An Internship Experience
At Dhaka Tribune

Sabiha Akond Rupa
11203014

Department of English and Humanities
December 2013

BRAC University, Dhaka, Bangladesh
An Internship Experience

At Dhaka Tribune

A Report Submitted to

The Department of English and Humanities

Of

BRAC University

By

Sabiha Akond Rupa

Student ID: 11203014
Acknowledgement

I would like to express my gratitude forwards people who have made it possible for me to write this report and made my internship an unforgettable experience. I would like thank my BRAC University supervisor Ms. Roohi Huda for her patience, guidance and support during my internship period and later while writing this paper. I would also like to thank my Dhaka Tribune supervisor, Avenue T editor Ishtiaque Mahmud, who had made my internship period an enjoyable one. Also, I would like to thank each member of Dhaka Tribune newspaper for helping me throughout the internship period wherever I needed their help. I would specially thank Ms. Mushira Habib and other teachers of the English and Humanities Department for their constant support. Mostly, I thank my both family members and in-laws for their endless support and love which has made my internship period and my studies at BRAC University a memorable one. Finally, I would like to thank Dhaka Tribune’s editor Zafar Sobhan for granting my internship.

Sabiha Akond Rupa
# Table of Contents

1. **INTRODUCTION** Page 1

2. **A BRIEF HISTORY OF DHAKA TRIBUNE** Page

3. **AVENUE T DEPARTMENT** Page 4
   - Travel Articles Page 5
   - Health Articles Page 7
   - Interviews Page 9
   - Fashion Articles and Coordination Page 11
   - Event Coverage and Photography Page 13

4. **SPECIAL ASSIGNMENT** Page 15

5. **CONCLUSION** Page 20

6. **Testimonial Letter from Dhaka Tribune** Page 21

7. **Few Other Works** Page 22-29
1. INTRODUCTION

We live in a world where we are constantly bombarded with information by the media. With the help of media we become aware of what is happening all over the world. Thus media plays a vital role in our daily life.

Media teaches us many things; to some extent we learn to act the way we are, to talk the way do, because of the exposure towards media. Media educates us about the vaccinations, medicines, food and what not. We know a lot about wisdom, hypocrisy and politics through media. So why not study media since it replies many of the unanswered questions of our mind.

Media Studies- this subject helped me develop many skills. Also this subject taught me many established and emerging theories of mass communication effects. In addition, it also develops the tools that are required to become a sophisticated and critical consumer of media content. One of the major points I learnt through this subject was the processes and effects of communication across nations and cultures. These useful skills, tools and theories, for example writing, editing, analysis, research, design, publishing, video and audio mixing, project management, people skills and so many other important methods have been established. There were many options to choose to enter into this vast media world – journalism, advertising, public relations etc. But I wanted to select a proper and perfect path to reach my goal. Hence I decided to do my internship in print media.

I choose Dhaka Tribune a national daily English newspaper of Bangladesh. I worked for the fashion and lifestyle supplement Avenue T, which is following both local and international development in the relevant fields.
While working in this company, I have experienced different types of work by utilizing my skills for different sections of the magazine. I have worked for sections like Travel, Take Care, Talk, Trail Room, Tags, In Town and also sometimes as a photographer. The ultimate challenge was to bring out Dhaka Tribune’s first Eid Special Magazine. At the end of my internship, the best reward for me was to get the appointment letter as a staff writer position for Dhaka Tribune newspaper.

This is the slogan of Dhaka Tribune newspaper.
2. A BRIEF HISTORY OF DHAKA TRIBUNE

*DHAKA TRIBUNE* was launched on 19th April, 2013, with a goal to become a leading English language daily. An international-standard daily newspaper that addresses to readers concern and advocates popular policies and ideas. They are representing the voice of the new generation of Bangladeshis: forward-looking, progressive and questioning. Another mission of Dhaka Tribune is to business practice in journalism.

I decided to work in this organization because of their working environment. The work environment is very pleasant and the team members are very respectful to each-other. Their policy talks about the zero tolerance for sexual or any other form of harassment by anyone or at any level. Based on one’s performances and improvement, *DHAKA TRIBUNE* gives proper rewards. Dhaka Tribune trains their employees to become responsible for one’s actions both within and outside the organization.

