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Threaded TRADITIONS

PHOTO: ADNAN RAHMAN ◆ STYLING & DIRECTION: SONIA YEASMIN ISHA ◆ MODELS: POLASH, ASHRAF ◆ WARDROBE: LE REVE ◆ MAKEUP: KAJOL

#FASHION & BEAUTY

Pre-Eid skincare habits that actually work during Ramadan fasting

Eid preparations usually start with outfits and accessories but somewhere along the way, skincare joins the list too. Between long fasting hours, changing weather, and late-night gatherings, the skin can feel a little tired — making a simple pre-Eid reset all the more welcome.

HYDRATION IS KEY

One of the biggest challenges during Ramadan is maintaining hydration. Yes yes, it's the age-old advice of drinking your weight, but honestly there is no better or sustainable option out there!

Long hours without water leaves your skin looking tired, which is why replenishing fluids from iftar till sehri becomes very important.

Alongside plain water, many people are now turning to chia seed water for hydration boost. Electrolyte drinks are also becoming popular, particularly for those who spend long days outside or remain active during Ramadan.

CLEANSING AND GENTLE EXFOLIATION

A good cleansing routine remains the foundation of healthy skin. And no, you need not have five steps for cleaning your face. However, with warmer weather and daily exposure to dust, sweat, and pollution, cleansing twice a day with a mild face wash is a must.

Also, cleansing alone is not always enough. Gentle exfoliation two to three times a week can help the skin appear brighter and smoother. This step allows moisturisers and serums to absorb more effectively.

That said, moderation is key. Do not over-exfoliate! Especially if you don't want an irritated skin and with micro tears.

THE TRUTH ABOUT GLOW

If miracle under-eye creams actually worked overnight, dark circles would have gone extinct by now!

Yet as Eid approaches, ads promising instant fixes seem to pop up everywhere. Rollers, creams and serums all claiming to erase tired eyes in record time.

The truth, however, is far less dramatic.

Dark circles are often linked to genetics, lack of sleep, dehydration, stress, and dry skin. What does help here is a good moisturiser paired with a hydrating serum. Pair it up with a good sunscreen and you have the golden combination. One that can improve the under-eye area, as well as pigmentation around the mouth and chin.

NOURISH FROM WITHIN

Great skincare begins at the iftar table. While our iftar spread often features fried snacks, balancing them with lighter options can make a visible difference to both energy levels and skin health.

Dishes such as chickpea salad, pasta salad or yoghurt-based drinks with limited sugar are refreshing alternatives that nourish the body without overwhelming it.

Word of advice? Cut down the oil now if you don't want to welcome a breakout right before Eid.

TIME YOUR FACIALS

Thinking of getting a facial before Eid? Timing matters.

Most skincare experts recommend booking treatments 10 to 12 days before the celebration. This gives the skin enough time to settle in case of temporary redness or irritation. Trying a brand-new facial too close to Eid can be a very risky business; hardly ideal when festivities are just around the corner.

KEEP IT SIMPLE

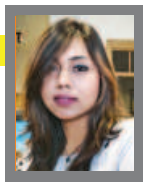
When Eid is approaching, simplicity tends to work best.

A routine built around hydration, gentle cleansing, light exfoliation and moisturising is more than enough to keep skin looking fresh and balanced. Be consistent and the glow will follow.

By Nusrath Jahan
Photo: LS Archive

LIFE AS IT IS

WARA KARIM
Writer, painter, gardener, content creator
Website: http://www.scratchingout.com



The emotional reality of observing Ramadan in the western world

It is that time of the year when the Bangladeshi diaspora misses the tantalising aroma of masala chickpeas, mutton haleem, crispy eggplant fritters, and warm jilapi. They profoundly miss sitting around the dining table with family to break their fast, as the melodious voice of the local muezzin recites the Maghrib prayer. They greatly miss the excitement of Eid shopping and the overall festive atmosphere that fills the holy month of Ramadan.

We spoke to some of our non-resident Bangladeshi (NRB) men and women to learn what they miss and how they observe Ramadan away from home.

Shama Ahmed, Minnesota, USA

Shama Ahmed, who is a senior accountant at Northrop Grumman Corporation, an American aerospace and defence company, says that Ramadan in the US is not remotely as festive as it is in Dhaka. Fasting is not the issue for her; it is sleep deprivation that afflicts her most during Ramadan, as there is no special office schedule. "It is business as usual here, so I am terribly sleep-deprived during the month of Ramadan," she said.

