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Life

Style

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EID Diaries

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PHOTO: LE REVE





Get Ready for the FESTIVITIES AHEAD

As ten days of Ramadan have passed, we find ourselves at the point where the idea of shifting gears toward Eid celebrations no longer feels like a distant thought! With the festive spirit in the air, we are here to help you prepare for the joyous occasion ahead.

This week, we share ideas that seamlessly bridge the ongoing spirit of Ramadan with the upcoming celebrations. We also shine

a spotlight on Eid fashion—an undeniable highlight of the festive season. If you are planning to redecorate your living

room ahead of Eid, we have got tips for a stunning makeover.

However, it's important to remember that a significant portion of Ramadan still lies ahead. Therefore, this week, we place a strong focus on health—something that can often be overlooked during the month. It's easy to get caught up in the festivities, but maintaining our health remains a priority throughout Ramadan.

In the spirit of preparing for Eid, we are also excited to announce our **recipe**

contest, inviting you to showcase your culinary creations with a focus on easy-to-make iftar dishes. Whether you share photos or 1-minute videos along with the recipe, it's a great opportunity to express your creativity and presentation skills. Join **Lifestyle Pulse** on Facebook for more information on the contest.

Enjoy reading **Star Lifestyle**, and let's make this Ramadan a time of preparation, reflection, and celebration.

— **LS Desk**



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বদলে দিলে যে আমায়...

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us on f /Sandalina

KOHINOOR CHEMICAL

#WOMEN EMPOWERMENT

From Dhaka to the world: Rayana Hossain's mission to highlight Bangladeshi craftsmanship

What does it take to bridge the gap between tradition and modernity? How can design not only shape lifestyles but also empower communities and preserve cultural heritage? For Rayana Hossain — the Director of DEKKO ISHO Group — these were not just abstract questions but challenges waiting to be tackled.

Urban homes in Dhaka were shrinking, lifestyles were changing and yet, the available furniture remained outdated and impractical for modern living. However, for Hossain, this was not just a gap in the market but a chance to redefine design thinking in Bangladesh and beyond.

Having grown up in a family deeply rooted in manufacturing, she understood the industry's potential. Yet, she also saw an opportunity to challenge conventions, push boundaries, and build something bigger than just another furniture brand.

Her mission became clear: to craft products that merge functionality with aesthetics while championing Bangladeshi artisans on a global stage.

A data-driven approach to design

From the very beginning, Hossain emphasised research.



Bangladesh. Through this initiative, we are changing that narrative and positioning our artists on the global stage," she remarks.

A passion-driven entrepreneurial journey

Despite running multiple ventures, Hossain remains deeply involved in each of them. She believes that sustainability in business comes from either passion or technical expertise — or ideally, both.

"For me, furniture and art are technical pursuits — I have a background in architecture and art," she explains. "But food? That's purely passion-driven," she shares. Her love for food led her to launch her Izakaya. "It started as a passion project, but it grew into something bigger."

Dream big, fear nothing

For Hossain, being a woman in business has never been a limitation. She believes that gender should never dictate ambition.

"My advice to women — whether in Bangladesh or anywhere in the world — is to dream big. There is nothing that should come in the way of your goals just because you are a woman," she says firmly. "That mindset does not exist in my dictionary."

She urges women to pursue what they



driven by research, innovation, and a deep understanding of modern living.

Expanding beyond borders: The birth of FICO

Hossain's ambitions, however, were never limited to Bangladesh. She always envisioned expanding into the global market, and now, she is bringing that dream to life with FICO, a new design venture primarily intended for the European market.

What makes FICO special is that, while it caters to an international clientele, it deeply incorporates Bangladeshi craftsmanship and heritage. She is using local materials, such as Jamdani screen prints, to create modern silhouettes that can seamlessly fit into contemporary European homes.

"For me, this is about more than just design. It's about taking the artistry of Bangladesh to the world," she says. "We have a rich history of craftsmanship, and it's time the world sees that in a new light."

She firmly believes that Bangladesh has both the design capability and manufacturing expertise to establish itself as a premium global brand. "We do



not need to limit ourselves to being a production hub for others. We can build our own identity in the global market," she adds.

Making art more accessible

Hossain's passion for art and design extends beyond furniture. She has also launched an art platform, named Platforms, that connects local artists with both domestic and international buyers.

