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THREADS of pearl

PHOTO: ADNAN RAHMAN ♦ MODEL: MRIDULA ♦ FASHION DIRECTION & STYLING: SONIA YEASMIN ISHA ♦ JEWELLERY: 6 YARDS STORY
MAKEUP: SUMON RAHAT ♦ HAIR: PROBINA ♦ LOCATION: STUDIO CRANE

#HEALTH & FITNESS

How to protect children from Dhaka's scorching summer heat

To call this summer "hot" would be an understatement. Relentlessly oppressive, it seems to be leaving even the kings and the queens of hydration among us gasping for respite. Children, at this time, are particularly vulnerable and require unrelenting supervision and care. It is common knowledge that children do not like drinking water. So, here are a few steps to help them fight dehydration in summer.

Hydration breaks

Give your child plenty of water breaks to ensure they remain hydrated throughout the day. Time-stamped bottles are a good way to ensure they are drinking enough fluid to replace what is lost to sweat. Keeping a count of bottles or glasses is another way to make sure children are drinking enough.

The healthiest drink, of course, is plain water as it ensures solid, pure hydration. Water can also be infused with fruit wedges to add flavour without introducing processed sugar into the body. The next best bet, especially for those who are okay with lactose, is cold milk. It not only hydrates but is also a rich source of calcium, fortifying children's teeth and bones. Fruit juices and powdered drinks are full of sugar, the former still being the healthier option of the two, especially if consumed quickly.

Choosing food with high water content is also a good idea. Watermelon and oranges, and vegetables such as iceberg lettuce, celery, tomatoes, zucchini, spinach and cucumbers all have a lot of water in them, hydrating the body through digestion.

Avoid peak hours

While humidity has no chill at any time of



day this summer, the actual heat of the sun is not equally harsh throughout the day. Therefore, it's fair to allow children to stretch their legs in the mornings and in the very late afternoons, provided they wear hats, use sunscreens, and drink well during this time. The humidity can suck out moisture and drain your child, especially if they are very young and very active. Keep children indoors between 10:30 AM and 4:00 PM to avoid heat exhaustion and heat stroke.

Restrictive clothing

Tight and dark-coloured clothes are a big no-no for the sort of stuffy weather Dhaka is experiencing. When not in school, children should be kept in light coloured, loose cotton clothes. This ensures that sweat does not stick to their bodies long enough for them to catch summer colds. Sudden changes in temperature should be avoided, such as stepping into a cold, air-conditioned room after being out in the heat for a long time. Similarly, instead of having them jump into the shower as soon as they step in, allow them to cool off naturally first.

Bathing and sunscreen

Daily baths with lukewarm to lightly cool water are good for the little ones to wash off the sweat and grime of the day. It not only helps to relax them but also keeps away the germs they accumulate through

the day that can cause itchiness and sweat allergies.

Experiencing heat exhaustion?

Dark coloured urine, headaches, dizziness, confusion, heat intolerance or chills, nausea, looking pale or clammy, rapid heart rate and/or rapid shallow breathing, a lack of appetite (especially with a sugar craving), and elevated body temperature are all signs that your child may be experiencing heat exhaustion.

Take them to a cool place and offer

slow, continuous sips of water. Make them comfortable by allowing them to lie down with their feet up. If possible, give them a bath with lukewarm water, or, in the very least, give them a cool compress under the fan. This should be enough for their body temperature to come down, but if none of this works, it is best to take them to the ER for a consultation.

By Munira Fidai

Photo: Collected





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



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Bactrol®



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#PRESS RELEASES



Le Reve launches its EID-UL-ADHA COLLECTION 2026

Eid-ul-Adha is a festival of spiritual restraint, gratitude, family, heritage, and the deep joy of sharing. With that in mind, leading fashion and lifestyle brand Le Reve has launched its Eid-ul-Adha Collection 2026 for everyone. The theme of this year's collection is 'Honoured,' a story of celebration and heritage, combining the best of tradition, craftsmanship, natural colours, and the understated elegance of modern fashion.

"For us, Eid-ul-Adha is not just a festive day; it is a time to return to gratitude, sacrifice, and family bonds. In the 'Honoured' collection, we have tried to express this emotion through colour, print, fabric, and craftsmanship," said Monnujan Nargis, Chief Executive Officer, Le Reve.

Keeping in mind the weather of Bangladesh, the festive rush, and the comfort of each family member, this collection is a mindful combination of heritage and modernity.