Asked what she and her family enjoy for iftar, she said, "For iftar, we usually have chhola or chotpoti and lots of fruits. It is only on some days that I cook khichuri, haleem or noodles for iftar."

"We eat fried foods only once in a while during Ramadan," she added.

Ahmed misses Dhaka's iftar bazaars and all the iftar delights that one can find during this time. "Dhaka's iftar bazaars are a feast for the eyes," she said.

She also misses having iftar with her parents and all the special dishes that her late mother used to prepare. "I especially miss her doi bora. My doi bora is never as good as hers," she said.

Sharif Mohammad Ruhul Quddus, England, United Kingdom

Dr Sharif Quddus is a speciality doctor at the Department of Neurology and General Internal Medicine at the Royal Cornwall Hospital Trust in England. This Ramadan has been particularly hectic for Dr Quddus and his wife, who had their second child just three months ago.

Asked about the typical workday for a Bangladeshi Muslim doctor in the West, Dr Quddus said, "As a doctor, my day begins before dawn. After sehri, I barely get any time to rest. I leave home at 7 in the morning for a busy clinic day or a long list of referrals."

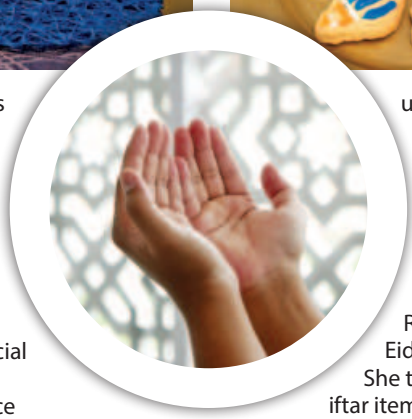
The hospitals in the UK allow Muslim employees a short recess to break their fast and say their Maghrib prayer during Ramadan, which greatly helps practicing Muslims like Dr Quddus. "On most Ramadan days, I break my fast at work, but eat my iftar after returning home from work," he said.

Like other NRBs, Dr Quddus, too, profoundly misses Bangladesh during this time of the year. What he misses most during Ramadan is his father making dua for the whole family before iftar.

Dr Quddus also misses the sights, sounds, and smells that envelop Dhaka during Ramadan. "Unlike here, lively streets, colourful clothes on display, glittering women's jewellery, hum of shoppers bargaining with shopkeepers, and the aroma of iftar delights make every day of Ramadan a festive occasion in Bangladesh," he said.

Mahnoor Ali, Shanghai, China

Mahnoor Ali, who moved to Shanghai, China less than two years ago because of her husband's employment, is still adapting to her new reality. This is her second Ramadan in Shanghai, and she is a little less homesick than she was a year ago.



Ali worked for a financial institution in Dhaka. On Ramadan days, after office ended early, she would stop by the stalls of iftar vendors to check what they had to offer and buy anything that she liked. "Jilapi is my most favourite iftar item. I do not find jilapi here and I miss it so much," she said. She recalls the special zarda that her mother used to prepare for her during Ramadan.

Among other things, Ali misses Dhaka's Eid shopping scene. "I miss Dhaka's Eid fashion trends and shopping scene, when shops and malls across the country are bedecked with lights, festoons, streamers, banners and hanging swirls, adding extra joy to Eid preparations," she said.

Eid ul-Fitr is a lonely affair for Ali in Shanghai. Last Eid ul-Fitr fell on a working day, so her husband had to go to the office, and her son to school. "I was alone at home until late afternoon. Never before did I spend an Eid morning all by myself," she said.

However, in her new reality, thousands of miles away from home, Ali now tries to observe Ramadan and celebrate Eid ul-Fitr in her own way. She tries to make traditional iftar items and has decorated their apartment with Ramadan décor. She plans on buying fresh flowers on Chaand Raat, like she did in Dhaka, to bring holiday vibes to her new home in Shanghai.

Our NRBs miss their families the most during Ramadan, and the Eid that follows. The heart feels heavy and the distance more pronounced during these special occasions. And they fondly reminisce about the times they have left behind; the shared laughter, the lively conversations, and the comforting presence of friends, family, and relatives in their lives. However, life goes on, and our NRBs come to terms with their new reality, observing Ramadan and celebrating Eid ul-Fitr in their own distinct ways.