*DHAKA TRIBUNE* practices healthy journalism. Their pledge to serve is to seek the truth, deliver the facts and offer relevant content and analysis wherever appropriate. The non-judgemental-tone of news writing and practice of fair journalism are the highest concerns for this organization. *DHAKA TRIBUNE*’s fashion and lifestyle supplement is Avenue T. I was an intern of this department. In the next section of this paper, I will describe the details of this supplement.
3. AVENUE T DEPARTMENT

Dhaka Tribune assigned me for Avenue T department. I signed a contract paper for three months which was started from 18th May, 2013. My supervisor was the editor of this supplement. He gave me the proper outline of my work which was basically writings features and articles for the supplement. In the beginning he instructed me to follow the entire archive of Avenue T to see and understand the concepts of each section. I decided to write for the Travel section for the first two weeks.

These are few of the Avenue T magazine covers. The cover photographs were taken from my published works from the magazine.
➢ Travel Articles

While writing for Travel section, I had to follow some guidelines that Avenue T follows. For the Travel section they publish two-page long articles including photographs and Globe Trotter. Globe Trotter is a tiny part of the 2nd last page focusing on three events happening in the following week all around the world where people can go for their entertainment. I had to download photographs for my article from BigStock (www.bigstockphoto.com) as Dhaka Tribune subscribes to this website. They also strictly follow copyright law.

Here are the two images of my Travel articles which were published in Dhaka Tribune’s 7th and 8th issue of Avenue T.

Source: http://issuu.com/dhakatribune/docs/web/21?e=6924309%2F3014715
I wrote two health articles for the Take Care page. Two of those articles were about the health benefits from Green Tea and seasonal fruit like Watermelon. I had to search the web to find the specific points for the subjects. I read many reviews and found amazing facts about my topic. People really appreciated how I specified the health benefits of Green Tea, like how it takes good care of our heart, how it controls the blood pressure etc. As watermelon was the most available fruit at that time, I mentioned how it helps our body. The sub-editor said, this article was really useful.

Here are the two images of my health articles, which were published in the 8th and 10th issue of Avenue T.

Source: http://issuu.com/dhakatribune/docs/avenuet_1_10/15?e=6924309%2F3770722
Apart from Travel and Take Care (health section) pages, I also wrote for the Talk page where I had to take an interview of a specific person. I took an interview of the CEO of “La Mode”, which is a shoe brand. I planned to ask 12 questions wholly related to the brand. I took an online interview, as the CEO was not available at that time. I included a little box filled with all other information about “La Mode” such as location address, delivery system, payment methods etc. It got published in the 9th issue of Avenue T.

I also took an interview of Miss Mississippi USA Paromita Mitra. In this interview I have used photos taken by me.

Source: http://issuu.com/dhakatribune/docs/avt_issue15/15?e=0
➢ **Fashion Articles and Coordination**

Avenue T is fashion and lifestyle magazine, fashion is the most popular topic of this magazine. This supplement has a section consisting of two pages named Trial Room, where team Avenue T introduces new things about fashion through appropriate photo shoots and information about the product. I decided to write for one of my favourite shops named “Purple - The Exclusive Collection by Sadia”. I planned a photo shoot by using in-house photographer and a model with their products like sari and salwar-kameez. I wrote an introduction for the brand and described the clothes separately and included an ending note saying where is the shop and other details of the shop. It was published in the 11th issue of Avenue T.

I also did another Trial Room feature for Avenue T. This time it was for a famous freelance designer’s brand “PANAM”.

Source: http://issuu.com/dhakatribune/docs/issue16_c0d5498c5a7dc6/7?e=0
➢ Event Coverage and Photography

During my internship, I learnt several things apart from writing articles for Avenue T. I learnt reporting – I had to stay at least 6 to 7 hours six days a week in the office, to ensure my duties and responsibilities were taken care of. Then I had to keep checking my routine work, like press deadlines, checking the layouts of my articles and make white corrections. By making white corrections I mean I had to check if the write ups were placed in the right place in the white papers. After this it went to the sub-editors for proof checking. Sometimes I did special assignments like taking pictures, my photos have been published in Trial Room, In Town and Tags sections and I wrote reviews about many events for Tags page for Avenue T.

Here are few images of the magazine for which I was a photographer.