The initiative was born out of the realisation that many people, especially those living abroad, want to invest in Bangladeshi art but do not know where to find authentic pieces. There is also widespread uncertainty about the authenticity and certification of artworks, which discourages buyers.

Her platform ensures that all featured artworks are verified and certified, giving both junior and senior artists an opportunity to showcase their work. The goal is not only to make Bangladeshi art more accessible but also to create global recognition for local artists.

"Many people have no idea about the kind of artwork being produced in



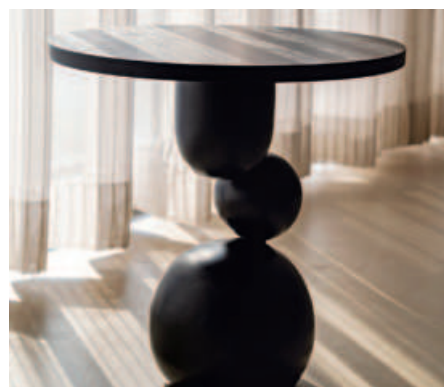
love with confidence. "Do not let fear hold you back. If you are passionate about something and committed to making it work, nothing can stop you."

As she continues to build and expand, Rayana Hossain remains steadfast in her vision — to create world-class designs while uplifting local artisans and showcasing Bangladesh's rich craftsmanship to the world.

She sees FICO as just the beginning of her global journey. "We have so much to offer, and I want to take our designs, our art, and our craftsmanship to new heights," she says with conviction.

Her story truly resonates beyond the boardrooms and design studios — it speaks to every woman who has ever been told to dream within limits. For women in Bangladesh and beyond, may Rayana Hossain's journey serve as a beacon of hope: a reminder that ambition knows no gender!

By Ayman Anika
Photo: Courtesy



le reve EID COLLECTION /2025

Discover the allure of Eid glamour with Le Reve Eid Collection 2025 – a stunning blend of playful patterns, dynamic designs, and timeless elegance. This collection infuses vibrant and youthful charm into your wardrobe, featuring salwar kameez, sarees, tunics, gowns, panjabis, shirts, and more. Our exclusive label, Nargisus, redefines sophistication with high-end designs. From kids' fashion to trendy teens' choices, Le Reve Eid Collection 2025 brings harmony to every family member's style.

Explore our family matching and Mini Me collections for heartwarming coordinated looks that celebrate togetherness.

Celebrate Eid with Le Reve – where fashion and festivity unite seamlessly.





le reve
EID/25

Experience vibrant boldness with our exclusive party ensembles and intricately crafted accessories, making this Eid truly unforgettable.



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Store Location



HERSTORY/ Aarong

Transforming narratives

HERSTORY by Aarong is a luxury womenswear line inspired by the rich cultural heritage of Bangladesh. Blending modernity with time-honoured artistry, this sub-brand of Aarong — the country's most popular fashion and lifestyle brand — brings the fine artisanal craft of this land into sophisticated couture. Its ethos revolves around empowering women to embrace their natural grace, beauty, and individuality. HERSTORY believes in designing clothing that enhances a woman's confidence and complements her unique style, enabling her to make a statement wherever she goes.



For Farzanah Chowdhury, the journey is defined by boldness, passion, and perseverance. By seamlessly balancing multiple roles, she embodies the belief that a woman's strength lies in her diverse skills. The visionary had words to share, "Treat women equally and have the confidence that they can take care of a family, run a business, generate business revenues for the company and also manage a team."



The collection finds its expression of individuality in Anika Rabbani, a yoga instructor and advocate for preloved clothing. She describes herself with the vivid imagery of "bright red." To her, yoga — especially for women — is deeply empowering, encouraging new perspectives and unlocking hidden strengths. Rabbani made it a point to say, "When we are able to move our bodies and take our bodies to shapes which we did not think were possible, we feel empowered."

Star **LIFE** Style

This Eid, HERSTORY by Aarong celebrates more than just fashion. It honours women artisans whose skilled hands transform cultural heritage into wearable art, weaving stories of empowerment with every intricate thread, and five visionary women who prove that true elegance lies in purpose, passion, and resilience.

The latest Eid/25 collection from HERSTORY by Aarong is not only a showcase of exquisite designs but also an empowering dialogue between the women who inspire it and the artisans whose hands bring it to life.

Each of the five women featured in this campaign is rewriting the conventional story of success. These women are redefining what it means to be a leader, a creator, and an individual in today's world. They challenge societal expectations and inspire others to push beyond their limits, showing that purpose and resilience are at the heart of true empowerment.