Photo credit: Shahzia Sarwar, Portland, Oregon / Collected

SHORTCIRCUIT

INTISAB SHAHRIYAR
Feature Writer
The Daily Star

Sleepless in Ramadan

Are you someone who can sleep the moment you close your eyes, no matter where you are? Congratulations, you have what I call the 'jiffy sleepy luck,' and not someone who would be interested in this article. However, if you know someone who takes ages to sleep, has to have every one of their 'conditions' met before being able to rest, and complains of 'memory matinees' kicking off just as they close their eyes, then please, direct them here, for they might find a kindred spirit's confession here. And, if you are curious, or just want to know how the other shoe fits, well read on.

Yes, as I am sure you have figured by now, I have trouble sleeping. In some ways, you could say my sleep is like a fickle fairy, only presenting itself if it has been appeased properly, and gone in an instant if the process is interrupted. Also, if I wake up from a sleep, or heck, even a short nap, it is impossible for me to go back to sleep. Sounds like a pain, right? Well, it is. So, you can only imagine how much more difficult it gets once Ramadan rolls around.

Don't get me wrong. I love Ramadan. People tend to be slightly more honest than they usually are, assuming otherwise their fast will 'lighten,' and usual conversations about mostly nothings get injected with a dose of Ramadan Resolutions like praying Taraweeh, eating healthy, and of course, my favourite, jilapis.

However, the most difficult part of Ramadan, other than the traffic, and the mad rush at malls, is waking up for sehri.

"But you have trouble sleeping, so you are already up. What's the issue?" I hear you asking. The issue, dear reader, is that by the time you wrap up eating, and praying the Fajr, it's already dawn. And in my particular case, had I slept at a reasonable hour and woke up for sehri, I would now be unable to sleep again.

Most people, I understand, manage to fall back into sleep after Fajr. They treat the pre-dawn hours as a brief interruption and close their eyes again by six. I watch them with something close to envy. For me, the lights in my head have come on. My brain has decided that this counts as morning, and there is no negotiating with it. So, I sit with the night instead.

And have I mentioned the 'suhoor' experience? You know, the one where you go out at two or three in the morning to eat out in a restaurant. I usually make it a firm point to avoid these as much as I can, but it's hard to say no to friends, especially ones who show up at your house, leaving you no choice but to surrender to your rotten fate. The worst part is not the going — it is the coming back. You return home full, slightly dazed, and wide awake at four in the morning with absolutely nowhere to put that energy.

Ramadan, it turns out, does not so much disrupt my sleep as it holds up a mirror to it. The broken nights, the odd hours, the body running on stubbornness; none of this is new. What is new is that everyone around me is in a version of the same boat, which makes the whole thing feel oddly communal rather than just exhausting.

Not being a good sleeper is a long-standing arrangement I have made with the night. While most people treat sleep as a destination, something to fall into and emerge from on schedule, I have always lived at its edges. I lie awake. I think too much. And once something breaks my sleep — a sound, a dream, a passing thought that arrives uninvited — I am done. The next two, sometimes three hours are mine whether I want them or not.

But here's the odd thing; I have always loved the night. The particular stillness that settles over a city between two and four in the morning is something I have sought out long before Ramadan gave me a reason. The street outside goes quiet in a different way than it does at midnight. The noise drops a register. The air feels slightly lighter. Most of the world is unavailable, which is its own kind of relief. Staying up feels like the only answer, until dawn shows up of course, and you realise the rest of the day awaits.

