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The Golden hour

FROM MISS CULTURE TO FASHION REBEL
PRIOTA IFTKHAR WEARS BANGLADESH PROUD **P4**

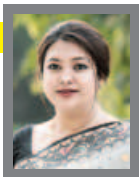
MIX, MATCH, AND SPARKLE ON
YOUR STYLE, YOUR RULES, YOUR JEWELLERY **C**

PHOTO: SHAHREAR KABIR HEEMEL ● MODEL: SHABABA RASHID, FARZANA HOQUE ● JEWELRY: SHOILEE BY TAHMINA SHAILY
WARDROBE (SAREE): SHOILEE BY TAHMINA SHAILY ● MAKEUP: SHABABA RASHID ● FASHION COORDINATOR: NUR AZMAIN

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).



WHEN DRINKING WATER IS NOT ENOUGH

5 secrets to summer hydration



In this hot and humid weather, maintaining proper hydration and energy levels is vital for overall health and well-being. Drinking a sufficient amount of water during summer can be challenging; therefore, it is important to adopt beneficial habits that help us stay hydrated throughout the season.

Here are some expert-backed ways to navigate summer with ease, ensuring optimal hydration during this period:

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#REVIEW

A MUSEUM OF LOST MELODIES Patuatuli's cassette shop that still stands

While walking through the narrow lanes of Patuatuli in Old Dhaka, I stumbled upon something I thought was long gone. An audio cassette shop! "Geetika Recording Centre", one of the oldest surviving music stores in Dhaka, is located on the first floor of Nurul Haque Market, and stepping inside felt like stepping back in old times.

Time may pass, but some echoes never leave. CDs and cassettes remind us of a time when music was not just something we streamed; it was something we collected, felt with our hearts and cherished. Patuatuli — a place that once echoed with music, rhythm, and voices immortalised on tape — has seen most of its iconic shops fade away. Yet, Geetika Recording Centre stands as one of the last survivors of that golden era.

The shop was started in the '70s by Santosh Kumar Roy, a soft-spoken man with a deep passion for music. Back then, he was a first-year university student who would often wander into cassette shops. One of his friends' brothers owned a shop there, and Roy would spend hours at the music store. Eventually, he started his own shop, and while many others closed down, his legacy still lives on. "Back in those days, when you needed a shirt, you had to go to New Market, but if you wanted to record a song or buy one, you had to come to Patuatuli. Every musician of that time had walked through these lanes," Santosh Kumar Roy recalls.

According to him, the 1990s were the peak! Crowds would flood the area, so crowded that they even had to turn people away. "Those days are now memories. We barely get customers now," he sighs.

Roy shows me a vinyl record by the legendary playback singer and actress Suraiya Jamaal Sheikh, known as Suraiya, who was a superstar in the late 1940s and early 1950s.

"I still have this masterpiece," he says, handing over a record titled 'Best of Suraiya.'

His vinyl collection includes records that are even older. He also proudly displays a collection of records by Mohammed Rafi, one of the most influential singers of the subcontinent.



Roy shares, "Music is food for the brain. Even the busiest soul needs a few moments to breathe; that's when you need music to calm yourself and feel alive again. Today, music is so easily accessible, and it's great! But it has made this generation impatient. Back when gramophones were used, you could only play two songs at a time. So, you had to truly engage with the music and feel the emotions deeply."

From floor to ceiling, the shop is filled with cassette players, DVDs, CDs, and even old audio recorders. It might look like a small shop, but it's more like a museum of lost melodies.

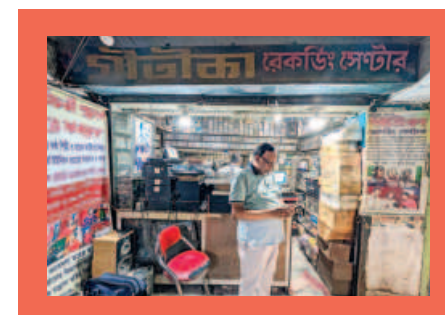
I ask, "Do people still buy these things?"

Roy smiles, "You'd be surprised. Many people around my age or older still prefer records and cassette players over YouTube. They say the sound feels raw, and the emotion more real."

I met Showkat, who has been working there for 26 years, carefully restoring an old wedding video from a CD. The customer sat beside him, guiding him through the scenes — it was his own wedding video at risk of being lost.