"Le Reve always strives to mirror global fashion trends through local culture and lifestyle," she added. "In this Eid-ul-Adha Collection, we have focused on four major elements: craftsmanship, heritage, nature-inspired colours, and refined festive wear."

Le Reve explores the connection between people, soil, nature, family and culture through the "Honoured" theme. Even in a fast-changing world, Bangladeshis still want a touch of their roots, restrained beauty, and comfort in festive clothing. This has inspired the colours, prints, cuts and embellishments of the collection.



The Eid-ul-Adha Collection is painted in a palette of soft, earthy, and festive shades such as buttercream, peeled lychee, Pati beige, jade real, dark coral, kombucha, walnut, blackberry, lost lilac, coral haze and algae bloom. These colours reflect the happiness of Eid and the serenity of summer.

The print stories are about a mix of artisanal details and modern prints. Raw Impression provides textures inspired

by raw dye and earth. Tender Serenity is a combination of soft pastels and watercolour-like blends. Collaged Camo takes its inspiration from layers in nature, tree bark, and paper textures. Curvaceous Contour features modern graphic stripes, while Ornate Symbology is based on old ornaments, lace and symbolic motifs. Intelligent Craft has added seasonal floral designs, while bohemian designs and patterns are also a significant part of the collection. This Eid collection also gives special attention to Islamic motifs in keeping with festive tradition.

This year, the Eid-ul-Adha celebration falls in the middle of summer, making breathable and summer-friendly festive wear a must. For the women's collection, fabrics such as cotton, viscose, linen blends, cotton-blend georgette, cotton jacquard, breathable faille, ramie and slub cotton are incorporated. Nargis by Le Reve offers designs in silk-viscose blended fabrics and traditional muslin.

The women's Eid collection includes sarees, shalwar kameez, kameez, long tunics, tunics with shrugs, gowns, abaya-style gowns, skirts, palazzos and a variety of fusion wear. Traditional Bengali colours and motifs are given a modern twist in sarees, while shalwar kameez and kameez styles feature classic silhouettes

with minimal embroidery, floral craftwork and border details.

The men's collection includes semi-fit panjabis, premium panjabis, Kabli sets, waistcoats, regular and drop-shoulder T-shirts, polos, shirts, pyjamas and bottom wear. Jacquard, twill, viscose and blended fabrics, textured solids, subtle geometric prints, and fine craftsmanship receive special attention in the men's line. As a result, the styles are festive, comfortable and contemporary at the same time.

The kids' Eid collection includes panjabi-pyjama sets, festive panjabis, frocks, long frocks, shalwar kameez, ghagra choli, tunics, polos, T-shirts, casual shirts, newborn sets and comfortable bottoms. The colours are bright but tasteful, while the prints include little florals, light buti patterns, hand-drawn lines and fun motifs. The silhouettes are designed to support children's natural movement and comfort.

The Mini-Me Collection offers new coordinated designs to bring more warmth to family celebrations. There are many matching father-son panjabis in dual fits, as well as styles that siblings can wear together for a coordinated festive look.