Source: http://issuu.com/dhakatribune/docs/proof_12/13?e=0
The 8’s exceptional iftar buffet

While the variety of most buffets may appeal, the gratuity of a sumptuous spread often invites a generous serving of food. A well-organized, well-maintained place to visit is necessary, whether you’re looking to save or spend it. With a little curiosity, you can find the best deal for your money’s worth or enjoy the best of both situations by deciding on the top of your list. You can settle for the best buffet place that suits your needs, budget or taste. There are lots of options that can make your dining experience a lot more enjoyable.

Source: http://issuu.com/dhakatribune/docs/e_mail_2_istela/21?e=0

Urban Truth

Summer 2013 preview and VIP shopping party

The family owned, high-end kids clothing store, Urban Truth, introduces their summer collection. The shop offers a wide range of sets, including a variety of occasion wear. The store also offers a unique blend of baby and toddler clothing.

Source: http://issuu.com/dhakatribune/docs/avenuet11526eb9fd12ce82c/7?e=0
4. SPECIAL ASSIGNMENT (Dhaka Tribune Eid Special Magazine)

During the 6th and 7th week of July, 2013 while I was interning at Dhaka Tribune, my supervisor advised me to develop the idea of a special Eid issue magazine for Dhaka Tribune. The magazine needed to focus on Eid fashion and it was one of the big assignments for the internship program in Dhaka Tribune so far. It was a challenging task and after sharing my ideas and concept for the whole magazine they assigned me to be the co-coordinator for the whole magazine.

As a coordinator for the magazine, I had to list down all the top fashion houses, jewellery brands and shoe stores. The base work for the magazine started with finding out the locations of the branches of these top brands (Kay Kraft, Anjans, O2, Ahang, Mansha etc.), finding out the right contact person of the brands, and arranging a photo shoot where their products were to be displayed and taking shots to be placed in the magazine.

Once the listing was done, I was given the sole responsibility of developing the budget for the whole Eid issue of the magazine which included payment of the models, photographer, photo-shoot coordinator, make-up artist, transportation cost, refreshment cost, printing cost and every little detail that would be encountered for getting the Dhaka Tribune’s Eid issue magazine completed.

After finishing the ground work, I had to take the assistance of the in house graphics designer to make invitation cards to be sent out to our target brands, inviting them to participate in the Dhaka Tribune Photo-shoot allowing us to use their clothes, accessories and other products.
We selected a photographer, a photo-shoot coordinator and a make-up artist in order to take pictures of the models, wearing the dresses given to us by the various fashion houses like Kay Kraft, Rang, Anjans, O2, Mansha, Ahang etc.

Here is the little image of the budget that I made after consulting with my editors and other colleagues in different departments:

<table>
<thead>
<tr>
<th>Magazine Volume</th>
<th>100 Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Photo-shoot</td>
<td>30 Pages</td>
</tr>
<tr>
<td>Duration</td>
<td>4 Days</td>
</tr>
<tr>
<td>Period</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; to 5&lt;sup&gt;th&lt;/sup&gt; July</td>
</tr>
<tr>
<td>Submission Date</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; July</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Unit Cost</th>
<th>Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model</td>
<td>2,500</td>
<td>12</td>
<td>30,000</td>
</tr>
<tr>
<td>Photographer</td>
<td>30,000</td>
<td>1</td>
<td>30,000</td>
</tr>
<tr>
<td>Make up team</td>
<td>15,000</td>
<td>1</td>
<td>15,000</td>
</tr>
<tr>
<td>Studio Setting &amp; Props</td>
<td>30,000</td>
<td>1</td>
<td>30,000</td>
</tr>
<tr>
<td>Refreshment (Per Photo-shoot)</td>
<td>5,000</td>
<td>4 days</td>
<td>20,000</td>
</tr>
<tr>
<td>Accessories (Rent from Boutique Houses)</td>
<td>1,000</td>
<td>12</td>
<td>12,000</td>
</tr>
<tr>
<td>Transportation</td>
<td>3,000</td>
<td>4 days</td>
<td>12,000</td>
</tr>
<tr>
<td>Coordinator Photo-shoot</td>
<td>20,000</td>
<td>1</td>
<td>20,000</td>
</tr>
<tr>
<td>Coordinator of Clothes, Accessories, Props (Peach)</td>
<td>15,000</td>
<td>1</td>
<td>15,000</td>
</tr>
<tr>
<td>Invitation Cards</td>
<td>32,000</td>
<td>500</td>
<td>16,000</td>
</tr>
<tr>
<td>Magazine print cost</td>
<td>91,500</td>
<td>5000</td>
<td>4,55,000</td>
</tr>
<tr>
<td>Layout Designing Bonus for Designers</td>
<td>10,000</td>
<td>2</td>
<td>20,000</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>6,75,000</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Ishtiaque Mahmud
Editor, Avenue T