That customer turns out to be Prembabu, a Bengali film actor known for playing 'fighter' roles in the 1980s. He was also searching for CDs of the movies Daagi and Usilaa, in which he once played roles; films that are now nearly impossible to find.

Another visitor, Abdul Hannan Munna, an elderly music lover, came in with a



handwritten list of songs. He still listens to songs on cassettes. "There's something about the sound," he says. "You just don't get that feeling from modern devices."

The shop gets a mix of visitors: collectors, researchers, students, and people looking to transfer old cassette recordings onto memory cards, or vice versa. Some come just to relive memories, while others come to save them.

Prices for cassettes and CDs usually start from Tk 500 and can go up to Tk 1500 or more, according to Md Javed, another long-time employee who has been working at the shop for about 24 years.

Roy passionately talks about music from the 1960s to the 1990s.

"The '60s were the golden era, when legendary singers like Abdul Alim and Abbasuddin Ahmed shaped our music. There was a time when their songs were heard in every household. At weddings, the bride's side only cared about one thing: a good speaker to play the music!" he explains.

As I left Geetika Recording Centre, I paused at the stairs. Isn't that all we need sometimes — a rewind button, playing a song we've forgotten, visiting a place where time stands still, or trying to hold the past a little closer?

I look back and hear the shop gently whispering, "Some things are too beautiful to be forgotten, no?"

By Jawwad Sami Neogi
Photos: Jawwad Sami Neogi



#WOMEN EMPOWERMENT

FROM THE STREETS OF DHAKA TO SYDNEY:

Priota Iftekhar carries her roots with pride

It's fashion as storytelling, and the storyteller is Priota Iftekhar. Once known as the "Flag Girl" for proudly waving our red-and-green flag across borders, she is now catching attention with her refreshingly bold, cultural attires in Sydney, Australia.

Priota Iftekhar first rose to fame by fearlessly travelling solo with the Bangladeshi flag in her hands. It was a powerful act that broke stereotypes and sparked a movement rooted in identity, freedom, and national pride. She is also the founder of an online community, The Flag Girl.

"When I travel abroad, people often don't realise I'm Bangladeshi," says Iftekhar with a smile. "Many have never even heard of Bangladesh and assume I'm from India. And that's exactly why I decided to come up with things that somehow represent who I am and where I come from."

Priota Iftekhar started The Flag Girl project in 2009 and it allows people to stay connected around the world. People from more than 50 countries are members of this network, mostly young people. Her global influence was later acknowledged in 2018 when she won the title of Miss Culture Worldwide. And now, she is continuing her path as the director of Bangladesh Tourism Beauty, an organisation that is empowering women and showcasing Bangladeshi culture to the world.

Now based in Australia, Iftekhar's expression of cultural identity has taken on a new form, particularly through fashion. Her most recent photoshoot, full of bold colours, familiar symbols, and street-style nostalgia is a magnificent homage to Bangladesh.

In one unforgettable look, Iftekhar wears a tailored blazer made from gamcha — a humble, chequered cotton fabric used across Bangladesh. The piece of textile

was actually sourced from Dhaka's New Market and transformed into a high-fashion statement.

The accessories told just as much of a story: earrings shaped like tiny jhalmuri cones (the streetside, spicy, Bangladeshi puffed rice snack), fuchka-inspired earrings, and even a handbag styled to look like a double-decker BRTC bus.

All these quirky, joyful pieces were crafted by the creative minds at "Sketch & Handmade Craft — Art Gallery".

The shoot also featured international model Valeria Busch, who wore a striking dress designed by Media Ahmed Dipa, with the bold message "*Banglar mayera meyera shokolei muktijoddha*" meaning, Bengali mothers and daughters are all freedom fighters. She also carried a matching box bag designed by Sharollo, with the same fierce sentiment. Outfits designed by Shagufta Shahid Etrat under Mezro Agency were showcased in the photoshoot, which was not just about fashion but a celebration of identity, memory, and pride.

As a certified personal stylist and model, Iftekhar has found her own way to make a statement. Whether she's walking the

runway or styling a look, she carries her roots with pride.

"In everything I wear and do, I try to showcase my culture," she explains.

Currently, she is preparing for the upcoming Australian Fashion Week and her goal is clear. She's planning to wear a saree that captures the essence of Bangladesh, something unmistakably hers and undeniably homegrown.

