tries to focus on placing children in need of care, such as orphans or those without proper parental support, under the guardianship of individuals who can

provide a stable, nurturing environment. The process requires court approval, where the judge evaluates the suitability of the prospective guardians based on factors like financial stability, moral character, and ability to meet the child's needs."

Ahmed further added that guardianship does not automatically grant the child inheritance rights or a change in surname, so Muslim guardians often need to make additional legal arrangements to secure the child's future financial needs.

Speaking on the psychological journey, Ahmed added, "Adoptive parents, welcoming a child into their homes and their hearts, must prepare themselves for the legal procedures. They often face societal stigma, as the culture highly values biological lineage, leading to judgment and intrusive questions from their community. This can be emotionally taxing, alongside challenges in bonding with their adopted child.

"Parents also fear not being fully accepted by the child or worry about the child's desire to seek their biological family in the future. To overcome these issues, adoptive parents can focus on building a supportive network, educating those around them about adoption, practising empathetic parenting, and fostering open communication to strengthen their bond and create a loving environment for their child."

Dahlia is now a fourth grader at a reputed English medium school in the

country and spends her time at the house of her "adoptive parents" and also that of her biological father and mother.

"The school authorities are well aware of the whole arrangement and have been more than willing to extend their hands in assistance for this adoption process to work. Her friends and peers are aware of the circumstances surrounding Dahlia's guardianship, and so far, there have been no major issues," Syeda said.

Farzana Sultana Nila is a clinical psychologist attached to the Center for Mental Health and Care, Bangladesh (CMHCB). For over a decade, she has been working primarily with women and child issues.

She expressed that at times, parents seeking legal guardianship do so amidst a problem — at times, they are childless; sometimes they are couples who seek companionship in an advanced stage in life.

Depending on the circumstances, psychologists suggest that the child and her new family maintain contact with the child's biological roots. "To overcome all the negativities that we associate with adoption, it is important to realise that the adopted child deserves the same level of respect as one would show to one's biological child.

"One must understand that irrespective of the age of the ward, for the whole process of legal guardianship to be successful, the child can never be considered a 'problem solver'. No matter

the situation, adopting/taking legal guardianship can never bring a solution to a 'crisis'. It should be one done with reasoning and complete dedication. While it is understood that the financial strength of the new parents is important, the psychological aspect should be of greater importance," Nila opined.

The story of Dahlia and her adoptive parents is a success story, almost straight out of a fairy tale. Perhaps, the lesson one can draw from the real-life experience of the Rahman family is that they prioritised the emotional aspect of the transition rather than focusing on other needs.

Sayeda Rahman is now in her mid-50s, and Dahlia follows her like the moon. They recently went on a trip to Nepal, along with some of Sayeda's best friends, who introduce Dahlia as their granddaughter.

Seeing the sunrise over the mighty Himalayas brought Sayeda a little closer to her ward. In that serene moment, surrounded by the majestic peaks, Sayeda felt an unspoken closeness to Dahlia — a bond that had grown deeper than she had ever imagined, filling her heart with a sense of fulfilment and peace. Maybe, Dahlia felt the same!

By Mannan Mashhur Zarif

***Some of the names have been changed at the request of the interviewees.

Danbo Box Characters: Mahamud Hasan Reaz

Photo: Shahrear Kabir Heemel



#FOOD & RECIPES

Fine Dining What? Discover the Gulshan Street Where Real Dhakaites Feast Like Kings

In the heart of Gulshan-2, a stone's throw away from Dhaka's high-end establishments, my colleague, Orchid Chakma and I stumbled upon something magical — a street that felt like home. You might be wondering, what could possibly exist in Gulshan that does not involve overpriced real estate and the type of fusion food no one asked for? Well, let me tell you, dear readers, we found a street food paradise, and it was not just any street food; it was the kind that takes you back to your roots, where flavours speak louder than décor.

It all began on a typical post-workday, on one of our many “field adventures,” where we are supposed to find the next big story. Orchid Bhai was snapping away, hoping to catch some candid moments of Gulshan life — cue shiny cars and people sipping artisanal coffee that has cardinal directions on the cup.

