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Grace, *grit* GLAMOUR

NOT JUST A CROWN
MEET KONIKA, MISS WORLD BANGLADESH **P4-5**

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PHOTO: ADNAN RAHMAN
WARDROBE: SUMAYA KHAN

MODEL: SUMAYA KHAN
JEWELRY: 6 YARDS STORY

FASHION COORDINATION & STYLING: SONIA YEASMIN ISHA
MUA: SUMON RAHAT & TEAM

LOCATION: SANTORINI BY IKITCHEN

Dengue on the rise: How you can stay safe

Dengue fever is once again making a strong comeback in Bangladesh. In just the first half of the year, more than ten thousand people have been hospitalised, and forty-two deaths have already been confirmed.



virus attacks vital organs. Doctors have seen patients whose dengue infections led to liver inflammation, brain swelling, kidney failure, or even heart problems. These cases are harder to treat and need immediate hospital care.

Hospitals feeling the pressure

As more people fall ill, hospitals are struggling to keep up. In some places, dengue wards are already full. The rising number of cases is stretching the healthcare system, especially in districts that don't have enough trained staff or equipment to handle emergencies.

The challenge is even greater for children and elderly patients, who are more vulnerable to complications. Families are being urged to seek medical help early if they notice symptoms like high fever, intense pain, vomiting, or unusual bleeding.

How you can stay safe

The most important step you can take is to prevent mosquito bites. Make sure water does not collect anywhere in or around your home. Change the water in flower vases, check air conditioner trays, and keep buckets covered.

Use mosquito nets while sleeping and apply mosquito repellents regularly. Clean your surroundings and help raise awareness in your community.

A call for early action

It's also important to act fast. If you or a loved one has a sudden high fever without cold symptoms, along with pain or fatigue, don't wait. Go to a doctor and get tested.

As Dr Ashraf Ur Rahman warns, this virus is not something to take lightly. "It's not just fever," he says. "It can turn deadly if we ignore the signs or delay treatment." Now is the time to stay alert, act early, and prevent the worst.

By Nusrath Jahan
Photo: Collected

There are several reasons behind this recent surge. The Aedes mosquito, which spreads dengue, thrives in warm, humid conditions and breeds in stagnant water. In other words, the constant hot and humid weather we have been experiencing this year is ideal for their breeding.

Urban growth without proper planning has made things worse. In many places, garbage piles up, water accumulates in construction sites, and drainage systems fail to keep up.

At the same time, awareness and prevention efforts are not as strong. Many rural and small-town communities do not have proper mosquito control programmes or enough access to medical information. As a result, people often do not recognise early symptoms or know when to seek help.

What makes dengue so dangerous?

Dr Ashraf Ur Rahman, a Medicine Specialist and Cardiologist at the National Institute

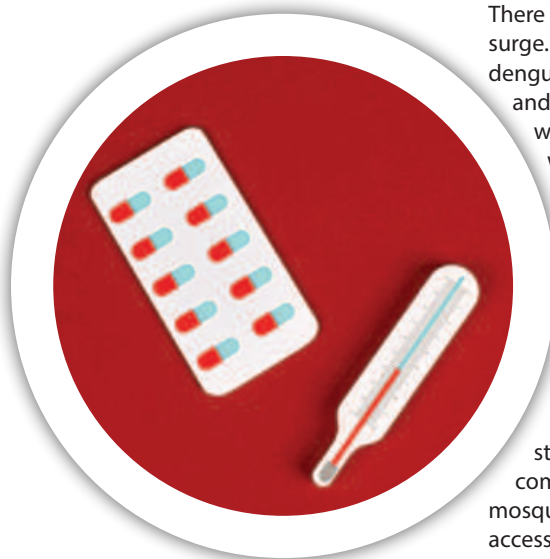
of Cardiovascular Diseases (NICVD), warns that many people confuse dengue with the common cold.

"Dengue symptoms are different. On days 1 and 2, there's high fever, but no cold," he explains. "Instead, there is extreme pain throughout the body accompanied by headaches."

He also points out that dengue mosquitoes used to bite mostly during the day, but now, people are getting bitten both day and night. "You must get rid of mosquitoes in the house or around you," he advises. "Use mosquito repellent, body creams, or sprays. Don't let water collect anywhere nearby."

According to Dr Rahman, one of the biggest dangers of dengue is how it can suddenly turn severe. "Repeated cases of dengue can lead to dengue haemorrhage," he states, "a condition where blood vessels start leaking or bleeding, which can be life-threatening."