"People here genuinely appreciate our culture," she says. "And I never want to miss a single opportunity to represent it with pride."

This purpose is not just a word in Priota Iftekhar's life; it's a part of her upbringing. Growing up, she was surrounded by stories of boldness and vision. Her grandmother, Nurjahan Begum, did not just write history, she made it as the trailblazing editor of Begum

magazine, a powerful voice for women at a time when few dared to speak up.

Her grandfather, a journalist at The Daily Ittefaq, believed deeply in nurturing young minds through the "*Kochi Kachar Mela*". With his camera, he captured the soul of a nation during the Liberation War and carried those images to the world — telling Bangladesh's story when it

mattered the most.

That legacy of courage and creativity shaped Iftekhar as a person. She became the first in her family to earn not just one, but two master's degrees — one from the prestigious University of Technology Sydney. However, degrees were only the beginning. She now brings her passion to life as the PR and Communications Manager at JICS Australia, where she leads multicultural initiatives that celebrate diversity, inclusion, and identity.

What sets Priota apart is not just her résumé — it's her presence. Whether she's speaking on a panel, walking the runway, or simply strolling through Sydney, there's something magnetic about her. She carries her heritage not as a burden, but as a badge of honour.

Imagine walking down a street in Sydney and seeing a girl carrying a handbag that resembles a packet of crackers — the same one you used to munch on during school breaks. And then you notice her earrings: tiny plates of fuchka, so perfectly detailed that it seems like they came straight from a street stall in Dhaka. For a moment, you might feel that you're not in Sydney anymore. You're back home! And just when you think it can't get more nostalgic, you realise she's wearing a bold blazer, which is made from the same cotton that's used to make a traditional Bangladeshi gamcha.

Sounds surreal? Perhaps, but it's real and Priota Iftekhar is making it happen.

By Jannatul Bushra
Photo: Courtesy



#FASHION & BEAUTY

FORGET SKINNY JEANS

Relaxed style is back!



that contributed to this resurgence is the COVID-19 pandemic, which introduced never-seen-before work models to the world. Remote work or hybrid work models have transformed the way people dress. Wearing casual attire in physical workplaces, which is becoming more and more acceptable, has also led to the resurgence of the relaxed style!

Linen or cotton pants, cotton shirts, flared jeans, colourful kaftans, kurtis and co-ord sets are à la mode in 2025. Women are increasingly choosing lighter fabrics, clean lines, and minimal embroidery over synthetic fabrics, heavy embroidery, and form-fitting garments.

To the delight of many women, skinny jeans are finally no longer in fashion. I always found the restricting style and cut of skinny jeans extremely uncomfortable, and so glad that they have fallen out of style, hoping that they do not make a comeback soon.

Hair & Makeup

The resurgence of relaxed style is also influencing women's haircuts and makeup choices. Because the idea is to appear effortlessly fashionable, women are choosing easy-to-maintain haircuts like blunt

cuts, layers, and long bobs.

In the world of cosmetics, bold eye makeup, which does not complement the relaxed style, has taken a backseat. Brown and copper eyeshadows, neutral lip colours, and soft, natural-looking blushes in shades of pink, coral, and terracotta are popular.

The new idea is to use minimal makeup, just enough to enhance your natural skin, which means that having healthy skin is the most important step to looking polished and beautiful.

In 2025, we would like to show off our skin. Therefore, we need to take care of our skin by eating and sleeping well, exercising regularly, staying hydrated, and creating a solid regimen.

Shoes

As we are embracing the retro style, we need to think about shoes that befit relaxed clothes. Slides, especially leather ones, are immensely popular right now and perfectly complement relaxed styles.

In addition to slides, wedges, jelly sandals, ballet shoes, and pump shoes featuring pointed tips are also trending in the world of footwear.

Jewellery

As the relaxed style is all about comfort, choose classic, minimal jewellery pieces that are suitable for everyday wear. These include gold studs, gold hoops, a chain with pendant, and stacking bracelets. If you want to make a statement, consider a cuff bracelet.

Pearls are timeless; their enduring appeal makes them extremely versatile. A pair of pearl studs and/or a pearl necklace will elevate your relaxed look with a touch of elegance.