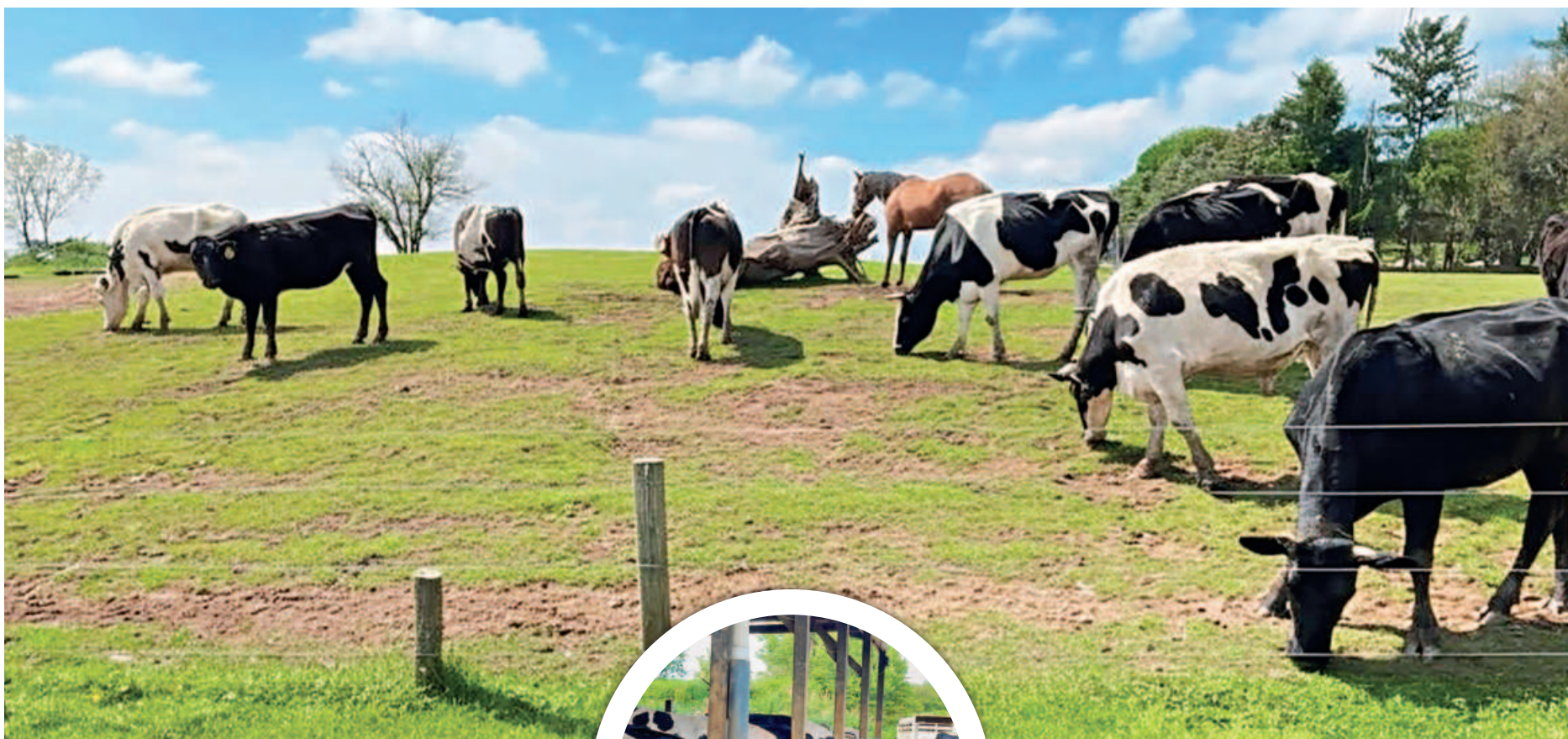
The Le Reve Eid-ul-Adha Collection 2026 is now available at all Le Reve outlets, as well as on its website and app. Customers can also select their favourite Eid outfits from the comfort of their homes through Le Reve's online platform www.lerevecraze.com

Photo: Courtesy

How NRBs manage qurbani rituals far from Bangladesh

The hallmark of Eid ul Adha is animal sacrifice. Visiting cattle markets, arranging butchers, and sharing meat with friends, family, neighbours, and those in need make it all the more exciting. Bangladeshis who live abroad miss out on the frenzy that they grew up experiencing, because Eid is a very different affair abroad, especially in the Western world, where animal welfare laws and hygiene guidelines must be followed and respected during slaughtering.





We asked non-resident Bangladeshis (NRBs) about their experience of performing Qurbani away from home, and the result was a collection of varied emotions.

I did not know what to do with 140 kg of meat

When Jubair Al Sakib performed his first Qurbani in Sydney, Australia, in 2022, he had not the faintest idea about what awaited him.

In Dhaka, his father always took care of Eid rituals, from visiting cattle markets to arranging butchers. Sakib and his brother-in-law went to a local slaughterhouse and ordered, not knowing how much meat an average Australian cow yields. The day after Eid, when his brother-in-law brought the meat home from the slaughterhouse, Sakib could not believe the quantity that was in his share.

"I received 140 kilograms of beef!" he said in astonishment.

Knowing not what to do with so much meat, he and his wife asked a "Bangladeshi auntie" they knew to keep as much beef as she wanted to. The auntie, too, did not have enough freezer space to store so much fresh meat, of course, so she decided to keep as much as she could in her bathtub! The plan was to prepare it the next morning for consumption as well as preservation, using cooking techniques that our great-grandmothers and grandmothers did in the past when freezers were not available.

"We still had a lot of meat left, so I put as much as I could in the trunk of my car and drove to Lakemba, a place that is famous for South Asian shops and restaurants," he said.

In Lakemba, Sakib parked his car in front of a row of shops and opened his car's trunk. Six or seven Bangladeshi men were standing on the pavement, chatting. He shared with them his story and requested them to help themselves to the meat.

"In a matter of five minutes, my car was empty. The Bangladeshi brothers were happy to have the meat," he said.