Even more alarming is a condition called Expanded Dengue Syndrome, where the





Typhoon

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#HOBBIES

Salsa in Dhaka: Building a community, one spin at a time



When people think of Dhaka's dance culture, salsa is usually not on the list. Classical styles like kathak, contemporary forms, or the occasional K-pop cover dance dominate most studio mirrors and YouTube reels. But somewhere between Latin beats and hesitant first steps, a subculture has quietly been growing — one foot forward, one spin at a time.

A shift that didn't happen overnight

When Aks, founder of Havana Salsa, moved back to Bangladesh, he found a void. "There were no proper spaces for salsa. You couldn't practice, you couldn't learn," he says.

Having grown up abroad, where salsa clubs and socials are part of the weekend routine, he found the absence striking. So, he decided to test the waters.

In 2019, he hosted what he called a "trial run" — Havana Salsa's first social dance night in Dhaka. A few people came. Some out of curiosity. Some out of sheer boredom. But they stayed.

Now, Havana Salsa has become a quietly determined movement. They hold weekly socials, train beginners, and perform at events — but what they do is introduce people to a way of moving that's equal parts physical and social

Why salsa?

Salsa isn't just a dance form. It's a conversation — one that doesn't require language. The appeal isn't in how fast you can spin, but in how well you connect with your partner.



"You learn to listen differently — not with your ears, but with your body," Aks says. The goal, especially at Havana Salsa, has never been about technique perfection or showmanship. It's about participation.

"There's something disarming about salsa," says Nuzhat Sowm, one of Havana Salsa's instructors. "People come in rigid, guarded. You see their arms crossed when they walk in. By the end of the class, they're laughing at themselves and high-fiving strangers."

Most of the people who join aren't dancers. Many are in their late twenties or older, dipping their toes into something entirely new. Some are dealing with anxiety. Others just want a break from routine. And what starts as an experiment often becomes a weekly ritual.

Breaking the hesitation

Sowm didn't plan to teach. Like most of the group's instructors, she started out as



a student. "I wasn't sure I could even pick it up. The posture, the turns — it all felt unnatural at first." But then it clicked. The dance, she realised, wasn't about getting every move right. It was about showing up, every time, until the music felt familiar.

Still, teaching in a culture where social dancing is not the norm has its friction points. "People expect instant results. They think they'll learn a whole routine in one class," Sowm explains. "We have to reset that mindset. This is a slow burn."

The night Dhaka danced

On June 26, 2025, Havana Salsa teamed up with Spaghetti Jazz in Gulshan 2 for an event that felt more like a cultural exchange than a themed party. The evening began with a dance workshop open to all — no experience needed — followed by live performances, social dancing, and a Flamenco-inspired show. Guests were encouraged to dress stylishly, and the atmosphere was festive, thanks

in no small part to the venue's thoughtful touches.

"I've hosted Jazz nights and Bollywood evenings," says Zafreen Khan, who curated the Salsa Night at Spaghetti Jazz. "But this one felt different. It wasn't just a performance. People were part of it."

Khan's collaboration with Havana Salsa was sparked by her interest in global culture. "I was travelling near the Mexican border when the idea hit me — why not bring that energy to Dhaka?" she says. "We added Mexican props, food, and décor. The first time we hosted this, people left saying they had never experienced anything like it. That's why they keep coming back."

More than a dance

It's easy to dismiss social dancing as a one-off event. But what Havana Salsa builds is something longer-lasting: a sense of community. Students gain confidence. They meet new people. They learn how to be present. The instructors don't promise instant results — they promise a space where it's okay to mess up, to learn slowly, and to enjoy the process.

Salsa in Bangladesh still isn't mainstream. And maybe it never will be. But it's real, it's growing, and it's rewriting what dance means in Dhaka — not as performance, but as participation.

As Khan puts it, "You don't just watch salsa — you feel it, step by step."

By Ayman Anika

Photo: Shahrear Kabir Heemel
Special Thanks to Zafreen Khan

In conversation with Aklima Atika Konika, Miss World Bangladesh

If you have not heard the name yet, consider this your introduction to one of Bangladesh's rising voices. Aklima Atika Konika did not just represent the country at Miss World 2025; she redefined what it means to do so.

She is not your typical beauty queen with just a dazzling smile. Aklima is a presence; more of a voice, perhaps, than a spectacle. Despite being a model, singer (although her band is yet to officially debut), designer, and radio jockey, she remains grounded in a world that mostly demands polish and perfection.

So, we sat with her on a rainy afternoon. And within minutes, it was clear that she does not wear the Miss World Bangladesh sash to be admired, she wears it to reflect light onto others. When asked what inspired her to take the stage for Bangladesh, she answered without hesitation.