Fate, it seems, had other plans!

We somehow got off the main road, and before we knew it, we were in front of a group of carts, temporary eateries, and individuals who appeared to be much more joyful than they were entitled to be.

This was not the usual Gulshan affair. There were no marble countertops or Instagram influencers balancing matcha lattes on one hand while posing with a pout. No, here, the stars were “Fuchka Bhai” and “Fuchka Mama,” holding down their respective fuchka



and chotpoti stalls like the legends they are.

With a confidence that only comes from years of street food mastery, they

served up plates of crispy fuchka and fiery chotpoti, making you forget that just minutes ago, you were contemplating whether truffle oil really belongs in everything.

One bite of that tamarind-soaked goodness, and suddenly, we were not in Gulshan anymore. We were transported back to the chaotic street corners of our childhood, where snacks came fast, cheap, and utterly delicious.

Further down, “Rubel Mamar Shahi Halim” had set up shop with an assortment of deshi comfort food that could cure even the worst of days — halim, nihari, khichuri, tehari, duck curry — you name it. The kind of food your mother would cook when she was feeling generous, except here, it's ready in minutes, and costs less than your favourite café's caramel frappuccino.

Honestly, Rubel Mama might just be the unsung hero of Dhaka's food scene, offering bowls of soul-soothing Halim while you sit on plastic stools, not a care in the world about aesthetics.

But the real treat was “Kabab Station.” Here, the smoky aroma of chicken reshmi, beef sheek, gurda, and khiri kebabs filled the air. And to top it all off? Motka cha — a steaming cup of tea served in a humble clay pot.



After a bit of ‘investigative journalism,’ we got to know that this street stays lively from the hours after sunset till 4 AM. Yes, you read that right. Night owls, rejoice!

As we sat there, munching on kebabs and watching the world go by, it hit me — this street was the perfect antidote to the polished, pristine version of Dhaka that Gulshan tries so hard to maintain. Sure, you can dine at places with mood lighting, imported goods, and waiters who can explain the origin of every ingredient on your plate, but when’s the last time you left a restaurant feeling truly satisfied? Not “I paid a lot so I guess I should be happy”

satisfied, but the kind that fills both your stomach and your soul?

For those of us who grew up in Dhaka, there’s something about street food that high-end dining can never replicate. The food here does not just feed you — it reminds you of where you come from, of the late-night snacks with friends, and the chaotic, delicious mess of it all.

Take “Rater Kabab,” for instance, which sets up shop late into the night, offering a glorious spread of kebabs and luchies — that deep-fried puff of heaven that can single-handedly restore your faith in carbs.

These kinds of establishments serve as

a reminder of the true meaning of eating in a city where “fine dining” has come to be associated with prestige. Sure, you can treat yourself to Italian food or sushi, but sometimes, all you need to feel human again is a dish of fiery chotpoti or a juicy kebab.

What’s the best part? Nobody is interested in whether your attire complements the décor or whether your cuisine is “Instagrammable.” Simply take a seat, eat, and let the food speak for itself.

Take a different route the next time you are sick of navigating Dhaka’s upscale eating scene, which is full of expensive

steaks and avocado toasts. Enjoy some late-night kebabs, a dish of fuchka, or a stroll down this little-known street in Gulshan, and let the tastes transport you back to your origins. After all, it’s the little, unpolished nooks like these that serve as a reminder of why we initially adore this city, which is always striving to be something it’s not.