Photo: LS Archive/Sazzad Ibne Sayed

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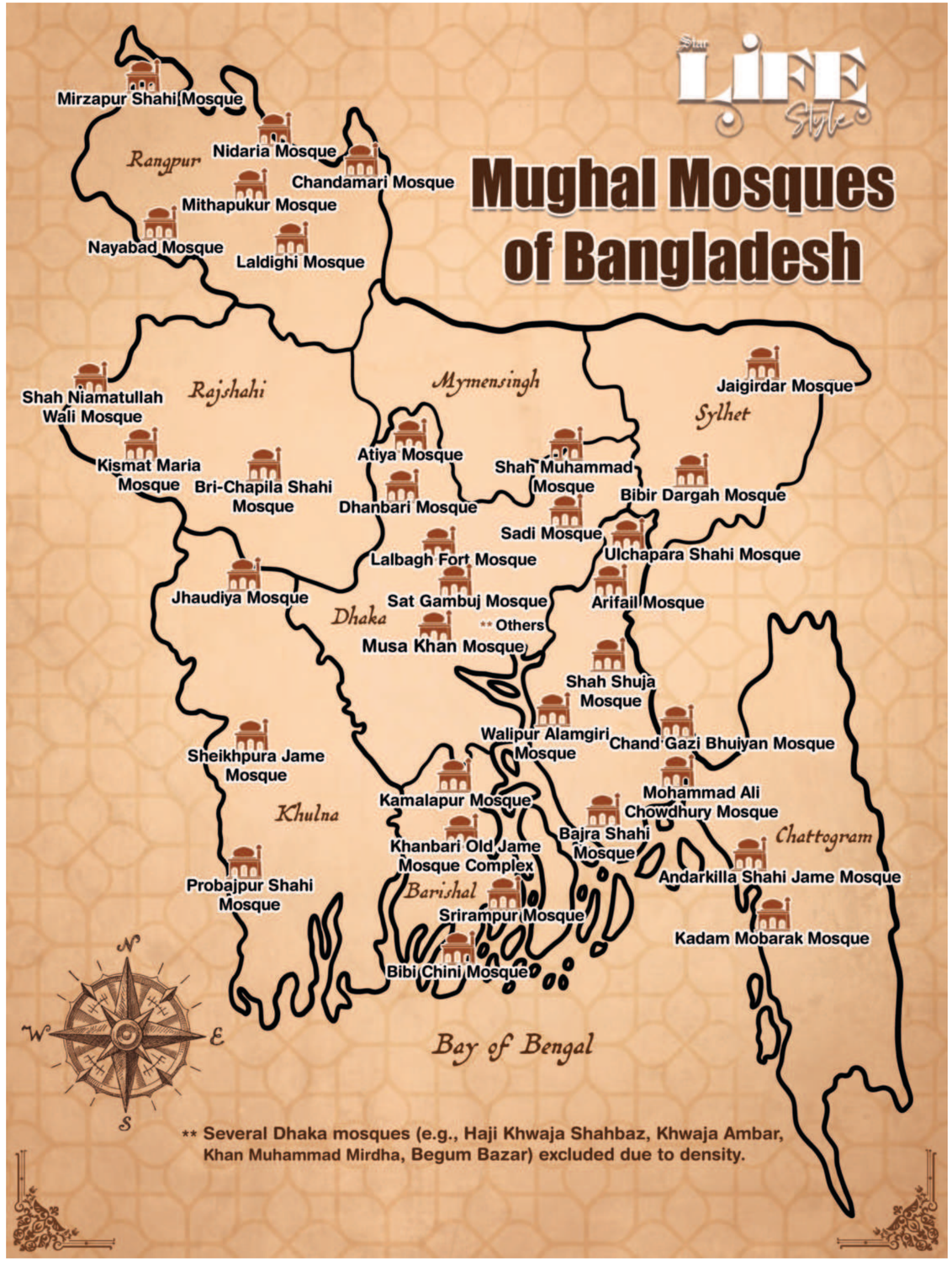


Begum Bazar Mosque, Dhaka

Khwaja Ambar Mosque, Dhaka

Khan Muhammad Mirdha Mosque, Dhaka

#HERITAGE

Mapping the MUGHAL MOSQUES of Bangladesh!

Our country is blessed with beautiful mosques. Be it the Sultanate era mosques or the modern marvels, Bangladesh is dotted with these awe-inspiring places of worship that span many centuries. Among them, Mughal mosques are indeed an interesting chapter of our heritage. In this holy month of Ramadan, Star Lifestyle presents to you a map of Bangladesh's prominent Mughal mosques — your essential list of mosques from this era that you should definitely visit. We invite you to see this map, which took us about a month to create, and we invite you to visit these age-old buildings. Along with the map, this article will give an idea about our research journey, providing you with more insights than just names and geography.

Star LIFE Style

TIME CAPSULE

Mughal mosques combine to form a rich time capsule, but which timeframe are we really looking into?

According to the book Mosque Architecture in Bangladesh, by Dr Abu Sayeed M Ahmed and Syed Zakir Hossain, Bengal was "conquered by Mughal rulers" in 1576. So, that is the beginning.

On the other hand, we can cut off the Mughal era at 1757 if we are very strict — an obvious year, due to the Empire's collapse surrounding the Battle of Palashi that was led by Nawab Sirajuddaula against the British.