"It was the people around me: my juniors, my seniors. They're so talented," she said. "I just wanted the world to see how amazing our youth are." Then she added, quietly but assuredly, "So, I started with myself."

On the age-old debate of whether beauty pageants objectify women, Aklima gave a perspective shaped by lived experience. In her words, "After coming back from Miss World, I can tell you that it's not about outer beauty. They look for that person, that aura, that vibe, that confidence. That amazing personality. That soul with purpose."

Her eyes lit up as she continued, "I

was surrounded by women who had powerful stories, dreams, and missions. Women with empathy, grit, and drive. Miss World gives you the space to showcase not just how you look, but who you are, and what you can offer to the world."

To her, the runway is not a platform for perfection, but a place to express strength, creativity, and voice.

Another dimension that sets Aklima apart is her openness about living with ADHD. While many perceive neurodiversity as a challenge, Aklima surprisingly sees it as her secret strength.

"My ADHD makes me do a lot of work," she laughed.

"Singing, designing, modelling — I don't even need to plan it. I just don't sit still, and that's what helps me keep moving."

She's on a quiet mission to normalise neurodiversity in the public eye, proving that success doesn't always come despite ADHD but often because of it. In her world, energy is not a flaw. It is fuel.

Nonetheless, she's not obsessed with always being "on". In fact, when it comes to fashion design, she admits she's not currently in the mood. "That doesn't mean I won't return to it," she smiled. "I'm just living in the moment."

Right now, her heart is with music. "I'm working on four original tracks," she revealed. "I'm really enjoying it."





She defines fashion as something deeply personal. "Fashion is authenticity," she said. "It's not about trends or brands. It's about how you carry yourself, how you express your truth." For Aklima, style doesn't live in the heels or the gown. It lives in the courage to wear your scars, your softness, your story — all with grace.

When we asked her to define confidence, Aklima gave an answer that could sit as a quote on a teenager's wall. "Confidence isn't thinking I'm better than everyone. It's knowing I don't have to be better than anyone. I just love myself the way I am."

However, it wasn't always like this. Although she was never bullied or body-shamed, her mental health once convinced her she was "good for nothing." Now, she thanks her younger self for surviving those days.

Aklima's story is not simply about pageantry. It's about possibility. It's about a young woman who saw the beauty in her surroundings, felt the pulse of a rising generation, and stepped onto an international stage, not to prove herself

but to hold up a mirror to her country. Her journey stands as a reminder that you don't have to fit the mould to be meaningful. You just have to be honest with who you are and dare to show the world.

And if Aklima can start with herself, so can you.

In her own words, "You might feel lost right now. That's okay. When you know exactly where you're going, you might be on someone else's path. But when you don't, that's your own path. You're building it. So, hang in there. That's the beauty of life. Something beautiful might soon unfold."

Before we parted, Aklima took a moment to thank those who've supported her along the way -especially Azra Mahmood, who inspired her the most along the way. "I pick up little bits of inspiration from everyone I meet," she said.

And that, perhaps, is Aklima's real strength: not just being a girl who stood tall on a global stage, but someone who never stopped seeing the worth in others or in herself.

ByJannatul Bushra
Photo: Shahrear Kabir Heemel
Model: Aklima Atika Konika

It's not often we come across people who inspire hope and courage in us. And amongst the usual suspects like critics, cynics, pessimists and what have you who make the world seem grim and bleak, life brings forward remarkable individuals who not only challenge the way we lead our lives but encourage us to live it fully, embrace every moment.

SUMAYA KHAN

A beacon of hope



Sumaya Khan is one such force — unafraid, unapologetic, and unstoppable. Her journey is not just one of survival, but of purpose, passion, and perseverance.

As a trained lawyer, Khan taught the subject at a reputed university for nearly a decade, alongside following her passion for fashion design. "Sumaya Khan Makeover Studio" is a favourite among the well-heeled in Dhaka city. As if that is not proof of her prowess, she also runs a successful catering business called Khan Shaheba and Co., which serves the finest of South Asian cuisine to gourmands of Dhaka.

Sumaya Khan's fashion label — Sumaya Khan Couture — started in 2019, right before COVID. Enamoured by the classic style of the women in her family, her aesthetic has always been timeless elegance.

Her mother remains her inspiration first and foremost, alongside her aunt, who always dressed in traditional yet chic outfits.

"In the late eighties and nineties, they would wear simple outfits that were so elegant yet rooted in tradition," she muses.