Jahangir Hyder
General Manager, Operation

Dated:  

Dated:
The next step was supposed to be done by the marketing team of *Dhaka Tribune*. The next step from the making of the invitation cards for the brand owners to getting the products for the photo-shoots and ads for this magazine. Certainly, it wasn’t that easy as this company was totally new as a newspaper organization. Brand owners were not even convinced to come for the meeting with the Dhaka Tribune authority. On the other hand, we were running out of time. The photographer gave us 3 dates for the photo-shoots. The photo-shoots were the main attraction for this magazine. On the day of the photo-shoot, nothing was ready for the photo-shoots to take place.

When everybody was losing hope to bring out this magazine, I was still committed to do it by hook or crook. I made my decision, and went with it. I gathered the top 12 brands’ contact details from Goutom Saha, who is the fashion coordinator of ICE Today magazine. He was helping us doing the photo-shoots. Then according to the plan, for day 1 I selected four top-most brands, which were Ahang, Mansha, Anjan’s, and O2. Serially, I called the owners and after meeting with them I convinced them to give us the products for the photo-shoots. After that, I planned four different themes, for these four brands’ and got the studio ready for the photoshoot. Then we called the models with the help of assistant photo-shoot coordinator. They came up and took the make-up. On the first day we worked till midnight and when I came home with all the products, it was around 3am. I gave my word to the brand owners that I will return their products intact and without any scratch, so next morning I returned all their products and started collecting the next four brands product just the way I did it for day 1.

The second day was very tiring as every plan was not working due to the heavy traffic jam on the road. Due to the traffic, I reached the photo studio at 10:30pm with all the products of Cats Eye, Diseno, Artisti and Trendz. Then the models took their makeup and their photo-shoot started around 12:30pm. I came home at 4:30am on the second day.
The third day of shooting was similar and I was determined to finish the photo-shoot before 12am as my family was not happy that I was coming home so late. Again I finished it before 12am.

Here are some previews of the Dhaka Tribune Eid Special 2013 magazine, which were in the front page of the newspaper, as an advertisement.

Apart from coordinating this magazine, I did the jewellery photo-shoot, and as a photographer it was a biggest achievement for me. I took photos for the renowned jewellery brands like Diamond World Ltd., Al-Hassan Diamond Jewellers and Gitanjali Jewellers. Here are some photographs that I took-
Finally the magazine came out on 31st July, 2013 priced 100 taka for each copy. It was a great success according to the fashion critics.

This is the final cover-ad of the magazine cover which was published on 1st August onward-
5. CONCLUSION

It was not easy to complete my internship while I was doing other courses. But this experience at Dhaka Tribune was indeed enjoyable and I learnt a lot as a writer and also as a coordinator. It was only possible because of the support from the other members of Dhaka Tribune. Team work created a friendly atmosphere in the work place. I have met a lot of interesting people and made a lot of new friends. I learnt how a group of people with similar interest work in a friendly and enjoyable environment.

Nonetheless, 18th August, 2013 was supposed to be the last day of my internship at Dhaka Tribune. But on the second last week of my internship period, the HR admin gave me the biggest surprise as a reward of this work (bringing out the Eid special magazine) by offering me a job as a staff writer of Dhaka Tribune newspaper! Even though I am still a student, they were willing to take me as an employee with special consideration (I could take classes till I graduate). It was a great journey and I have learnt many things within a short time.

I would like to share some quotes, which my colleagues dedicated for me:

“Driven, self-motivated & workaholic.” – Ishtiaque Mahmud, my supervisor and Editor of Avenue T.

“Everything a fashion editor asks for.” – Sabrina Fatma, Editor of TMAG and Tree House

“Confident, assertive, genuine.” – Mahmood Hossain, fashion editor of Avenue T.