Also part of this remarkable quintet is Jannatul Ferdous Peya, who seamlessly balances the seemingly disparate worlds of modelling, law, and motherhood. Her ability to navigate life's changes with grace and determination embodies the adaptive strength celebrated in every stitch of HERSTORY's creations.



Vidiya Amrit Khan, a trailblazing business leader, approaches her journey with courage, patience, and humour. Her philosophy is simple yet powerful — "As long as I think I am determined and I am confident, I do what I think is right." Her steadfast commitment to equal pay and equal rights is reshaping corporate culture and breaking down barriers for women in leadership — aligning perfectly with HERSTORY's celebration of feminine strength.



And finally, in the legal realm, Anita Ghazi Rahman has built her pioneering career on resilience and hard work. Rahman wholeheartedly believes, "I have the responsibility to be the best version of the leader I can be and also the best version of the leader and the senior that I hope my employees wish to see me as." Her commitment to fairness and kindness is a testament to HERSTORY's belief that true elegance comes from character, not appearance.

ARTISANS AT THE HEART

Beyond these five inspiring women, the true heartbeat of the Eid/25 Collection lies in the hands of the artisans who bring these designs to life. Across rural Bangladesh, skilled women artisans — many of whom are the primary earners in their families — weave centuries of tradition into every thread, blending heritage with modernity.

From Nakshi Kantha to Jamdani and Muslin, their craftsmanship is more than an art form — it is a pathway to economic independence and empowerment. Each ensemble in this collection becomes a bridge, connecting the legacy of the artisans to the aspirations of the women who wear them.

A STORY THAT CONTINUES

The Eid/25 Collection is not only a seasonal offering but also a dialogue between those who create, those who inspire, and those who embrace these timeless pieces. It is a celebration of resilience, craftsmanship, and the unwavering spirit of women.

HERSTORY by Aarong Eid/25 Collection is now available at the Aarong Dhanmondi Flagship Outlet and select locations in Tejeaon, Banani, Uttara, and Chattogram Sholoshahar. The collection invites you to be a part of this ongoing narrative — one stitched with strength, purpose, and heritage.



#FASHION & BEAUTY

A man's guide to capsule wardrobe in 2025

Do you wish to transform your wardrobe into a collection of essential pieces that elevate your fashion game? As the landscape of men's fashion continues to evolve, staples like impeccably tailored pieces, timeless knitwear, versatile denim, and the ever-reliable white shirt become necessary for any modern wardrobe.



If you want to experience a chic, effortless space that not only enhances your style but also conserves both your time and budget, read on to discover the capsule wardrobe items that will have you stepping out with confidence!

Blue jeans

Every stylish wardrobe begins with a timeless staple: the perfect pair of blue jeans. This essential piece effortlessly anchors countless outfits, and you can choose between your beloved brand or explore the shops for the finest denim available locally.

When it comes to denim, deeper hues are often more versatile, effortlessly elevating any outfit. Plus, their colour makes them less susceptible to dirt and damage. These jeans can transition from casual to chic, pairing beautifully with jackets, shirts, t-shirts, or even a trendy sports coat!

White shirts

The white shirt stands as a beacon in any wardrobe. From the boardroom

to a romantic wedding, the white shirt remains steadfast. Regardless of a button-down or a polo, the fresh and polished white tone naturally uplifts any outfit.



You can style your white shirt with a tailored blazer and dress pants for a classy vibe. Alternatively, you could embrace a more relaxed aesthetic by rolling up your sleeves and teaming your look with cool shorts.

Chinos

They ensure comfort and their multipurpose design makes them vital in a capsule wardrobe. The fabric's straight lines elongate your legs, creating a sleek silhouette that adds a touch of height to your stature.

For the perfect balance between laid-back and elegant consider pairing your chinos with a light polo shirt. If you are aiming to master the art of smart-casual or business-casual attire, the secret lies in the perfect combination of light dress shirts and darker chinos.

Black T-shirts

In the realm of men's fashion, the black T-shirt stands as an enduring essential. When selecting this wardrobe piece, it is important to consider that the fabric of a black T-shirt significantly influences its aesthetic appeal, tactile experience, and longevity.

Cotton black T-shirts, celebrated for their breathable, soft, and comfortable fabric can be an everyday wear. Meanwhile, linen black T-shirts offer a lightweight alternative, ideal for sun-soaked days when style meets comfort.