Some of us growing up in similar times instantly relate to her designs that take us back to those simple days when fashion wasn't dictated by the latest trends on social media but by tradition and culture.

In a city where there's a boutique house at every corner, labels like Sumaya Khan Couture are a breath of fresh air. She refers to the label as her baby.

"Designing has always been a passion for me," says Sumaya. Bored of the generic styles and designs that everyone else was wearing, she decided to create outfits for herself and a few close friends and family without any intention of going public with her collection.

"I created only fifty pieces for my very first collection, and we were sold out on the first day of the exhibition we held at home!" she excitedly recalls. And since there has been no looking back for the designer.

While she was juggling so many roles with aplomb, she was diagnosed with cancer that left her shaken. However, it could not crush her indomitable spirit. Sumaya fought cancer with grace and dignity and is a survivor who stands tall as a shining beacon of hope for us all to never give up, no matter what.

"I have never known how to stop. Cancer has definitely been an unexpected obstacle mid-journey, but I don't let it overwhelm me. Thanks to my experiences, I have learnt that life's trajectory is never linear and hence there will always be ups and downs. It is how we look at any circumstance that defines the final outcome.

"I have always been a fighter and will continue to be one. This is how I rewrite the pages of my personal diary. No sympathies necessary — I am a warrior and that's my story," says the high-spirited multitasker.

"I am thinking of expanding my catering business. I plan to go big with my label and also rejoin teaching — God, I miss teaching so much, and I have so many plans to fulfill!"

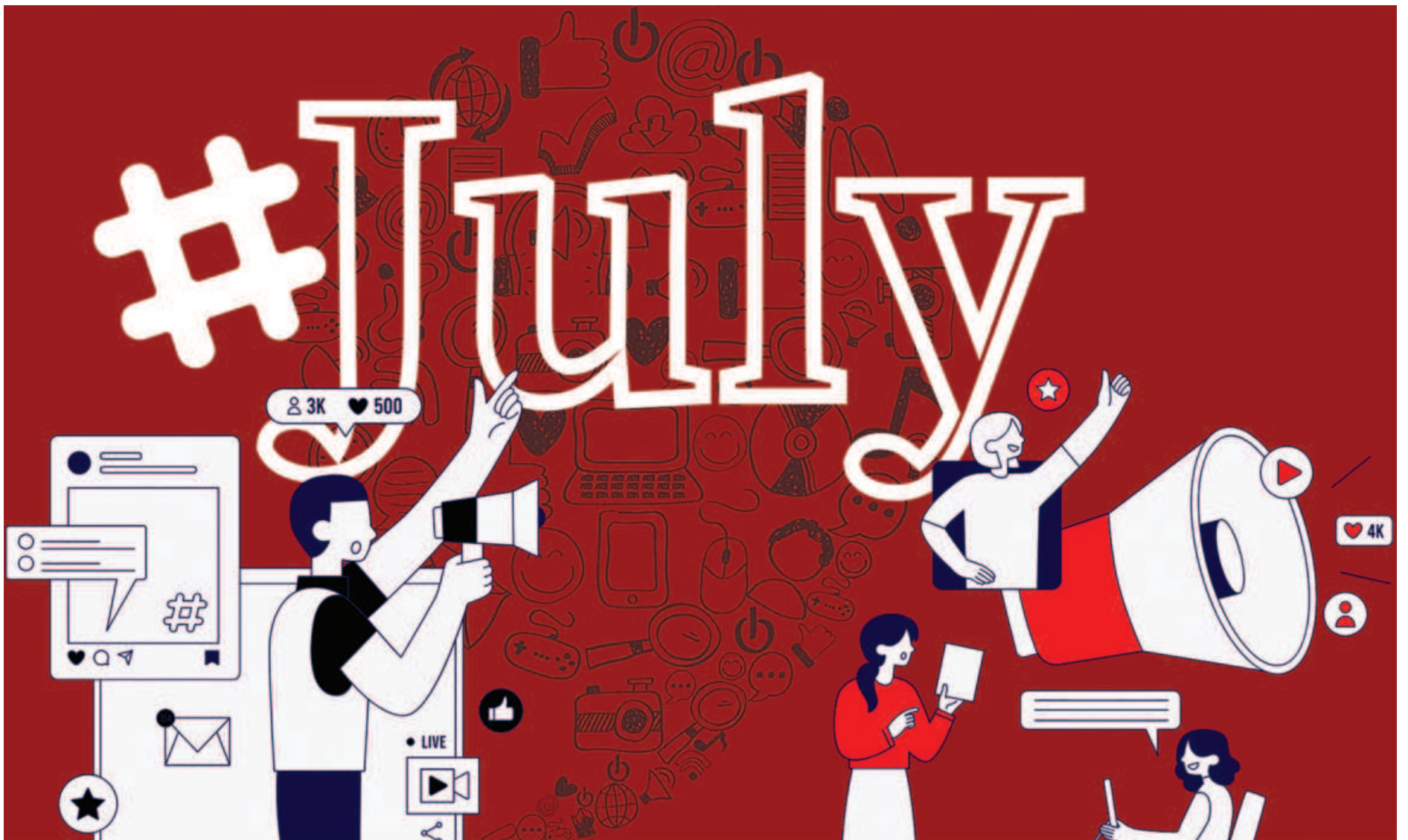
In a world that often demands that we choose one path, Sumaya Khan boldly walks many, each with conviction, creativity, and compassion.