The cycle of fashion has brought back the retro style, where comfort is the focal point. In the post-pandemic world, where numerous aspects of our lives have changed significantly, it looks like the relaxed fashion trend has arrived to stay.

By Wara Karim

Photo: LS Archive/ Sazzad Ibne Sayed

In 2025, you do not need to sacrifice comfort to look fashionable, because comfort has become a major focus in the fashion industry. Loose bottoms, roomy shirts and tops, relaxed dresses are now highly sought after.

To our relief, the relaxed look is back in style! Body-hugging garments, be it pants, shirts, kurtis, or salwar kameezes, have given way to comfortable, airy attire made from breathable fabrics, leaving many women, including myself, feeling liberated.

The cyclical nature of fashion has brought back the '90s and Y2K styles, and people of all ages are embracing this new trend. Another important factor

It mirrors our heritage and cultural identity, and pairing it thoughtfully with an ensemble reflects our personal flair for styling. Women who effortlessly think outside the box — who know how to play with fabrics, colours, and accessories — are flamboyant fashionistas without question. Costume jewellery only add to that appeal.

DRAPED IN HERITAGE, DUSTED WITH GLAM

metal jewellery in the spotlight



Made of sterling silver, alloys, nickel silver or German silver, copper, zinc and nickel — jewellery are all in fashion now high. Costume jewellery add a touch of extravagance to the muted bling look. Pairing ethnic or antique traditional ornaments with the right attire adds not only charm but also a chic edge, elevating any look to stand out. Such styling is now a favourite practice of fashion-conscious young adults and chic mature women.

Today, women are also appreciating the in-trend contemporary, delicate, fuss-free ornaments. Classy women, with a panache for style, are embracing both the old and new.

addition of chipped stones, and in other techniques.

Ornaments in Nepal, for instance, are characterised by the extensive use of turquoise, while Rajput ornaments speak of opulence and splendour. Afghan jewellery, especially Kuchi jewellery, has colourful glass insets and metal.

The famous chokers with glass inlays and dangles are a must-have item in your Afghan jewellery collection. Strings of semi-precious stones, pendants, amulets of lapis lazuli, emerald, tourmaline, kunzite, and agate must be part of your jewellery collection.

These pieces of jewellery, from the



AN EXPLAINER

Modern and contemporary styling is all about pairing old-style with cutting-edge fashion and ethnic or traditional jewellery amps up your style quotient. The design of traditional jewellery has evolved over time, especially in detailing like adding intricate designs in multiple layers or using large gemstones.

Jewellery is classified into three distinct categories: trinkets or costume jewellery, semi-fine, and fine jewellery.

Costume jewellery capitalises on a specific, fleeting trend with the use of non-precious stones, Swarovski crystals, rhinestones, and affordable metals and alloys.

Semi-fine jewellery is gold-plated, or gold-filled like sterling silver, and uses affordable stones like topaz, opal, garnet, etc. They have a shelf life and will also stand the test of time like fine jewellery.

The glitz, glam, and all things precious like solid gold, pure silver, platinum, with precious gems make the world of fine jewellery.

ROOTED IN TRADITION

The intricate designs of jewellery from different countries spin a historical narrative of the place it originated from. The complexity of designs and workmanship of Bangladeshi, Indian, Afghan, Pakistani, Pashtun, Iranian, Ottoman, and Rajput jewellery are starkly different from one another. They vary in terms of design arrangement, the use of gemstones (both precious and semi-precious), the inlay work or minakari, the

ethnic groups of Nepal, Rajasthan, Pakistan, and Afghanistan, which drew inspiration from ornaments worn by nomadic women of these places, are all a collector's item and come with a price tag.

CHAMPIONING COSTUME JEWELLERY

What makes costume jewellery special is the ability to tell a story. Whether it's through vintage finds, handcrafted tribal pieces, or bold contemporary designs inspired by cultural motifs — the ornaments are not just accessories but wearable art forms that celebrate individuality and artistic expression.

Whether layered over a handloom saree or paired with a minimalist outfit, they effortlessly transition from casual daywear to statement evening looks, proving that elegance does not always have to come with a hefty price tag.

Jewellery of any kind is a good investment, traditional or modern, tribal or semi-precious, is not the point in question. Rather appreciating the heritage, art, and craftsmanship, and the modernity in jewellery designs speaks volumes about your elegance and good taste.