You could pair them with blazers, chinos, shorts, or jeans, or even wear them plain depending on the occasion.

Black/grey crewnecks

Classic knitwear is perfect for those who appreciate elegance in their ensemble. The thin, fitted silhouette of crewnecks with a neutral palette can make you stand out with sophistication. A classic black or grey crewneck serves as the perfect piece for when you want to be stylish on the go.

These crewnecks complement a range of bottoms, from jeans to formal pants. Whether you opt for stylish trainers or polished formal shoes, the possibilities for creating a fashionable outfit are endless.

By Samayla Mahjabin Koishy
Photo: Collected

#HEALTH & FITNESS

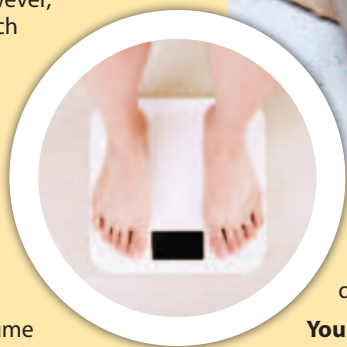
Sehri to iftar: Counting calories for a healthier fast

Self-control is essential when it comes to health and fitness and fasting allows you to control your cravings and discipline yourself. There is no general guideline on how much food one should consume daily during Ramadan, as people's calorie demands vary. However, by following some simple rules, you can ensure that your calorie intake during sehri and iftar is adequate.

Thumb rule for Sehri

Generally, 500–600 calories should be consumed at sehri. However, irrespective of how much you eat during the pre-dawn meal, your body will feel hungry after 6–8 hours anyway! So, there is no need to overeat.

Protein and fat keep you satiated longer, while carbs are a great source of energy and fibre. Consume high-fibre, starchy carbs like oatmeal and sweet potatoes. Also, hydration is key but juices are high in sugar and are not ideal options. Instead, consume fruits and vegetables with high water content such as watermelon,



cucumbers, tomatoes, and oranges. These are helpful for hydration and are also delicious.

Your iftar plan

Dates are a great way to break your fast. They are a rich source of potassium, which may assist in restoring fluid balance in your body.

To prevent overindulging, keep in mind that it takes around 20 minutes

for your body to feel full and satiated. You will most likely overeat if you eat continuously for the full 20 minutes.

For iftar, your calorie intake should be approximately 700 kcal. Whatever you do, do not begin with an abundance of cakes and pastries. Instead, start with 1-2 dates, followed by the following steps:

Step 1: Select

your carbohydrate sources. Stick to one handful of rice, bread, or potatoes. Again, complex carbohydrates are preferable.

Step 2: Select your proteins. Chicken, fish, meat, and so forth. If feasible, use leaner slices that have been grilled or steamed.

Step 3: Add more fibre to your diet. Consuming veggies and fruits will help reduce your cravings.

Desserts are the fourth step. Do not overdo it!

— Star Lifestyle









SCAN US





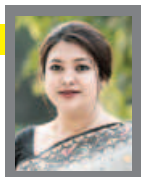
Website Facebook Location

www.saralifestyle.com

Helpline: +8801885 998899

A NOTE ON NUTRITION**CHOWDHURY TASNEEM HASIN**

Chief Clinical Dietician and HOD, Dietetics and Nutrition Department, United Hospital. She is also the AGS of the Association of Nutritionist and Dietician for Social Service (ANDSS).



Managing gout and uric acid levels during Ramadan: A guide to healthy fasting

Research shows that short fasts, lasting anywhere from 12 to 14 hours, can lessen risks for heart disease, diabetes, and even cancer. However, we must ensure special precautions during this holy month for people with illnesses like gout.

Abstaining from drinking water during this period is not bad at all. In fact, it causes a concentration of all fluids within the body, producing slight dehydration. Having said that, fasting in Ramadan can worsen symptoms of gout as it can lead to increased uric acid levels as dehydration increases the formation of uric acid crystals in joints. Additionally, fasting can lead to a reduction in urine production, which can further increase the concentration of uric acid in the body.

The body has its own water conservation system. Around 2 to 2.5 litres of water is

required during Ramadan to help flush uric acid out of the system. This requirement varies from person to person.

Ideally, during the holy month of Ramadan, our diet should remain close to regular eating habits and be kept as simple as possible. The goal is to maintain a stable weight, avoiding both weight loss and gain.