Whether in the courtroom, the kitchen, or the atelier, she brings the same unyielding spirit that helped her triumph over adversity.

Her story is a reminder that passion, when paired with perseverance, can shape not only careers but also lives, and in doing so, light the way for others to follow.

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Sumaya Khan
Fashion Direction & Styling: Sonia Yeasmin Isha
Wardrobe: Sumaya Khan
Jewelry: 6 Yards Story
Makeup: Sumon Rahat & Team
Location: Santorini by IKitchen





#PERSPECTIVE

How social media became the frontline of the July Uprising

The July Movement did not start with a hashtag. It started with rage, grief, and a country cracking under pressure. However, it found its momentum online, mutating into a hybrid of protest and pixels, strategy and storytelling, bloodshed and bandwidth. When bullets hit the streets, stories hit the feeds.

Before headlines could make sense of it, Instagram stories, Facebook lives, digital illustrations, and satirical memes did the job. And it was not the newsrooms that led this. It was a decentralised army of students, actors, presenters, illustrators, and people you would never have heard of, until they became the voice you could not ignore.

A movement that could not be silenced

"Social media acted as a replacement for mainstream media," said Manzur-al-Matin, a lawyer, television host, and one of the familiar faces during the July mass uprising.

"Excluding a few newspapers, television in particular, was not showing anything. News of people dying was not coming out. There was a kind of media silencing... So, people became dependent on social

media. It played a role both in mobilising and informing."

Matin recalled receiving tactical instructions via social media — how to treat tear gas wounds, how to regroup when scattered — "a tool for mass mobilisation," he called it. What made this different was that it did not rely on polished journalism. It relied on urgency, on participation, on people stepping up, logging in, and refusing to scroll past

injustice.

Dipti Chowdhury, a TV presenter, also found herself at the centre of this shift. Her televised words, spoken during an internet shutdown, managed to go viral. She became, unwillingly, a symbol.

"That interview wasn't about me," she said. "It was everyone's experience of being silenced. People saw their own frustrations in my words."

"It's very difficult to control social media

in a place where every person is like a TV channel. Even when the internet was shut down, VPNs kept the movement alive. People trusted social media more than conventional news."

Matin echoed the same. "We didn't speak up to go viral. We spoke up because staying silent felt like complicity. I tried to speak on TV. But after the 20th or 21st, that door closed. So, we took to the streets."



Manzur Al Matin

Praise, backlash, and the algorithm

Praise came. Then the backlash. Then came the algorithmic silence.

"We saw how some who praised us started abusing us later," Matin added. "But we still spoke up, even when it was no longer popular. Because conscience doesn't follow trends."

Chowdhury experienced this backlash not as a political figure, but as a woman.

"My family's legacy of freedom fighters was questioned. Memes were made about me. My gender became ammunition," she said. "We united in July. But afterwards, we returned to what we know best – isolating people."

Both Chowdhury and Matin agreed: the hardest part was not speaking up during chaos. It was standing firm in the silence that followed.

The mob in the mirror

What came next was even messier: everyone claiming activism. Everyone claiming to speak for "the people." But at what point does advocacy turn into mob rule?

"Most people don't understand what activism truly is," Chowdhury said bluntly. "They're provoking, dividing, claiming

moral authority without responsibility. We've confused activism with chaos."

Matin was more philosophical. "Hate spreads faster online. The algorithm rewards outrage. But what we see on social media does not always reflect who we are as a people."

And yet, both admit that digital spaces can no longer be dismissed as fluff. "Social media isn't just entertainment," Chowdhury emphasised. "It's political, it's economic, and it's dangerous when left unchecked."