It was Sakib's first in Australia, and an anecdote that he laughingly shares with

others.

Sakib now chooses to go to a Lebanese shop instead. There, the staff slaughter the cow, cut up the meat, and package it for clients like him.

"It's much easier, and I can order just one share or bhag, which is more than enough for a family of three," Sakib said. "In addition to sacrificing in Australia, we also give Qurbani in Dhaka, where the meat is distributed among the needy," he added.

When asked how much it usually costs him for a share of a cow or a goat, Sakib said, "It varies from place to place and year to year. Prices have increased this year, and I saw that an Arab butcher in Sydney was asking for 340 AUD per one share of cow, 340 AUD for a lamb, and 320 AUD for a goat."

Sakib, who is an assistant store manager at Telstra, an Australian telecommunications company, recently relocated to Queensland with his family from New South Wales, so at the time of writing this piece, they had not planned for this year's festivities.

It is a profitable seasonal business for the local animal farms

Five years ago, when Shamimul Islam, a Pennsylvania resident and a software engineer at Comcast Corporation, planned on performing his first Qurbani ritual in the US, he did not know how to go about it. Eventually, he found some Facebook groups where Muslim men were looking for people interested in shared Qurbani. This seemed like the only viable option because a mature Angus cow, for instance, a breed known for its rich, savoury, and robust beef, weighs between 1,200 and 1,500 pounds. This means that seven people generally band together to sacrifice one Angus cow. Other cattle breeds can weigh up to 3,000 pounds!

Islam and his friends have been going

to a family-owned animal farm for the last several years. Nestled in the rolling hills of Mohrsville, Pennsylvania, Clover Farms draws crowds from New York to Virginia during Eid ul Adha.

"Pennsylvania is famous for its animal farms, and many accommodate halal slaughtering. People from various states, including New York, New Jersey, Delaware, Maryland, and Virginia, come to these farms to perform their sacrificial ritual," he said.

Islam added, "Over the three days of Eid, a family-owned farm like Clover Farms slaughters up to 100 animals. It is a profitable seasonal business for them."

Asked how much a share of cow generally costs him, Islam said that prices have gone up after the pandemic.

"Before COVID-19, a share usually cost 450 USD, now it costs between 550 and 600 USD," he said. "The price includes the cost of cutting. It is 400 USD if you want the cow to be cut up into medium-sized pieces, and 600 USD for small pieces."

Islam donates a portion of his meat to the local mosque. From there, different charity organisations collect the meat and distribute it among those genuinely in need.

"Most of the mosques here, where I live, collect Qurbani meat for donation. The meat is generally distributed locally among the refugees," he said.

We usually do not get the chance to see the animal being sacrificed

It was the year 2006 when Dr Golam Murshed Parosh, a senior data engineer with the United Kingdom's Office of Communications (Ofcom), the country's independent regulatory authority for communications industries, made a lamb sacrifice during his first Qurbani in the UK. He was pursuing his doctoral studies at the University of Aberdeen, Scotland, at the time.

The UK is fond of lamb, so are Dr Murshed and his family. In Ipswich, England, where Dr Murshed now resides, a sheep producing 20 to 30 kg of meat costs him around £320.

"The price varies depending on the butchery that is taking the order and the location of it. In my area, no butcher takes orders for a share of cow," he said.

Asked how the process works in the UK, Dr Murshed said, "Usually, around three to four weeks before Eid ul Adha, butchers in many halal shops begin taking bookings and announce their prices for animals".

In the UK, most butchers work with approved suppliers, often those holding HMC (Halal Monitoring Committee) certification. The suppliers source the animals from farms, and the slaughter takes place on Eid day in accordance with Islamic guidelines and UK regulations. The animals are then processed and delivered to the meat shop. After that, the butcher cuts the meat into pieces suitable for cooking.

Asked if he misses Bangladesh during Qurbani Eid time, Dr Murshed said that he deeply misses the raw, electric energy of the cattle markets, the hours spent walking among large, majestic bulls, and the lively bargaining with traders, which felt like an essential part of the tradition.

"Here, the sacred act has been reduced to a mere transaction, cold and routine. It is like ticking an item off a shopping list. Most of us do not even get the chance to see the actual animal being sacrificed," he said.

The non-resident Bangladeshis miss the vibrant atmosphere of cattle markets, the chaos and excitement surrounding the sacred act of animal sacrifice, and the good times spent savouring delicious red meat dishes with friends and family. However, life goes on, and our NRBs adhere to local laws, regulations, and practices to perform Qurbani thousands of miles away from their homeland.