Of course, the timeframe is up for debate. To exemplify, it can be stretched to 1857, and rightly so, because there was resistance to the "new" British East India Company regime. Nazly Chowdhury and Babu Ahmed wrote in Mughal Monuments of Bangladesh, "In 1857, the Sepoy Revolt broke out but was soon suppressed by iron hands... and the rule of the Mughals in India was finally ended."

Neither the beginning nor the end of the Mughal era happened overnight.

Given this context, even though we kept in mind the 1576-1757 time period, we prioritised those mosques that are the most Mughal-inclined in terms of architecture, reputation, etc., hence allowing flexibility for a few mosques that were likely established after the 1757 milestone.

THE SPLENDOUR OF MUGHAL MOSQUES

We will spare you the technicalities and details, leaving them for architects and historians. It is best to visit the mosques in person to appreciate it. And now, you have the map to guide you there!

Three-domed structures are common, although variations regarding the number of domes can also be easily found. Facades are decorative. Four corner turrets (or small towers) reinforce elegance. Inside, cusped arches, floral motifs, and views of the domes above your head will strike a chord in your heart!

MUGHAL MOSQUES STRIPPED OUT OF THEIR MUGHAL VIBE

However, it is saddening that many mosques of that era underwent mindless paintjobs, addition of tiles, extensions, etc. in modern times. Where such cases were severe, we dropped them out of our list.

In some cases, old structures have more or less been completely replaced by modern ones. For such mosques, the only major Mughal connection is in the collective memory of locals, history books, or the dates on the signboards. We have not included those buildings in our map as well.

Furthermore, there are several mosques that locals believe to be Mughal, but that fact cannot be ascertained from inscriptions (or lack thereof), architecture, or books of history. We have dropped most of those as well.

Therefore, this map indicates the most prominent ones that are worth visiting for the budding history buff.

THE DHAKA DILEMMA

You may be furious to see that very few number of mosques from the Dhaka district have made it to our map. Well, control your rage, and look at the disclaimer at the bottom of the map: Old Dhaka is home to so many magnificent Mughal-era mosques that it was not possible for us to fit them all: Haji Khwaja Shahbaz Mosque, Khan Muhammad Mirdha Mosque, Khwaja Ambar Mosque, and Begum Bazar Mosque are some of the names that have every right to be included in the map, and being history buffs ourselves, our hearts ached for this compromise.

Dhaka division posed another head-scratcher. This one had to do with the Mymensingh division. Curiously enough, this division is empty in our map! After consulting credible sources, we believe that Mymensingh's prominent mosques that are irrefutably Mughal in style, architecture, date, etc. are from the so-called "Greater Mymensingh" region, which includes places like Kishoreganj and Tangail; but in present times, they officially fall under Dhaka division!

Overcoming the many challenges throughout this journey, we have finally come up with this map. We hope it encourages you to visit the mosques and stir up conversations about the rich heritage the Mughals have left us.

Atiya Mosque, Tangail

By M H Haider, Jawwad Sami Neogi, and Ashif Ahmed Rudro
Illustration: Ashif Ahmed Rudro
Photo: Jawwad Sami Neogi/LS Archive, Shadab Shahrokh Hai/STAR, and Shariful Islam

Sources: Mosque Architecture in Bangladesh by Dr Abu Sayeed M Ahmed and Syed Zakir Hossain; Mughal Monuments of Bangladesh by Nazly Chowdhury and Babu Ahmed; Mosques of Bangladesh by Nymphea Publication; Banglapedia; Bangladesh government websites; UNESCO's Tentative List of "Mughal Mosques in Bangladesh".

Special thanks to Sazzadur Rasheed, architect, academician, and admin of Save the Heritages of Bangladesh for providing valuable inputs to our project. We are also grateful to The Daily Star's Habiganj and Moulvibazar correspondent Mintu Deshwara, and Sheikh Nasir, Sylhet photographer for their help in our research.

#CHECK IT OUT

EID COLLECTION 2026

Celebrate in Elevated Elegance with iNFINITY Mega Mall

Eid marks a time of reunion, reflection, and radiant self-expression. Embracing the spirit of the season, iNFINITY Mega Mall unveils its most anticipated Eid Collection 2026, designed to celebrate every cherished moment in style, where innovation in fabric meets timeless festive aesthetics. Recognised as a dynamic fashion destination, the mall once again brings families under one roof, offering refined craftsmanship, advanced textile technology, and silhouettes tailored for modern celebration.