Trauma, memory, and scrolling past grief

The digital aftermath is murky. The self-censorship that once ruled the internet is now replaced by a chaotic flood of unfiltered rage. But is that freedom – or another kind of trap?

Matin believes self-censorship still exists. "Just in different forms. Those who were once in power used to speak freely. Now, they censor themselves. And those who feel safe now speak recklessly. Social media gives voice to both truth and narcissism," he explains.

Chowdhury agreed but added nuance. "Yes, people post more freely now. But many also post for profit. Likes mean money. Satirical videos have become a



Dipty Chowdhury

business. So, where's the integrity?"

Perhaps, the deepest thread running through both voices is that of mental health. The digital battlefield leaves no one untouched.

"People witnessed real trauma," Matin said. "Violence, death, loss. But did they process it? No. They escaped to social media – only to be retraumatised."

He warns that "reels reduce thinking. Fake happiness makes us feel worse." Negativity spreads faster than truth. If we don't become aware of how these platforms shape us, we'll lose more than we realise.

The fight is not over

July did not end in July. Its aftershocks continue – online and offline. It was a movement not just of protests, but of digital defiance. It exposed both the power and the peril of social media in Bangladesh.

"Every phone became a newsroom," Chowdhury said. "Every person became a media outlet."

And in that chaos, some truths became undeniable: that storytelling is resistance. That silence can be louder than screams. And that even when the cameras are off, the algorithm keeps recording.

So, what's left now?

Maybe it's what Chowdhury suggests: "Social media should no longer be treated as a toy. It's a weapon, a tool, and a responsibility."

Or maybe it's what Matin reminds us: "Praise fades. Backlash fades. What remains is your own conscience. So, speak when you must. But also listen. And never confuse noise with clarity."

Chowdhury elaborates — "I was afraid. I didn't stay at home for days. I received threats saying if a certain party came to power, I'd be raped in the street or killed on sight. But I also received so much love. At one point, I thought — even if I'm jailed or killed, this much love is enough for a life."

As the dust settles, one thing remains clear: social media is no longer just a passive medium in Bangladesh. It is a force that can amplify movements, challenge silences, and reshape public consciousness. How this force is wielded in the future will continue to define the contours of resistance, representation, and responsibility in the digital age.

By Ayman Anika
Photo: Collected



#RELATIONSHIPS AND FAMILY

Thinking of adopting a child?

What prospective parents in Bangladesh must know

The journey often begins with a longing to build or expand a family, intertwined with the desire to offer a loving home to a child in need. As they navigate the emotional terrain, adoptive parents must battle with uncertainties — wondering if they will be fully accepted by their child, how they will explain adoption to their growing little one, and whether society will ever see their love as equal to that of a biological connection.

The psychology is often a complex blend of hope, vulnerability, and profound commitment. From the moment parents decide to adopt, they embark on a journey that requires them to confront deep-seated emotions, expectations, and sometimes fears about their own ability to form a bond with a child.

We spoke to Afrin Ahmed, an advocate at the Supreme Court, to understand the legal framework and social perspectives surrounding adoption in Bangladesh. Her insights, rooted in both law and lived realities, help unpack what prospective parents must truly consider — from motivation to legal guardianship and social acceptance.

What are the key factors parents should consider before adopting a baby?

First, they should reflect on their motivations for adopting, ensuring they have a genuine desire to provide a loving home rather than just seeking fulfilment of their own needs. Understanding the emotional,

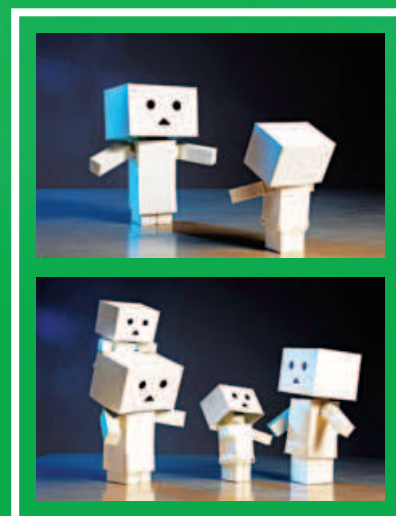
physical, and financial responsibilities of parenting is crucial, as adoption can come with its own unique challenges.

Prospective parents should also familiarise themselves with the legal requirements and processes involved in adoption. Additionally, they should assess their support system, including family and friends, to determine if they have a network that can offer encouragement throughout the process.

Another important factor is the readiness to address potential issues related to the child's background, including any trauma they may have experienced prior to adoption. This requires parents to be open to learning about attachment issues, identity development, and the importance of maintaining connections to the child's cultural or biological heritage.