By Wara Karim
Photo: Shamimul Islam / Collected

#FASHION & BEAUTY

Accessorise YOUR HAIR with Flair!

When planning your look for that much-awaited friend's birthday or cousin's wedding, your outfit, jewellery, and shoes are all sorted, but your hair? Why do some women tend to think of their hairstyle as an afterthought?



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Imagine showing up at an event, dressed to the nines, with your hair done but lacking pizzazz or oomph. Your whole look will, by association, lack pizzazz or oomph! This is where hair accessories come in. They are the perfect way to elevate any boring old hairdo, and what's best, you can pick and choose just the kind you want, matching it to your outfit and style.

Hair accessories are some of the oldest forms of ornament known. From the dawn of civilisation, women and men both wore accessories in their hair to adorn and to signify status. To that end, hair jewellery was both functional and fashionable for ancient Egyptians. People of the higher social class wore particular styles to signify their statuses.

When choosing accessories for hair, one is truly spoiled for choice. There is a hair ornament for every occasion and style, so let's start with the basics.

A tortoiseshell hairband will keep your wayward hair in place while looking chic and sophisticated.

Claw clips and scrunchies in all shapes and sizes are every cool girl's accessory of choice at the moment. You could take it one step further and get a claw clip

personalised with your name.

For your best friend's birthday party, wear rhinestone pins on your chic French twist to make it extra special.

Traditional hairstyles demand elegant pieces that will act as jewellery for your hair, so raid your mother's treasure trove and wear her stunning gold "khopar kata" that will turn heads at every party.

Ladies of Bengal with their lovely locks knew how to accessorise in the olden days, so take a leaf from their playbook and wear your grandmother's gold beni on your braid for your cousin's gaye holud.

A silk off-the-shoulder dress in a jewel tone, worn with an heirloom hair ornament, will also look absolutely fabulous and will make you look and feel like the queen you really are.

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Mridula
Styling: Sonia Yeasmin Isha
Jewellery: 6 Yards Story
Makeup: Sumon Rahat
Hair: Probina
Location: Studio Crane

Dressed up coffee culture, Dhaka style

Bangladeshis and our collective love for caffeine is one for the books. We as a nation cannot, and will not, survive a day without our beloved cuppa, be it coffee or tea. It is a love affair that is enduring, and no other beverage compares.

While tea reigns supreme among the masses, coffee has its own unique fanbase that is more discerning and passionate. So much so that they have their own way of dressing up for the simple yet profound ritual of, well, going for a cup of coffee. And I would be remiss to not admit they are stylish and sophisticated while also being coffee connoisseurs.

People from other parts of the world may find it odd that we Dhakaiites "dress up" for our coffee runs, but that's just the way we roll. For others, getting a coffee is routine, a mundane but essential start to the day that will just not begin without a java jolt. In Dhaka, we do things differently, and we do it in style.

For one thing, we love our coffee in the morning just as much as in the evening. Sometimes even more so, simply because of the way it brings friends and family together after hours.

This evening coffee run is a leisurely affair. After a hectic day that involves gulping multiple mugs of stale Americano and maybe an odd Cappuccino thrown in for variety, hastily made by the office peon, in the evenings, the connoisseur in us takes over and how. Dressed in our smart casuals, which in Dhaka's coffee culture translates to a smart linen shirt or a stylish off shoulder blouse with chic linen pants, we take our moment choosing the hottest new coffee spot with the best Sumatran or Ethiopian beans.

Arguing with our fellow discerning coffee-loving friends about the best roasting level of beans that brings out flavours the most, we make sure our stylish matching set is pristine and perfect. Be assured that while debating whether Bodum makes the best French press or Bialetti for our beloved cold brew, our flowy blouses perfectly complement our relaxed state of mind. And as far as the boys are concerned, their crisp pastel linen shirts are giving just the right amount of leisurely vibes as they argue over the perfect temperature to heat their Bialetti moka pots to achieve an intense cup of Espresso or two!

Calling it a night after such a warm and refreshing cup, we head home happy and content, putting our style feet forward!

By Sabrina N Bhuiyan

Photo: Palash Biswas

Models: Azraf, Prionty, Bouland and Rayhan

Styling & Design: Samira Hamid & Taskin Rahman

Wardrobe: Caleo Collective

Location: O Play



#DECOR

All about your Home this Eid!