By RBR

Photo: Shahrear Kabir Heemel

Model: Shababa Rashid, Farzana Hoque

Jewelry: Shoilee by Tahmina Shaily

Wardrobe (Saree): Shoilee by Tahmina Shaily

Makeup: Shababa Rashid

Fashion coordinator: Nur Azmain

#FICTION

It doesn't rain in Shukhno Gram

In a forgotten railway station where the rain never falls, a solitary station master's routine is upended by an unexpected visitor in blue. It's a quiet tale of chance, connection, and longing as the romantic story unfolds.

When studying economics back in DU, I never imagined that I would end up working at an old, rundown railway station in a desolate, remote village. But here I was: a station master in charge of possibly the least active railway stop in the country.

It is called Shukhno Gram Rail Station, named after the village, although the locals call it Hoogna Geram. Why shukno, hoogna, or dry? Because it does not rain around here! Now in my mid-30s, I have been posted at this station for almost a decade — and not a raindrop in my career.

My job has its perks, of course. No corporate politics, no Excel sheets; just minor interactions, basic record-keeping, etc.

But no exciting stories either. I have become as dry as this village.

An unexpected visitor

On a warm May afternoon, a train stopped at my station. I frowned. The first and last train of the day had left several hours ago. A train would stop now only if someone pulled the emergency handle.

A minute later — a grunt, followed by a heavy luggage being tossed out, followed by a woman in a blue saree.

"Excuse me! How can I go to Dhaka from here?" the lady in blue asked, rubbing off beads of sweat below her nose while the train disappeared.

I was dumbfounded. There was no easy answer to her question. She had to take muddy roads, trawlers, and local buses to get to the nearest city.

After I explained all that, she yearned, "When is the next train?"

"Tomorrow noon," I replied helplessly.

Then, after dragging the luggage to the waiting room, she fell on one of the benches, shut her eyes, and began to rest.



I now closely studied this strange woman.

The rojonigondha on the wrist contrasted with her dusky skin. The aalta on her palms and fingers gave a festive vibe. Large but not too flamboyant jewellery glistened in the sunlight that poured into the waiting room through large windows. The meticulously draped blue saree hid most of her sweat-drenched black blouse.

"Never seen a beautiful woman before?" she sleepily taunted, with her eyes still closed!

In the middle of nowhere

She woke up with a shudder. After recovering and remembering her whereabouts, she let out a sigh.

"Why are you here?" I eventually addressed the elephant in the room.

It was now dark outside. The station was even more desolate at night. The temperature was much cooler, at least by our Hoogna Geram standards, which is a relief, given that electricity is almost always out.

Taking a sip from the cup of tea that I offered, she replied flatly, "I ran."

"Eloped?"

"Ran away from my wedding that is taking place in two days," she continued. "I came as far as I could and got down at this random station. This is so childish. I will go back tomorrow."

I looked at her helplessly.

"And why are you here?" now she asked me back.

"What do you mean, why I'm here? I am the station master."

She slowly got up from the bench and took a seat beside me. "No, really, why are you here? You seem to be a nice,



talented man wasting and rotting his life away in this place."

I had not been confronted with this question in a long time!

Graduating from economics, while my friends frantically applied for corporate jobs or started their own businesses, I walked around the campus aimlessly. You see, I always wanted to be an artist. But instead of Charukala, I chose economics, doing what I thought would be the right thing to do.

My desire to paint never went away. And so, after I was done with studies, I couldn't

help but paint and travel, leaving economics forever. That was how I discovered this place.

I settled here because there was no one to bug me, and I was in love with the beauty of the village — the blazing krishnachura blooms, the muddy pathways, crystal-clear skies, and quiet and stillness.

"I want to see your art," she told me after hearing all this.

I showed her some sketches -- a large banyan tree just outside the station, trains arriving and departing, my guard dog Bhulu and his pals who made this station their home, a colleague and friend who worked in another shift, the baul who often visits me for a chat, but most of all, harrowing scenes of droughts of the Shukhno Gram.

She was moved, touched, and shocked to know that it never rains here.

Then, she playfully declared, "If it rains before my train comes, I will not return to Dhaka and stay here!"

Sun-kissed

"Ok Google, will it rain today?" -- I asked my phone, to which Google remained silent. Network issues!

She chuckled, leaning against a wall. "You won't get so lucky!"