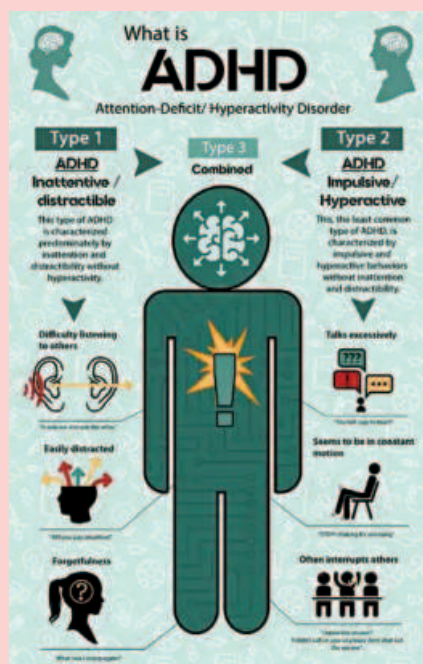
By K Tanzeel Zaman
Photo: Orchid Chakma

***The carts mentioned above are situated on the street of Burger King and Lavender superstore in Gulshan-2 junction.*



SHEDDING LIGHT ON ADHD, the Hidden Struggle

How does it feel when your mind is racing with thoughts while you are trying to focus on a task? Or, you are trying to listen to something important but instead of following the speech/lecture, your mind drifts to other things and gives you overwhelming emotions. You cannot easily concentrate on long conversations, and cannot remember roads, people's names, or other detailed information. People misunderstand you for being irresponsible and inattentive but in reality, no matter how much you try, it's very difficult for you to focus on anything!



You might be one of 2 to 37.45 per cent of the Bangladeshi youth who experience symptoms of Attention Deficit Hyperactivity Disorder (ADHD). Only those who live with it understand just how isolating and challenging the journey can be.

While popularly considered trivial, ADHD can lead to significant problems and challenges. Its symptoms like inattention, forgetfulness, impulsivity,

emotional instability, procrastination, and difficulty focusing can result in stress, anxiety, low self-esteem, and continuous restlessness. Untreated ADHD can cause career instability, increase the risk of mental health issues, and lead to impulsive behaviours. These symptoms can disrupt daily life significantly.

Students with ADHD might find it nearly impossible to concentrate on a teacher's lecture. Instead of following the class, their minds drift to lunch plans, video games, or last night's cricket match. They might fidget with their pen and frequently lose track of the lesson, which eventually leads them to frustration and confusion.

The struggles can finally result in misplacing homework or forgetting things, leaving teachers and parents puzzled about their behaviour. Most children who exhibit these characteristics do not even realise that it can be associated with a serious physiological condition like ADHD. Even their parents and teachers think they are just inattentive and irresponsible.

One might struggle to do daily chores, academic tasks or official work due to missed deadlines, forgetfulness, and disorganisation. With all the mood swings, and increased anxiety going on, individuals with ADHD may struggle to maintain personal relationships and even parental abilities. Overall, it can create substantial barriers to achieving

personal goals and maintaining stability because of impulsive behaviours and misunderstandings.

Questions might arise, why do some people suffer? Are they born with ADHD?

ADHD has a high heritability rate of approximately 70 to 80 per cent, which means that genetics play a significant role in developing the disorder. People are more likely to be affected by ADHD if a family member has it. Environmental factors also contribute; exposure to substances like tobacco and alcohol can increase the risk.

The disorder is linked to physiological factors related to brain function and structure. Some parts of our brain are responsible for decision-making, attention and impulse control like the prefrontal cortex, basal ganglia, and cerebellum. The size and activity of these brain areas are formed differently in people with ADHD. Moreover, imbalances in neurotransmitters like dopamine and norepinephrine, which help regulate one's behaviour and attention, can also cause symptoms of ADHD, such as hyperactivity, inattention, and impulsivity.

So, what can be done?

The first step toward understanding and supporting ADHD is recognising and acknowledging it. Signs like difficulty concentrating, emotional instability, overthinking that leads to procrastination, mood swings, confusion, and impulsive decision-making should be recognised by both those affected and the people around them.

In Bangladesh, the stigma surrounding mental health issues often prevents individuals from seeking help. Our society still perceives ADHD as a minor issue or does not acknowledge it as a problem at all. Society needs to be aware of it and try to understand people suffering from ADHD so that they do not isolate themselves. By doing so, a better environment can be created where everyone with or without ADHD feels safe.

An environment of empathy, support, and understanding can break down barriers and establish a space where those affected by ADHD feel seen and supported.