Homes welcome us with open arms and unwavering comfort, and truly, there really is no place like it. Making our beloved space cosy and beautiful is a passion that lies in most of us, and when an occasion as auspicious as Eid is around the corner, it's all the more enjoyable.

Whether large or cosy, every place has its own charm. For Eid, when families and friends get together to celebrate and enjoy happy moments, our homes form the perfect place and backdrop for it all.

Let's begin with the drawing or living room. If you are planning to redecorate or reorganise with Eid in mind, starting out a few weeks ahead is always a good idea.

When looking for ideas and inspiration, creating a mood board is very important. What is the colour scheme you have in mind? Is it practical and suitable for your

lifestyle? Does your space need a complete overhaul or some changes here and there? What kind of budget do you have in mind for this project?

Having answered all these questions, it's time to procure the items you need, such as furniture, curtains, rugs, wallpapers, light fixtures and other accessories.

Interior trends are shifting towards more practical styles that are pleasing to the eye and also provide comfort and ease of use for the home. In terms of colour scheme, beige, dove grey, smoky white, and pale shades of fawn are replacing whites and creams steadily as they are warm tones, feel modern, and make a space chic. Different patterns and textures are trending widely, and performance fabrics are being chosen by most families simply because they are so convenient and also look elegant.

Now, to bring style and flair, it's the accessories that are key. Coffee tables or centre ones form the focal point for most living rooms. A chic tray with a lovely planter carrying your favourite flower plant will bring freshness to your room and bring a smile to your guests' faces when they arrive.

A few interesting coffee table books will offer a moment of leisure to those wanting a quiet moment.

Single-stem vases look elegant and modern. Fragrances have an instant

uplifting effect, so reed diffusers and candles created for homes will add a festive feel to your space, especially unique blends such as vanilla and tonka beans, sage and sandalwood. A lovely cheese course laden

with nuts, crackers, a selection of cheeses and cold cuts will make for delicious nibbles while your guests prepare for a sumptuous Eid feast.

And then comes the dining room! Great things happen here amidst laughter and smiles, over delicacies made with love and served with elan.

A table set with an elegant Portmeirion or Spode dinner service is always a great starting point. These are heirlooms that bear witness to generations of families breaking bread together and making merry, which is life's greatest blessing.

Placemats, napkin holders and flatware are other stars of this show that elevate the dining experience. Deciding on a colourway is key. Next, choose elements that complement each other when setting the table for Eid. Don't forget fresh flowers and fruits as a finishing touch.

We Bangladeshis live for our midday caffeine hit. Even more so during festivities when all one wants is leisurely chats with loved ones over tea or coffee, and perhaps with a slice of cake or sweets.

A sparkling tea set will make tea time a happy time.

Put out your stylish tea kettle and brew away. For the coffee lovers, a French press or a moka pot will definitely impress those third-wave coffee culture fanatics who are finicky about their flat whites and double espressos.

While you are at it, a delicious treat by chocolate cake or a heavenly vanilla chiffon cake laden with summer fruits served on a beautiful, trending checkered cake stand will add a wow factor and make those blessed Eid evenings unforgettable!

By Sabrina N Bhuiyan
Photo Courtesy: All About Home



Weddings, gold jewellery, and 24 Carat panic

MIND THE GAP

NOSHIN NAWAL

Barrister Noshin Nawal is an activist, feminist and a columnist with a knack for sharp, satirical takes on social and societal issues. She can be reached at nawalnoshin1@gmail.com.



Nothing reveals the emotional stability of a family quite like the price of gold before wedding season. Forget inflation reports. Forget stock markets. Forget economic indicators. If you really want to understand the psychological condition of the Bangladeshi middle class, walk into a jewellery shop in Dhaka and watch a mother of the bride stare at a necklace set like she is negotiating a hostage release.

Gold in South Asia is not just jewellery. Gold is emotion. Gold is reputation. Gold is maternal anxiety solidified into metal form. A Bengali wedding without gold is treated with the same concern usually reserved for national emergencies. People will whisper. Elderly relatives will develop investigative journalism skills. Someone's khala will lower her voice and ask, "They only gave this much?" This is how entire families end up emotionally blackmailed by a mineral!

Officially, weddings are about love, blessings, and two souls becoming one. Unofficially, they are also about whether the bride received enough gold to satisfy relatives who contributed absolutely nothing except criticism and acid reflux. The problem is that gold prices now resemble cryptocurrency charts designed by Satan himself. Every few weeks, another headline appears announcing that gold prices have risen again, and somewhere across Bangladesh, fathers silently recalculate their blood pressure medication doses.