Warm rays of the morning sun shot at her face, so much so that she couldn't keep her eyes open properly. But she held her pose -- leaned on the wall sideways -- as I busily dipped my paintbrush on the palette and focused on the canvas in front of me.

I painted furiously: locks of hair, large earrings, blue saree, olive-toned skin, white petals, red aalta.

"You didn't tell me last night why you eloped," I continued.

"Does it matter? Aren't you glad that I did?"

I let it go.

She told me many things yesterday -- her job in a management consultancy and how much she hated it, her friends and family who by now must be really worried about her, and how much she loved this saree that belonged to her mum and decided to wear it at the pre-wedding party that she eventually escaped from.

But she didn't tell me why she escaped.

By the time I laid down my paintbrush, it was almost time for the train to arrive.

She stared at the canvas in awe. "Do you really find me so beautiful? You keep it. Put it in a gallery one day and invite me to your exhibition when you become a famous artist!"

I brought her luggage to the platform. "No rain," I sighed.

"No rain, sorry!" she reiterated and laughed. "Go home and sleep. I wanna be alone for a while. Your shift has ended a long time ago anyway."

"So, is the wedding back on?"

She turned pensive, paused, and announced again, "It didn't rain."

The bride in blue

Shukhno Gram Rail Station became smaller and smaller as I looked on while sitting at the back of a rickshaw-van. When the building got rather tiny, I heard a rumble

-- a thunder!

Rahim Miah braked. "Station master, what is happening?"

A cold breeze. Grey clouds. A lightning. Another thunder! "Take me back to the station! Hurry!"

The villagers were out on the meadows and fields. Children ran out of their school. Farmers looked at the sky in disbelief. Energy and anticipation swept through.

But it doesn't rain in Shukhno Gram, remember? It may show some false hope once or twice a year, only to break people's hearts again and again.

The grey clouds soon subsided, and the skies were clear.

This village is cursed.

By the time I rushed back to the station, it was like any other day -- hot, humid, dry. The short-lived hope of a downpour was gone, and so was the train.

I turned back wearily to go home.

Suddenly, someone called out, "Excuse me! I think I missed a train."

I know this voice. I turned around again. There she was -- all smiles -- my bride in blue!

By M H Haider

Photo: Shahrear Kabir Heemel

Model: Shababa Rashid

Jewelry: Shoilee by Tahmina Shaily

Wardrobe (Saree): Shoilee by Tahmina Shaily

Makeup: Shababa Rashid

Fashion coordinator: Nur Azmain

Why Mr. Noodles Low Fat might just be your new go-to

There's a certain comfort in a bowl of hot noodles. It's the kind of comfort that doesn't ask questions. Doesn't judge your 2 AM cravings. Doesn't protest when you toss in half a fridge's worth of leftovers. It just sits there, steamy, fragrant: ready to carry the weight of your long day, or your laziness to cook rice.



Now, noodle lovers often find themselves torn between indulgence and intention. Wanting the quick fix without the guilt trip. That's where **Mr. Noodles Low Fat** walks in — not with a grand entrance, but with the quiet confidence of something that just makes sense.

Let's get this out of the way: yes, it's *non-fried*. Which, in simple terms, means less oil, fewer calories, and a slightly stronger argument when you try to convince yourself, "it's kinda healthy."

As in 40g, Mr. Noodles fulfils 9.5 per cent (RDA) of the protein requirements of the daily diet. But unlike those sad, soggy versions that pretend to be food, this one doesn't compromise on taste, nutrition and ease to make. It's still got the bounce. Still got the spice. And still does that thing where you can't decide if it's a snack or a full-blown meal.

Cold Noodle Salad with a Dhaka Twist

Perfect for when you want something light but not bland.

What you'll need:

- 1 packet of Mr. Noodles Low Fat
- A handful of chopped carrots and green peas
- Chopped green chilli
- Crushed peanuts or fried onions
- 1 tablespoon soy sauce
- A squeeze of lemon
- A sprinkle of sugar

How to make it:

Boil the noodles and cool them under running water. Mix all ingredients in a bowl. Toss generously. Chill for a bit if you've got



the patience. It's refreshing, crunchy, tangy, and oddly addictive. It also makes you feel like you've just made something vaguely gourmet, even if you didn't change out of your lungis.