By Fahmida Khanom
Photo: Collected

UNDERSTANDING ADHD



#TRAVEL

Surviving as a vegetarian abroad: tips that actually work

Travelling when you cannot eat certain foods can be hard, but that should not hinder you from exploring all that the world has to offer. It may seem daunting to travel as a vegetarian from a distance, but in fact, it is not as difficult as it may appear. Travelling as a vegetarian may be pleasant and easy if you consider a few essential points.

Delve into the local culinary culture

The first step in planning a trip as a vegetarian is learning about the local cuisine. Do most people consume a lot of meat, or is there a good variety of grains and greens? If you search around on enough travel websites, you can locate

several posts on the local food.

It is also a good idea to ask friends or family who have been to the destination that you are visiting for some detailed information on the cuisine. By doing so, you will also be able to manage the cost of your vegetarian meals beforehand.

Master different vegetarianism vocabularies

Knowing a few vegetarian-related terms in the local language where you will be visiting might come in useful whether you are relying on the phrases provided by your tour guide or using the advanced translation capabilities of Google Translate.

"I am a vegetarian; I do not eat meat; I

consume only plants, like fruits, vegetables, and so on." is an example of a sentence you could keep in your notes or simply memorise. This way, you could get help and advice from people who live there, if your prior planning does not work out.

Snacks on the go

Similar to how making your own meals at home may support your healthy eating choices, bringing snacks on trips can be really helpful. This is of utmost importance if you plan on being in a remote area without many food alternatives, particularly ones that cater to vegetarians.

In order to hold yourself over until your next meal, try snacking on some chips,

bread, chocolate, fruit, or nuts. Before leaving, throw a few hearty snacks in your purse or bag.

Eateries that welcome vegetarians

Seek vegetarian-friendly eateries while you are away by perusing travel apps and reading blog entries by other vegetarians. A plethora of new eateries are now springing up as a result of the global rising popularity of vegetarianism.

In some vegetarian eateries, you may get faux meats, which resemble meat in texture but are really prepared from mushrooms and vegetables. You can be in for quite the culinary adventure, needless to say!

By Samayla Mahjabin Koishy

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Be aware of deception. Partnerships could prove lucrative. Don't jump to conclusions. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Look for something entertaining to do. You've got that competitive edge. A little rest will do wonders. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Your creative talent may be recognised this week. Your changing philosophies could lead to new circles. Don't bother getting even. Your lucky day this week will be Friday.



CANCER (JUN. 22-JUL. 22)

Being unappreciated by your boss could make work difficult. Focus on some soul-searching. You've done all you can to help. Your lucky day this week will be Saturday.



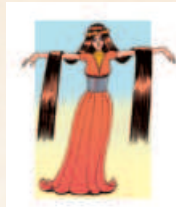
LEO (JUL. 23-AUG. 22)

Spend time getting to know others. Loved ones may feel insecure. Build a strong financial future for your family. Your lucky day this week will be Monday.



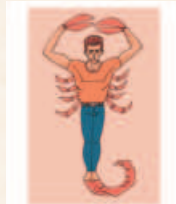
VIRGO (AUG. 23-SEP. 23)

Travel and social activity will spark interesting talks. Include family in your redecorating plans. Strong willpower will come to your rescue. Your lucky day this week will be Thursday.



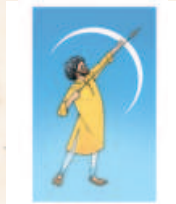
LIBRA (SEP. 24-OCT. 23)

Use your own ideas to get ahead. Quick wit and charm will help you gain allies. Romance is likely through unique entertainment. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Take care of chores you've been putting off. Don't push your luck with your boss. Look into improving your health. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Go on business trips if possible. Expect insincere gestures of friendliness. Attend social activities to meet new people. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Expect tension at home. If uncertain, keep your opinions private. Make special plans for your partner. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Watch for empty promises. Think about long-term goals. Quit those bad habits you've picked up. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MAR. 20)

Ask for help when setting up budgets. Involve yourself in a competitive sport. You may find someone at work hasn't been trustworthy. Your lucky day this week will be Sunday.