Meanwhile, jewellery stores continue glowing with the seductive confidence of

institutions that know desperation is profitable. Walk into one, and you will hear phrases like "lightweight collection" used to describe something that costs the equivalent of a small agricultural economy. The saleswoman smiles gently. "This one is very simple."

Simple! The necklace looks capable of funding infrastructure development. And yet weddings continue.

As Bangladeshi society has mastered the art of financially traumatising itself for aesthetics, families who cannot afford therapy, retirement planning, or proper

savings accounts will somehow produce fourteen trays of jewellery for a wedding because social embarrassment remains our most stable national currency.

There is also something uniquely theatrical about how gold functions in marriage negotiations. Nobody

directly says the bride must bring gold because that would sound crude and transactional. Instead, everyone performs cultural ballet around the subject — "It's just tradition. We are not demanding anything. We only want what they give willingly."

Women, of course, carry the burden of this performance most heavily. A groom can arrive with mediocre emotional intelligence and a LinkedIn profile describing him as "passionate about leadership". The bride, meanwhile, must arrive shimmering like a walking reserve bank. Gold bangles. Gold chain. Gold earrings. Gold dignity. Somewhere along the way, we decided that women should literally wear family wealth on their bodies

while simultaneously being denied equal access to actual financial power.

Many brides own gold but not property. Own jewellery but not land. Own wedding sets but not economic security. And still, mothers continue buying gold for daughters with genuine love and fear intertwined together.

For many women across South Asia, gold has historically functioned as emergency security in unstable marriages or financial crises. That history matters. In societies where women lacked inheritance rights or independent income, jewellery became portable survival. However, modern Bangladesh has transformed this survival mechanism into competitive performance art. Now weddings resemble luxury exhibitions sponsored by generational anxiety. The stage decorations look like royal coronations. The bride can barely breathe under ten kilograms of embroidery. Guests analyse jewellery with forensic precision: "22 carat? No, maybe 21."

Humans once wrote poetry about love. We now conduct metallurgical assessments over kachchi biryani.

And, perhaps, that is the real tragedy of the modern Bangladeshi wedding economy. Somewhere beneath the gold, the lighting, the choreography, and the carefully curated Instagram reels, marriage itself has become secondary to presentation. How did two people deciding to build a life together become a full-scale production involving financial warfare, social performance, and enough gold to alarm central banks?

Nobody knows! What we do know is this: next wedding season, despite the rising prices, despite the economic pressure, despite everyone complaining dramatically in family WhatsApp groups, the jewellery stores will remain full. Because in Bangladesh, love may be priceless, but apparently marriage comes with market rates.

Photo: Sazzad Ibne Sayed/LS Archive



#HEALTH & FITNESS

Why renaming PCOS to PMOS matters more than we think



PCOS is having a rebrand. After a long global consultation process involving clinicians, researchers, and patients, experts recommended a new name: polyendocrine metabolic ovarian syndrome, or PMOS.

The old name, PCOS, often misled people. Many of us grew up believing ovarian cysts were the main reason for this condition, when in reality, not every person with PCOS actually develops cysts in their ovaries.

This one change of word completely shifted how millions of people understand their own bodies.

Countless individuals spent years

undiagnosed, confused, and dismissed, as scans did not show cysts. The term “cystic” nailed down the conversation to one symptom, while the main condition has always been far deeper and more complex. For years, conversation about PCOS also ended up to “just take birth control” and you are good to go. The seriousness of this condition did not receive the attention it needed, and women have been suffering without a proper cure.

The new name finally acknowledges the actual problem is deeply connected to our metabolism instead of just our ovaries. “Polyendocrine” acknowledges that multiple hormone systems are

involved. “Metabolic” brings attention to insulin resistance and cardiometabolic risk. “Ovarian” remains relevant because ovarian dysfunction is still central to many cases.

In bodies affected with PMOS, insulin resistance plays a big role, and for many people, it silently impacts how the body processes energy and regulates hormones. This is why people with PMOS experience symptoms like exhaustion, sudden weight gain, cravings, acne, irregular cycles, facial hair, and hair thinning – all these things together.

People might think, “How can a single letter be that revolutionary,” right? Yes, it can. Maybe it does not magically solve the

condition, but now it changes the way we feel and talk about it. It encourages us to start understanding it instead of treating it as a reproductive issue.

PMOS is one of the biggest rebrands of modern medicine in women’s health. Sometimes changing one letter can change an entire perspective.

With a new change, it will reduce the conversation about periods and fertility and focus more on full-body metabolic conditions.