This year, Ramadan coincides with difficult weather conditions; the days are warmer and fasting hours are long. That means extra preparation must be taken but following a balanced and controlled diet during Ramadan can promote overall health benefits.

What to avoid

Drinks high in fructose, corn syrup, and sugar.

Some consume purine-rich foods during this month, which can trigger a



gout attack. Limit foods high in purines, such as red meat and organ meat like liver, kidney, brain etc., meat extracts and meat soups, fatty flesh like pigeon and duck, sea fishes like herring, sardine, mackerel, shrimp, hilsa, etc.

Limit flavourings and condiments made from high-purine animal products.

Avoid ultra-processed foods like packaged snacks and fast food.

Excess amounts of nuts and oats would

also be harmful.

Dried fish, fish bone, roe (fish eggs) and the head portion of fish need to be strictly avoided.

Fruits and vegetables like those high in uric acid, like spinach, okra, yam, tomato, eggplant, broad beans, long beans, cauliflower, beet, carrot, taro, jambul fruit, tender coconut water, coconut, dried beans, dried peas (*matar dal*), and lentils (*masoor dal*).

Other precautions

A well-adjusted food and fluid intake is important between fasts.

To prevent muscle breakdown (which will worsen gout), meals must contain enough energy-releasing food. One should have a well-adjusted diet with the right proportion of carbohydrates, fat, and protein.

#HEALTH & FITNESS

Work out, not burn out: Your Ramadan workout guide



Exercises help us attain fitness goals, manage weight, and above all, lead a healthy life. So, this Ramadan, it's time we make the right choice for our wellbeing and include exercising with a balanced nutritious diet. Working out in this hot humid environment of ours can be pretty daunting, especially after fasting all day, so we gathered some simple tips for you to follow.

The right timing for the workout

Before doing any exercise, the most important thing is to pick the appropriate time. We suggest skipping workouts while fasting as the humid environment will put you at risk of dehydration. Be active throughout the day, whether you are at the office or home, walk a bit if you can, and remember to take rests whenever you are fatigued.

The best time

for a workout in Ramadan is an hour or two after you have had your iftar, as by then your body would be rehydrated.

Start with some cardio

Before starting your exercise, make sure to warm up and stretch your body properly. Start your session with some cardio; keeping in mind the heat and the fact you have been fasting all day, start lightly.

Go for a walk and check how much you can exercise before you are fatigued as the goal is to have easy enough workouts that will help to maintain your fitness throughout the month.

Be flexible with yoga

Yoga ensures flexibility and strength for both body and mind, making it a nice companion to your fasting journey.

Yoga poses — like the bridge, the triangle, and the tree — are great workout

options if you are looking for something that will calm your mind and maintain your fitness in the process. As it can be done in the comfort of your home, yoga after an hour or two of iftar might just be the exercising cleanser your body needs.

A healthy beverage

Green tea without sugar, unlike milk tea, plays a key role in weight management. According to nutritionists, green tea contains amino acid which works to improve brain function along with antioxidants like EGCG that help prevent cell damage.

Whether it's the pre-workout drink that you need or the post-workout fix, a cup of green tea can be your health and wellness partner along with your workout routine.

— **Star Lifestyle**
Photo: Collected



#FOOD & RECIPES

Refreshing juices to power through Ramadan



Stay refreshed during Ramadan with these hydrating homemade juices! Whether you are breaking your fast or looking for a cooling sip, these easy recipes will keep you energised throughout the long days.

WATERMELON JUICE WITH HONEY AND SALT

Ingredients

8 cups watermelon cut into 2-inch cubes
1 tsp raw honey
½ tsp kosher or sea salt
1-2 sprigs of fresh herbs, such as mint or basil (optional)

Method

Place a fine mesh strainer over a large bowl and set aside. Place watermelon, honey and salt in a blender. Blend on high until no chunks remain. Depending on the size of your blender, you may need to do this in two batches. Pour into the strainer and press the pulp with a wooden spoon to extract all of the juice. Pour the juice into a container with a tight-fitting lid. Chill.

When ready to serve, shake vigorously (because it tends to separate) and serve with a sprig of herbs, if using.