Finally, parents should evaluate their ability to provide a stable and nurturing environment, considering factors such as their emotional health, financial stability, and overall readiness to welcome a new child into their lives. By thoughtfully considering these factors,



they can better prepare themselves for the profound and rewarding journey of adoption.

How is guardianship different from adoption under Bangladeshi law?

The legal framework in Bangladesh varies for each religious community, and a common cultural bias often favours adopting boys over girls, rooted in societal norms that prioritise sons for their perceived roles in continuing the family line and providing economic support.

For Muslims in Bangladesh, formal adoption is not recognised under Islamic law, and instead, the Guardians and Wards Act of 1890 is followed, where a person can be appointed as a legal guardian of the child.

In the Hindu community, adoption is regulated under the Hindu Adoptions and Maintenance Act (HAMA). Here, there are specific gender-based rules — families can adopt a boy if they do not already have a son. Similarly, they can adopt a girl only if they do not already have a daughter.

For Buddhists and Christians in Bangladesh, like Muslims, the adoption process also generally follows the Guardians and Wards Act of 1890, as there is no separate legal framework specifically addressing adoption.

Other stipulations include — the child must be a minor, defined as someone under the age of 18, to be eligible for guardianship. The focus is 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 guardian based on factors like their financial stability, moral character, and ability to meet the child's needs.

The child's background may also be taken into account to ensure compatibility with the guardian's faith. Guardianship does not automatically grant the child inheritance rights or a change in surname, so guardians often need to make additional legal arrangements to secure the child's future rights. These requirements aim to prioritise the welfare of the child while adhering to the cultural and religious norms of Bangladesh.

What adjustments should parents be ready for when bringing an adopted baby into the family?

Parents who bring an adopted baby into their family should be prepared for significant emotional and lifestyle adjustments. Initially, the child might experience stress or discomfort while adapting to a new environment, especially if coming from an institutional setting. It's important for parents to be patient and provide a stable and nurturing environment to help the child bond with the family.

They should also be ready to address any questions or concerns from friends and relatives and to approach these conversations with sensitivity and openness. As the child grows, parents should be prepared to explain the concept of adoption in a way that is age-appropriate and positive, fostering a sense of belonging and self-worth in the child.

Adoptive parents 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, especially if the child has experienced trauma.

Parents may also fear not being fully accepted by their 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.

What role does the extended family play in supporting the adoption process, and how can parents prepare them?

The initial responses from extended family members can range widely, often influenced by traditional beliefs surrounding family and kinship. To foster a supportive atmosphere, adoptive parents must engage their relatives

through open and honest communication. By sharing their motivations for adopting, emphasising the deep love and commitment behind their decision, and addressing any misconceptions, parents can help relatives understand the beauty of the adoption journey.

Creating opportunities for family gatherings and encouraging participation in the child's life can further strengthen these bonds, transforming any initial hesitations into a chorus of support. In doing so, parents not only help their extended family embrace the child but also create a loving atmosphere that envelops the new family unit, fostering a profound sense of connection and belonging for everyone involved.

How can adoptive parents help their child navigate societal perceptions or potential stigma related to adoption?

By initiating honest conversations about adoption from an early age, parents can empower their child to understand and embrace their unique story, allowing them to articulate their feelings and experiences with confidence.

It is essential for parents to validate their child's emotions, reassuring them that any questions or concerns they may encounter in society are normal and that they are not alone in this journey. Encouraging the child to connect with supportive communities — such as adoption support groups or friendships with other adopted children — can further reinforce their sense of belonging.

Additionally, parents can model resilience by addressing stigma head-on, sharing positive narratives about adoption, and highlighting the love and commitment that

define their family. Through this proactive approach, adoptive parents can equip their child with the tools to face societal challenges, fostering a strong sense of identity and self-worth that transcends societal perceptions.

Adoption is a journey of the heart, but one that demands legal clarity, emotional resilience, and social courage. With thoughtful preparation and the right support, Bangladeshi parents can redefine what it means to build a family — one grounded not in blood, but in boundless love.

The interviewee is an advocate at the Supreme Court of Bangladesh and a managing partner at L.A.W — Legal and Arbitration Wizards. She is also a partner at Jural Acuity.

Photo: LS Archive/Shahrear Kbair Heemel

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Avoid personal issues for now. Putting thoughts on paper helps. Exaggeration may cause confrontations. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Peers' moods may affect you. Lavish gifts may cause financial strain. Mood swings could lead to isolation. Your lucky day this week will be Monday.