By Faria Nowshin Tazin And Ayman Anika
Photo: LS Desk

Mud, madness, and memories at GABTOLI HAAT

An elderly breeder from Kushtia sits on a plastic bag beside three medium-sized cows, answering queries from curious buyers. Like the previous year, and many years like it before, he arrived with a sizeable number of sacrificial animals. By the fifth day, he is now left with three, and the farmer rarely leaves them unattended. The trader shouts his final price for one of the prized beasts, but the unhappy buyers push through the crowd in their search for the right cow at the right price, without a word.

It's two in the morning, yet the place is wide awake and busy. Trucks continue to arrive from faraway regions of the country, constantly replacing the animals sold with fresh stock. And as more cows and people come pouring in, the stench of wet hay, sweat, cigarette, and dung hangs heavy in the air.

Thousands of animals — cows, buffaloes, goats, lambs (even camels) — stand on their four feet across the ground in endless rows. The bigger, more expensive ones get the comfort of the

cow on the loose. One must also watch their every step as the animals are usually exhausted from their long journey and irritable from the sights and sounds of the haat. They can, in all likelihood, give a sudden hind kick or a violent ram.

Sometimes, rain pours without any warning whatsoever, turning the pitch muddy enough for shoes to sink into the ground. As the heavens come splashing down, most people try to take cover under plastic sheets, while traders well-versed with such calamities continue bargaining



tin shade; some rest under the breeze of a blowing table fan. Many of these prized bulls gain minor celebrity status before they are sold, attracting crowds eager to take photos and share on social media. Most animals are, however, left out in the open, their harnesses fastened to makeshift bamboo posts so tightly that at times the poor beasts cannot even sit.

These have been the familiar sight at Dhaka's largest cattle market for as long as one can remember. Chances are, you have experienced this in the same way at Nayabazar, Aftabnagar, or any other cattle market in the city. However, the vastness of Gabtoli truly is a spectacle. And of course, visiting the same place year after year creates a feeling that is strangely and deeply satisfying.

Navigating through the crowd at Gabtoli is quite an achievement, and just when you pat yourself on the back for surviving a good squeeze between two enormous bulls, you stand the chance of being crushed to the ground by a solitary

as if nothing has happened! Often, the extreme opposite is the case: the merciless sun scorches the pitch so fiercely that the heat rises visibly from the ground, making the people and the animals ill.

While most can recall the visual spectacle, few notice the sounds that add to the uniqueness of the place. It's never quiet, as if the market breathes through noise: buyers asking for prices, traders replying in high-pitched voices swearing by the quality of the cattle they offer, and middlemen/brokers intruding loudly into the conversations.

And that's not it. Deep groaning of cows mixes with the bleating of goats. Overhead loudspeakers constantly declare, much to everyone's annoyance, that no animal should leave the haat without paying the "hasil" (consider it as a 'tax' of sorts for your purchase).

Recently, Gabtoli haat has added another jewel in its crown. It has found a new life online!

TikTokers now interview traders, and buyers and vloggers move through the crowd and narrate their "haat experience." Aspiring content creators pose beside massive cattle as though attending a festival. Even amateurs capture videos with their mobile phones, filming reels of red bulls and the dramatic bargaining session that precedes the act of buying them.

For generations, Gabtoli is not just a



cattle market, it's the name of an emotion. For a few individuals, the cattle trade is a year-long profession, and the place offers a livelihood. For most buyers, however, it is a seasonal passion, synonymous with everything that spells Eid ul Adha.

Visiting this cattle market is more than a chore; it is a ritual passed down through generations. Over time, the act of buying the sacrificial animal turns into something deeply woven into family memory, becoming as much a part of Eid as the feast itself.

There are, of course, 20 or more cattle markets in the city, places that Dhakaites can easily visit to make a purchase, and some of these are delightfully closer to where you might live. However, rest assured, for many of us at least, all the other haats pale in comparison to the commotion of Gabtoli.

I can faintly recall the first time I went there, but vividly recall the last, which was a few years ago.

When one reaches middle age, convenience takes precedence even over family rituals! The exhaustion of walking through mud for hours, the thrill of spotting the perfect buy, and even experiencing the ethereal beauty of the market are now replaced with online orders and cash-on-delivery options.

Am I swapping the whole Gabtoli experience with a shortcut? Perhaps. But truth be told, Gabtoli is something I can go back to, but the experience of dealing with the butcher is something I have left behind for good.

That, however, is a story for another day!

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Photo: Palash Khan and Orchid Chakma