A Harmony of Tradition, Technology and Craft
This year's collection goes beyond visual appeal; it introduces fabric excellence engineered for comfort in Bangladesh's climate.

Polished Festivity for Kids
Children's festive wear mirrors the charm of the adult collections, playful in spirit, and designed with comfort in mind. Crafted from soft, breathable fabrics and easy-to-wear silhouettes, the pieces allow little ones to move freely and enjoy every moment of the celebration. From family gatherings to festive outings, the collection blends cheerful design with everyday comfort, ensuring the youngest members of the family feel confident, happy, and ready to celebrate.

Graceful Expressions for Women
For women, the collection features an elegant array of Kameez, Saree, Tops, Co-ords, Burqa, and Abaya, offering versatile choices for every moment of the season. This Ramadan, iNFINITY Mega Mall places a special focus on refined fabrication and comfort, where thoughtful textile selection ensures breathable luxury and a graceful drape.

Organza (solid and printed) takes centre stage, with its crisp texture and delicate transparency, light, airy, and ideal for layered festive styling. **Crepe** fabrics introduce a distinctive crinkled texture, and fluid elegance, offering both comfort and effortless movement. For luminous occasions, satin delivers a glossy, smooth finish, with a soft hand feel that captures festive light beautifully.

Meanwhile, **Tasar** (Tussar) silk pieces adorned with geometric motifs and stylised floral accents bring natural sheen and artisanal elegance, blending heritage richness with modern refinement. Each ensemble is thoughtfully crafted to offer lightness, movement, and refined sophistication throughout the celebrations.

Elevated Men's Wear
The men's T-shirt and polo line features premium **Mercerized Cotton**, known for enhanced durability, superior softness, and vibrant colour retention that remains vivid with every wear. Selected shirt designs in **Supima Cotton** further elevate the experience, offering a smoother, stronger, high-end cotton finish.

Enhanced with **liquid ammonia treatment** and

silk protein finishing, the men's shirts provide an exceptionally smooth hand feel, while four-way stretch construction allows effortless movement throughout long Eid gatherings. Designed for warm weather, the shirts also feature **high water absorbance** with **quick-dry** properties, keeping the wearer fresh and comfortable throughout the day. Subtle **Jacquard** and **Dobby** weaving techniques add depth and texture to the shirts, elevating simple pieces into refined festive wear.

The Panjabi collection reinterprets tradition with the same **silk-protein** softness and stretch comfort, alongside a specially developed **long-lasting white formulation** that preserves brightness and crispness across festive celebrations.

From tailored shirts, T-shirts, and pants to refined Panjabis and smart ethnic-fusion pieces, men's wear this season reflects quiet sophistication infused with technical innovation.

A Destination for the Entire Family
Eid shopping is a ritual of togetherness. iNFINITY Mega Mall transforms the experience into a curated celebration, with spacious interiors, coordinated displays, and diverse collections that allow families to discover complementary looks effortlessly. Whether you lean toward classic minimalism or statement glamour, the Eid Collection 2026 offers something for every generation and aesthetic preference.

Beyond fashion, the mall becomes a vibrant hub during Ramadan, where anticipation builds, trends unfold, and celebrations begin well before the first Eid greeting is exchanged. With its emphasis on fabric innovation, craftsmanship, and refined silhouettes, the Eid Collection 2026 invites you to step into the festivities with confidence, comfort, and contemporary elegance.

Step Footwear sets a new milestone in Bangladesh's footwear industry

Step Footwear has firmly established itself as a distinctive name in Bangladesh's footwear industry through its premium-quality products. Crafted using cutting-edge technology and innovative design concepts, each pair seamlessly blends comfort, durability, and style — earning widespread appreciation from customers across all age groups. Designed for versatile use, Step Footwear products are suitable for any occasion, anywhere, setting new benchmarks in the country's footwear market. More than just a brand, Step Footwear represents a steadfast commitment to quality, style, and continuous innovation.

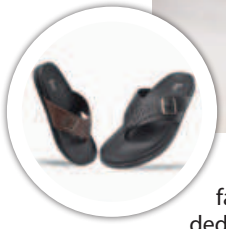
Step Footwear has ushered in a transformative shift in Bangladesh's highly competitive footwear market. Renowned for its premium-quality products, the brand has already earned the trust and confidence of a broad spectrum of consumers. Each pair is thoughtfully designed to strike a seamless balance between functionality and aesthetic appeal in everyday wear. Combining sophisticated design, durable craftsmanship, and exceptional comfort, Step Footwear has emerged as a preferred choice for customers across diverse segments.