The Quiet Fix

There's something to be said about foods that don't make a fuss. Mr. Noodles Low Fat is one of those rare items you can keep around without thinking twice. It *does* make your food habits feel a little less reckless. And in a city that runs on shortcuts, that's a small miracle worth slurping.

By K Tanzeel Zaman

Photo: Shahriar Kabir Heemel

হেলথি লাইফস্টাইলের
জন্য মি. নুডলস নিয়ে এলো

লো ফ্যাট

নুডলস



উৎপাদনের সময় কোনো
তেল ব্যবহার করা হয়নি





একবার ট্রাই করে দেখুন

When drinking water is not enough: 5 secrets to summer hydration

CONTINUED FROM PAGE 2

1. Start your day with hydration

It is advised to pre-hydrate before starting your day rather than waiting until the evening to catch up on water intake. A few days before the peak of summer, adjusting your drinking habits can also help you cope better with the heat. Drinking water consistently throughout the day is essential. It's also a good idea to carry a water bottle with you wherever you go.

2. Flavour your fluids and eat your water

If you're tired of plain water, try flavoured drinks or include foods with high water content—such as watermelon, cucumbers, and citrus fruits. Adding water-rich fruits

and vegetables to your meals is highly beneficial. A glass of lemon water with a pinch of salt can be refreshing, or try infusing water with natural flavours like lemon slices, ginger, mint, or cucumber.

3. Snack smart with electrolyte-rich foods

Ramadan might be over, but don't underestimate the power of dates! They're rich in natural sugars and electrolytes, making them an excellent hydrating snack. Dates also provide a quick energy boost—perfect for sluggish summer afternoons.

4. DIY electrolyte boosters

Use ingredients like coconut water, bananas, spinach, and almonds to create



electrolyte-rich beverages that replenish fluids lost through sweating.

5. Avoid dehydration triggers

Watch out for common dehydration triggers such as sugary beverages, salty foods, fried foods, and excessive caffeine. These increase urine output and can lead to excessive thirst and dehydration.



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* শুধুমাত্র **এক্সপার্ট** ডিশওয়াশ লিকুইড ৫০০ মিঃ লিঃ এর সাথে ২পিস ৭৫ গ্রাম **এক্সপার্ট** বার ফ্রী!

All about EBL Islamic Banking

Grounded in the principles of trust, transparency, and compliance with Shariah law and to meet the growing demand of customers, EBL began Islamic Banking operations in August 2024. It is guided by a knowledgeable Shariah Supervisory Committee, its services are meticulously crafted to ensure that every transaction is ethical, profitable, and aligned with customers' faith-based values.



Although EBL Islamic Banking operates within the conventional banking environment, its Balance Sheet, Profit & Loss Statement, Fund Management, etc., are entirely separate.

As a commercial bank, it offers deposit, financing, investment, and trade finance products complying with Shariah principles. For deposits, it follows the Al-Wadiah principle for current deposits and the Mudarabah principle for profit-sharing and loss-bearing deposits.

The deposit products are segmented for SME, retail, and corporate clients. For financing, EBL Islamic Banking provides Murabahah, Ijarah, and Musharakah-based products.

Murabahah and Ijarah are fixed-return products complying with Shariah, while Musharakah is a variable-return contract where the bank shares both loss and profit. Genuine losses are borne as per the capital ratio, but profits are shared according to a pre-agreed ratio.

From its inception, EBL Islamic Banking has attracted customers' attention due to its products, services, and commitment to Shariah compliance. These products are also segmented for retail, SME, and corporate customers. Among window-based Islamic Banking operators, EBL is the first bank to receive an AD license for centralised Islamic Banking operations. This license enables the bank to conduct trade business while maintaining Shariah compliance.

To provide Islamic Banking services, EBL has established 20 Islamic Banking windows across the country. Additionally, complying with Bangladesh Bank's instructions, EBL has installed Islamic Banking Help Desks at branches where there are no Islamic Banking windows. These desks provide information about Islamic Banking products and services to customers.

If a customer wishes to open an Islamic account, the Help Desk guides them by providing the required information, and the account is opened at the nearby Islamic Banking window, not at the branch having a Help Desk.

To cater to customer demand, EBL is preparing to launch an Islamic Credit Card under the Wakalah contract, and the next plan is to introduce Islamic agent banking.

Photo: Collected

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EBL Islamic Banking



Eastern Bank PLC.



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