CARROT JUICE WITH APPLE

Ingredients

4 carrots
2 apples
2 tbsp honey/sugar (to taste)
¾ cup to 1 cup water

Method

Scrub carrots well and wash them; peel off the skins if needed. Peel off 2 apples and chop them into small slices. Chop the carrot into small cubes. Take it in a blender, add water little by little and puree it smoothly. Now strain this through a fine strainer, you can strain this using a clean cloth. Blend the apples separately; strain. Now add honey and apple juice to the carrot juice and mix well.

Chill this for an hour. Serve cold.

DRAGON FRUIT JUICE WITH LEMON

Ingredients

1 dragon fruit
3 tbsp sugar or as needed
1 lemon
½ tsp lemon zest

Method

Cut the fruit into two. Scoop the pulp with a strong spoon. Cube it roughly and transfer it into a blender. Add sugar and lemon juice, zest. Blend well to juice it and serve.

Photo: LS Archive/ Sazzad Ibne Sayed



#FOOD & RECIPES

QUICK IFTAR FIX: Three Recipes for Every Craving

Planning your iftar menu does not have to be complicated. Whether you are craving something savoury, light, or sweet, these three quick recipes — Dim Alur Chop, Tuna Salad Sandwich, and the classic Firni — will add variety to your table without taking up too much time in the kitchen.

DIM ALUR CHOP

Ingredients

3 roasted chillies
2 green chillies
½ cup fried onions
4 medium potatoes
½ tsp garam masala
½ tsp roasted cumin
1 tsp salt
2 tbsp coriander
1½ tsp butter

garam masala, roasted cumin, salt, and fresh coriander to the potatoes. Mix well with butter. Wrap half a boiled egg with the potato mix. Coat with flour, whisked egg, and breadcrumbs. Deep fry in oil until golden brown. Ready to enjoy!

QUICK TUNA SALAD SANDWICH

Ingredients

1 medium red onion (about 8 ounces, 225g; cut into ¼-inch size)
4 five-ounce (140g) cans of oil-packed tuna, drained
1 cup (240ml) mayonnaise, plus more as needed
2 stalks celery (about 6 ounces, 170g total; cut into ¼-inch size)
1 ounce (about 10



minced oil-packed anchovy fillets (about 2 small fillets)
Kosher salt and freshly ground black pepper
8 slices sandwich bread, very lightly toasted
Lettuce leaves, torn, for garnish

Method

In a small bowl, combine onion, tuna and mayonnaise and mix very well with a spoon until tuna is reduced to very small shreds. Drain onion well, then add to tuna along with celery, parsley, and fish sauce or anchovy. Mix until well incorporated, then season with salt and pepper. Add more mayo, 1 tablespoon at a time, if desired. Spoon tuna salad onto 4 bread slices, top with lettuce leaves, then close sandwiches. Serve right away.

THE CLASSIC FIRNI

Ingredients

2 tbsp basmati rice
1 litre milk, full cream

¼ cup sugar
¼ tsp cardamom powder/Elachi powder
2 tbsp saffron milk
Few dry fruits, chopped

Method

Firstly, soak 2 tbsp of basmati rice for 30 minutes. Discard the water and blend the rice to a coarse paste. Keep aside. Now in a large yok boil 1 litre of milk. Stir occasionally and simmer for 10 minutes. Keep the flame on low or until the milk thickens. Now add in prepared coarse rice paste. Stir continuously for 5 minutes or else, lumps might form.

Simmer for another 5 minutes stirring in between. Boil the milk until the rice gets cooked completely.

Now, add ¼ cup of sugar and 2 tbsp of saffron milk. Mix well until the milk thickens and turns creamy. Add in cardamom powder and mix well. Finally, serve chilled firni garnished with a few chopped nuts.

Photo: LS Archive/ Sazzad Ibne Sayed

Method

Crush roasted red chillies, green chillies, and fried onions. Mash the potatoes in a large bowl. Add the crushed chillies, fried onions,

stalks) flat-leaf parsley leaves and tender stems, minced (about 1/4 packed cup)
½ tsp (3g) Asian fish sauce or very finely



#TRAVEL

RAJSHAHI DIARIES: A Day of History, Nature, and Quiet Outings

Known for its unbearable summer heat and abundance of mangoes during the season, it is no secret that the city — one of the oldest in Bangladesh — can be a treat for all travel aficionados. The best thing about Rajshahi is that it is still quiet and most of the points of interest can fit into a day's itinerary if you plan your timetable carefully.

The Varendra Museum

Officially known as Varendra Research Museum, this is the oldest museum in the country. Managed by Rajshahi University, it is barely a kilometre away from Rajshahi Zero Point. Whether you want to walk or hire a rickshaw, we leave that up to you.