The company has set a new benchmark for quality and innovation in the footwear industry by proudly embracing its local heritage and featuring the "Made in BD" label on every product. This strong commitment to domestic manufacturing not only contributes to the national economy, but also underscores the brand's unwavering dedication to excellence and superior craftsmanship in every pair of shoes.

Step Footwear embodies a distinctive fusion of fashion and functionality. Each pair is crafted with meticulous attention to detail and skilled workmanship, ensuring superior quality while reflecting both contemporary trends and timeless elegance. From eye-catching designs to durable, high-grade materials, Step Footwear delivers a seamless blend of visual appeal and lasting comfort — offering customers a refined and confident experience with every step.

Step Footwear is redefining the landscape of Bangladesh's footwear industry through its unwavering commitment to quality, innovation, and customer satisfaction. By skilfully blending global trends with local preferences, the brand has carved out a pioneering position in the market. Driven by a deep understanding of evolving consumer demands, the company continues to explore new possibilities, consistently delivering high-quality products that meet modern expectations, while staying true to its core values.

Step Footwear's unwavering commitment to quality is evident in its rigorous testing processes and careful selection of superior materials, ensuring exceptional durability. From dependable school shoes for students to versatile styles for adults, the brand caters to a wide spectrum of consumer needs, while



remaining aligned with global fashion trends. Step Footwear is dedicated to delivering products that are not only aesthetically appealing, but also built to endure — offering lasting performance without compromising on style.

To make every moment of the upcoming Eid festival stylish, joyful, and memorable, Bangladesh's leading footwear brand, Step Footwear, has introduced a visually captivating and diverse new collection, showcasing extraordinary and aesthetically refined designs.

Catering to the tastes and needs of the modern consumer, the collection offers a distinctive blend of elegance, comfort, sustainable quality, and affordability. Thoughtfully designed to combine style with ease of wear, these shoes are set to top customers' wish lists, adding a special touch to the celebrations of Ramadan and Eid-ul-Fitr.

This year's Eid collection from Step Footwear offers a wide array of styles for all age groups. For men, the collection includes everything from elegant half-shoes and slides to formal shoes, casual wear, sneakers, and comfortable sandals. Women's fashion receives a fresh update with aesthetically designed high and mid-heels, dress shoes, and trendy casual options. Children are not left behind, with a vibrant selection of sandals, sneakers, and formal shoes in bright colours and eye-catching designs, crafted to ensure both comfort and ease of movement.

This special Eid collection represents a distinctive blend of contemporary design, trendy aesthetics, and everyday comfort. Crafted with the tastes and needs of buyers across all age groups in mind, the collection sets a new benchmark for style and ease of wear. With its unique combination of elegance, durability, and superior quality, Step Footwear is poised to be the first and most trusted choice for shoppers this Eid.

This new festive collection is now available at all Step Footwear showrooms across the country. Offering affordable prices and guaranteed quality, customers can conveniently select their favourite pairs — either in-store or directly from the comfort of their homes via Step's official website: https://stepfootwear.com.

The modern man's guide to contemporary festive wear

Well, here we are indeed! Eid is here again, and we are excited beyond belief.

The men in our lives deserve the very best of everything, and fashion certainly is at the forefront of that list. Menswear, fortunately, doesn't change as often as womenswear and in all honesty, most men do not care for it!

However, that doesn't mean they should be ignored and left to their own devices!

Photo: Adnan Rahman
Styling & Direction: Sonia Yeasmin Isha
Models: Polash, Ashraf
Wardrobe: Le Reve
Makeup: Kajol

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#FASHION & BEAUTY

Stylish panjabi combos that will steal the spotlight

So, what is in fashion for men in 2026, ethnically speaking? Panjabi is, of course, the first and foremost outfit of choice when it comes to traditional garb for men in Bangladesh. Men of all standing find this attire extremely comfortable and easy to wear, while looking attractive. Is there anything more striking than a man in a great panjabi, in a sophisticated colour, cut and fit? A man in a good panjabi always looks most distinguished while being true to his heritage. Speaking of panjabis, the classic style is timeless and always looks good, suffice to say. But designers have reimagined and reinvented many new styles to make panjabi more relevant to the younger generations, as well as more appealing and stylish.