GEMINI (MAY 22-JUN. 21)

Look out for romantic opportunities. Solid advice will come from trusted people. Conservative financial ventures bring gains. Your lucky day this week will be Thursday.



CANCER (JUN. 22-JUL. 22)

Seek new income options. Your partner needs quality time. Hard work leads to rewards. Your lucky day this week will be Monday.



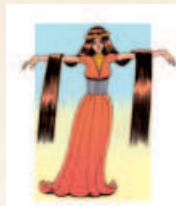
LEO (JUL. 23-AUG. 22)

Organising events boosts popularity. Ask for help now. Creative ideas bring success. Your lucky day this week will be Wednesday.



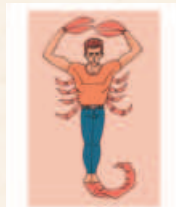
VIRGO (AUG. 23-SEP. 23)

Home life may be unstable. Improve your appearance. Conservative investments could be profitable. Your lucky day this week will be Friday.



LIBRA (SEP. 24-OCT. 23)

Tend to the needs of your elders. Short trips offer relief. Work on self-image. Your lucky day this week will be Monday.



SCORPIO (OCT. 24-NOV. 21)

A new romantic interest may appear. Mood swings create distance. Don't believe everything you hear. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Romance is in the air. Job success could lead to promotion. Listening will bring gains. Your lucky day this week will be Friday.



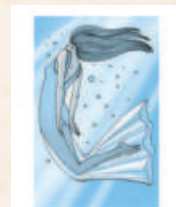
CAPRICORN (DEC. 22-JAN. 20)

Watch for accidents. Things will be fast-paced. Stay active with shared interests. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Foreign contacts will inspire you. Invest wisely for profit. Power players may open new career opportunities. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Jealousy may surface. Catch up on messages. New projects may stall. Your lucky day this week will be Sunday.

ACTIVE SYMDEO+ শরীরের দুর্গন্ধ সৃষ্টিকারী জীবাণু ধ্বংস করে আপনাকে দেয় সতেজ অনুভূতি

Bactrol®

Left Right Left Right

Dining table sets that bring families together

A dining table is more than just another piece of furniture. It provides a sense of warmth to a home as you go about your daily life. In choosing a dining table, one needs to balance size, design, functions, and family in mind. If you are in the market for such tables, read on, as there may be a variety of dining table sets available to suit your needs and preferences!

For a couple in a new house, a small round table with two seats would do the trick. This way, intimacy and easy conversation flow from the shape of the table, while the space restrictions in dining spaces suit the small home, making meal time cosy and inviting without crowding.

On the other hand, a square or rectangular four-seater table for dining is common among families with one or two children. They provide more space during meals, supplies for arts and crafts, and homework, keeping everyone comfortably close to each other. Six-seater dining tables come in handy when children grow up or when you have guests in multitudes.

Rectangle or oval-shaped tops provide enough room, whereas sturdy wood or metal frames ensure the table stands up to daily use, spills, and the occasional rowdy dinner party. Also, it is suitable to choose a rectangular design in the case of family dining with a hierarchical pattern.

For bigger families or those who enjoy entertaining, extendable dining tables are worth the deal. When needed, foldable parts on these tables can increase their length while staying compact for smaller family meals during the day. Raised parts



can also be set up during large family dinners or festive celebrations.

But, only choosing a dining table is never enough. Material choice drastically influences the look and care of a dining table. Solid wood feels warm, natural, and durable, and usually ages well with time. A glass top would keep an area airy and sleek, but must be wiped very often to stay fingerprint and smudge-free, whereas metal frames give an edgy touch.

Moreover, you could keep certain minimalistic objects, perhaps fresh flowers or a centrepiece, maybe a fine table runner. All of these will seem welcoming

and personalised. This can be further complemented by warm lighting coming from above, which sets the ambience in a feeling of togetherness.

A rug under the dining table could also create visual and grounding space while protecting the floor and muffling the sound of footsteps. So, pick stain-resistant rugs that clean up easily, which are perfect for little messes or spills of crumbs, while adding softness underfoot through countless family dinners.

All that said, buying your dream dining table has now become ever so easy with the EMI payment option. EMI payments



spread the cost over many months, making expensive tables or custom tables much more affordable to a limited budget. Nowadays, EMI payment options are all around furniture shops, offering you choice and ease. This way, you enjoy your purchase immediately with smaller payments over time.

With smart features and easy payment plans, make sure to enhance your dining area to make space for everyone and bring the family closer today!

By Samayla Mahjabin Koishy
Photo: Courtesy

A perfect moment of family time unfolds during dining

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