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Left Right**





#FASHION & BEAUTY

CONFUSED ABOUT BUSINESS ATTIRE? Let's tailor your look to perfection!

Small detail matters in a formal setting starting from speech delivery, body language, to clothing — everything works together to convey the right message in the right manner. Attire is more than just shaping a perception; it's about commanding respect and control. Sometimes, a well-structured tailored suit or a formally draped saree will not only boost your confidence but also help in projecting a sense of authority, readiness, and dedication.



When trying to select the perfect attire for a business meeting, you must consider three factors — fabric, fit, and comfort. An attire may look stunning, but it will truly shine only if it fits well. Equally, no matter how much it shines, it will only empower you when it feels comfortable.

SUIT-UP

Suits have been a long-standing symbol of professionalism and self-assuredness. It should be well-tailored and well-pressed, ensuring sharp structure, clean line, and proper fitting.

It is a safer option to choose made-to-measure suits. Opt for one that fits neatly at the shoulders and slightly tapered through the waist, with the sleeves ending right at your wrist.

Pair it up with straight-cut pants or slim-fit trousers which should end just at the ankle, creating a clean line with the shoe. While going for a skirt-suit look, a skirt that gently defines your silhouette, falling just at or below the knee will be a perfect blend of femininity, elegance, and professionalism.

SHIRTS AND BLOUSES

No matter how you consider wearing your top, be it beneath the blazer or without a suit, choosing the right one is crucial to creating a formal look. You can opt for dress shirts or blouses, but in both cases, the design of the collars and sleeves is important.

Considering the formal setting, you can go for a crisp structured spread collar or a classic point collar for dress shirts. For blouses, a stand collar or a flat collar might be good options.

When it comes to sleeves, it is always safe to go for a long one to convey the

formal tone. Yet, considering the comfort in warmer weather on long workdays, you might go for three-quarter sleeves as well.

WORK DRESSES

A minimalistic option for business attire can be formal, knee-length work dresses in structured fabrics. While deciding on designs, you might explore a sheath dress, a wrap dress, or a shirt dress.

No matter what type of dress you choose, the attire should be comfortably fitted, not too tight, and with a high neckline.

THE SAREE

Sarees are a timeless symbol of identity and grace for Bengali women. Even in a business



setting, a good quality cotton or khadi saree can be the go-to choice for you.

However, a saree should not be styled in a casual draping, rather to maintain the sharp and neat look, basic A-line draping is a must. To pair it up, a well-fitted blouse with a high neck or collar can be an option. Avoiding short sleeves, backless, and round necks might enhance the formal look of the attire.

SHALWAR KAMEEZ

For those who value comfort and tradition

without compromising on professionalism, shalwar kameez can be another option. A straight-cut kameez with a high neck or boat neck and long sleeves can easily shape the formal tone of the attire.

If you plan on carrying a dupatta, consider it draping neatly on one side, pinning the pleats. But you must pay attention to the fabric before selecting your kameez — cotton, khadi, or silk are timeless choices to keep your attire elegant.

COLOURS TO CONSIDER

For business purposes, neutral tones like white, black, grey, and beige are standard when it comes to maintaining simplicity and professionalism. You can always opt for soft pastels or darker shades depending on your style, as long as it is not distracting or overpowering. Earthy tones like navy, olive, or muted maroons are also great options to add a touch of sophistication.

While deciding on colours, the time of the day might be another important factor to consider. Lighter shades like pastels and beige are great for mornings and daytime meetings. As the day progresses, opting for darker tones will add that serious approach to your attire.

FOOTWEAR AND ACCESSORIES

Being the foundation of any professional look, proper footwear demands sharpness to complete a perfect business look. Closed-toe shoes like professional pumps, kitten heels, ankle boots, and loafers in neutral shades like black or brown are the go-to options.

Lastly, when it comes to accessories, "less is more" is the mantra to follow. Simple stud earrings, a minimalist watch, or a thin bracelet are all you need to add a touch of elegance. Bold, oversized jewellery should be avoided, as they can distract or draw unnecessary attention.

By **Rehnuma Shahreen**

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