A bias-cut neckline, with buttons on the side, is a cool twist to the usual design and looks great. For youngsters, slim-fit panjabi is a recent innovation that is more fitted and shorter than traditional ones.

The Koti may not be new, but it has been reinvented, and how! And why not? Adding a Koti to the panjabi ensemble transforms its entire personality, making one look polished and sophisticated. Go for contrasting colours of Koti with your panjabi for Eid; colours like sage, mint, azure is perfect for the warmer days. Shades of pink and maroon also look fantastic when worn with beige or white. Printed Koti is also a great way to introduce patterns to one's attire.

Another traditional style that is comfortable and stylish is the Kabuli set. Made of more fluid material, this outfit is perfect for days of Eid when one wants to look dashing while being at ease. This year, shades of brown, chocolate, and coffee are very in, aside from basic beige, charcoal, and black.

This attire is ideal for day to night transition for back-to-back Eid celebrations when one has multiple Eid gatherings to attend with zero time to change in between!

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Styling & Direction: Sonia Yeasmin Isha
Models: Polash, Ashraf
Wardrobe: Le Reve
Makeup: Kajol

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#PROFILE

Healing Beyond the Hospital: Dr Rayhan's Integrated Approach

Born into a family of doctors, Rayhan was not unfamiliar with the demands of the profession. Early involvement into the noble occupation kindled a burning curiosity about the human anatomy, illness, and healing that guided him through MBBS and postgraduate training. Then, he added business to the mix.

The way it began

"The crux of my family business is a diagnostics centre and hospital, and becoming a doctor felt like a natural continuation," shares Rayhan. "After completing my two-year honorary stint as a Medical Officer at Shaheed Suhrawardy Medical College and Hospital, I shared with my father that I wanted to become a surgeon." His father, a surgeon himself, counselled him to pursue internal medicine instead.

The mental shift proved beneficial for Rayhan: he began to see health holistically, rather than something to be done on occasion. Fitness and nutrition were subjects that had fascinated him long before the fitness culture and gyms were even popular, but now, his clinical knowledge of the human body and physiology was allowing him to factor in exercise as a non-negotiable lifestyle choice and consistent behaviour.

The moment of change

A pivotal moment in Rayhan's career came in 2016 when Nutrition Depot Bangladesh, an Australian franchise representing a leading global sports and wellness supplement brand, invited him to collaborate. "I saw an opportunity to merge medicine, nutrition, and fitness into a combined service, and I grabbed it," he mentions.

Over six years, Rayhan's career trajectory went from clinician to entrepreneur and now, he serves at a major leadership role at Nutrition Depot Bangladesh. Under him, the brand expanded beyond supplements into performance activewear manufacturing, developing locally produced gym wear with stretchy, quick-dry and odour-resistant fabrics. Today, ND activewear is commonly seen in gyms around the country, a proof of his influence on Bangladesh's fitness culture.

"A major part of my work is creating information," shares Rayhan. "I try to debunk myths, clarify appropriate multivitamin use, recommend portion control, and offer local dietary substitutions when ideal fruits and vegetables are unavailable." He notes with concern the biological impact of modern convenience: "Reduced physical activity has led to metabolic changes and higher chronic disease burden," he warns. "According to my understanding, at least 80 per cent of my patients come to me with issues linked to sedentary lifestyles, and I use personal anecdotes to build rapport and motivate change. His teaching emphasises that healthy living need not be strict; rather, it should be flexible, intelligent discipline.

Upwards and onwards

Mental health is central to his practice. In a country where medication is often the immediate response, Rayhan pushes lifestyle modification and counselling as first-line interventions. He allots generous time — typically an hour — to each patient to listen, assess and design practical, individualised approaches.

He is collaborating with mental health organisations, planning workshops for schools and workplaces, and preparing resources to equip parents and youth with tools to manage stress and depression. "I would ideally like to host at least 3 workshops with various age groups every month."

For Rayhan, the sky is the limit when it comes to innovation in work. "I am developing a fitness social app with British partners," he mentions. "It is like social media but for fitness enthusiasts." This app is expected to enable friends to create challenges, tag one another, and sustain positive competitive momentum in the fitness journey — an attempt to use social dynamics to support habit formation."

Dr Rayhan's achievements encompass clinical service and pandemic response, brand leadership and manufacturing, public education and mental health advocacy. Above all, he has built a career that bridges medicine, nutrition, fitness and technology to create accessible, evidence-informed pathways for healthier lives.

By Munira Fidai
Photo: Courtesy