Rajshahi College

If you are on your way to Varendra Museum from Zero Point, Rajshahi College will be on your left, a few hundred metres before you reach the museum. With its green campus, a large pond, and a combination of modern and old buildings, it's worth a visit.

Dhokols

Visiting the dhokols will be a different experience. Why? Firstly, there are quite a few of them, and secondly, they are spread out across the city. Built in the early 1900s,

these used to be life-saving as they supplied pure drinking water all over the city. A number of Dhokols are still functional and continue to provide water. Beldarpara Temple, Hetem Khan Medical Road, Betpotti, Raninagar Mor, Kumarpura, and a few other places still have them.



The Padma River

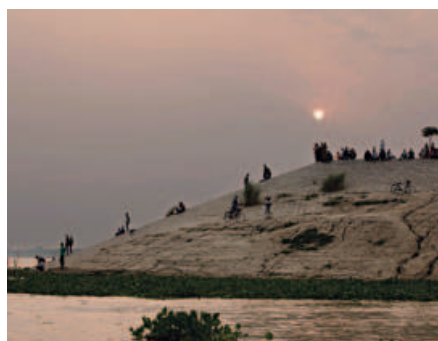
You may see the mighty Padma by going to the T Dam or the I Dam. Both of these places offer a spectacular view of the river.

A few kilometres to the west from the heart of the city, you can go to these places by rickshaw or an auto-rickshaw. If you wish, you can even go to one of the chars by hiring a boat or trawler that is waiting. It will be a memory to cherish for a long time.

Rajshahi University campus

Less than five kilometres to the east of the heart of the city, the campus offers you a sight of a different life — a beautiful life. From Paris Road to Charukala Road, the placid campus offers a lot for a traveller.

Just walk around or sit on the grass and you will feel like you are recharging with the spirit of fresh air. That being said, remember that this is the campus of an educational institution and not a regular



tourist spot. Do not be a mindless tourist; show respect to the campus.

If you are on a tight schedule and can only spend a day or two on vacation, visiting Rajshahi is not such a bad idea. The city itself is calm and less noisy than you would expect. As long as you are not here in the summer, you should have a pleasant time. Still, pack your bags carefully. Do not forget your sunscreen and water bottle!

By Ashif Ahmed Rudro
Photo: Courtesy





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KOHINOOR CHEMICAL





#DECOR

Give your living room an Eid makeover

It is the heart of your house, where guests and visitors will spend most of their time. Decorating your living room deserves special attention to create a welcoming atmosphere. While a complete makeover may seem overwhelming, simply choosing a theme for your living space beforehand can make the decorating process much simpler.

Before buying furniture, first, understand the size and layout of your room. Second, set a colour palette and theme. To give your space a festive look, go for bright-coloured walls and abstract paintings. A ceiling lantern at the centre of your living room will brighten up the space and add a festive charm to it.

With your theme in mind, rethink

sofa sets. Consider getting a Baltimore sofa for an elegantly minimalistic look. If you prefer a luxurious and classy look instead, choose a light, mahogany-coloured, two-seater. To add extra elegance to your setup, opt for a single-seater accent chair with an ottoman in the corner of your living room.

For a thematic look, select a coffee table in colours that either complement or contrast with your sofa and walls, depending on your style. For ease of cleaning, choose a centre table with a glass top. A coffee table with compartments will

come in handy for storing newspapers and magazines for visitors to indulge in light reading.

If you want to keep a TV in your living room, select a cabinet with bolstered compartments. This way, you will be able to utilise the space. To ensure that the entertainment centre does not overshadow your beautiful décor, choose a wooden light, oak-coloured TV cabinet.

An open bookshelf in a corner of your living room should reflect your personality, highlighting the small yet aesthetic things you keep in your home. In

addition to your favourite books, decorate the shelf with collectibles, showpieces, flower vases, and even awards, creating a space that reflects your personality and achievements.

Finally, if you are looking for a great deal on furniture, check out HATIL's 5 to 10 per cent discount offer. Also, remodelling your living room does not necessarily have to empty your bank account. Consider HATIL as a desired furniture brand that also offers Equated Monthly Instalments (EMI), allowing you to pay for your purchases in monthly payments. This option makes furniture shopping more manageable and budget-friendly.

By Minhazur Rahman Alvee
Photo: Courtesy



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