I would also like to share the testimonial that I got from Dhaka Tribune.

Dhaka Tribune

December 04, 2013

To Whom It May Concern:

This letter is intended to serve as my formal recommendation for Sabiha Akond Rupa, who joined with us as an intern in May, 2013. After successfully completion of her 3 month’s long internship tenure she has been offered to permanent employment as a Staff Writer from August 01, 2013 at Avenue-T, Dhaka Tribune’s life style supplement.

To shed some light on the scope of her work, Dhaka Tribune is a nationwide daily newspaper. It launched in April this year, and currently enjoys a print circulation of close to 35,000 which makes it the second largest English-language newspaper in Bangladesh, as well as the fastest-selling new newspaper. With almost 115,000 likes on Facebook which is currently top ranked among others, and as many daily hits for our web version, we also have the strongest online presence amongst English-language newspapers in the country. Our paper and its supplements have readers from 196 countries and 5,594 cities around the world.

Avenue-T is a weekly life style supplement of Dhaka Tribune and catering to youth readers in Bangladesh.

Rupa have performed very well working in Avenue-T. We were pleased with her work throughout her employment as a Staff Writer. During her tenure she also helped plan and organize various photo-shoots for cover story and issues. Even though she was with us for a very short time, she made an impression because she was always up for any assignment thrown her way, and took to her tasks with enthusiasm and energy. Despite working during a time of political unrest, she managed to complete all of her tasks, putting great attention to detail. She took the challenge of working under tight deadlines head-on and submitted on time as well. Moreover, it was always pleasant to communicate with her.

Nevertheless Rupa has great work ethic, considerable potential as a young writer and aspiring journalist, and a personable nature that makes her a joy to work with. I am confident that she will shine in any venture she wishes to undertake, and I wish her all the best.

Should you require more information about her performance, please feel free to contact me.

I recommend her without any reservation.

Sincerely,

[Signature]

Ishtiaque Mahmud
Editor
Avenue-T
Few other works:

Source: http://www.dhakatribune.com/fashion/2013/sep/12/small-collection-large-ambitions

Source: http://issuu.com/dhakatribune/docs/130918154633-5f55dec0ec0c134f83a0a767abd4f56/7?e=0
Athens, Greece by Sabiha Akond Rupa

Athens, a historical capital of Europe, was named after their patron goddess Athena. If you have the interest in 3,400 years ancient history and want to know more about the arts and culture of Greek mythology, this place is where you must go! You will be witnessing the old scenario of Athens, which was all about the wisdom, warfare, divine intelligence, architecture and crafts. Spring and late autumn is the best time for travelling in Athens, as first glance you might feel that the city seems dusty and grey, but if you look beyond that you will find the little gems tucked in amongst the grey.

What to DO

Sightseeing: Acropolis was the city’s ceremonial showpiece, and there is an ancient agora just below, that was the real heart of classical Athens. The major monuments of the acropolis like Propylaea, Parthenon, Temple of Athena Nike, and Erechthieion survive remarkably good condition and you will love while walking around this historic centre which has been converted into the 3 kilometer pedestrian zone.

Museum: A visit to the remarkable The Acropolis Museum, only 300m away from the Acropolis, will bring you back to their long history. It is made of steel, glass and concrete, and it has 4,000 priceless finds from the Acropolis monuments, which represent their ancient history and function as the most important religious centre of Athens. Also, you are staying beside the north side of the city has the National Archaeological Museum, with the best collection of ancient Greek art. It takes you from 7000 B.C. to A.D. 500, from prehistoric artifacts to the classical Greek statuary.

Ancient Theatres: If you are visiting Athens with your love, you should not miss the chance to attend the concerts overflowing romanticism and inspiration under the August full moon, in the ancient theatre named Epidaurus. It also hosts almost all the representatives of Greek and international music, dance, opera and theatre.

What to EAT

Moussaka: If you are looking for a traditional Greek food, Moussaka is the right one. It is oven baked and full of ground beef, eggplant, olive oil, cinnamon, potatoes and topped with butter and milk.

Horiatiki Salads: You will find this classic salad in many restaurants, as it is very famous. This salad relies on the ripest and aromatic tomatoes, Greek’s famous feta cheese, cucumber, onions, pepper, oregano, sea salt.

Pastitsio: This dish is similar to Lasagna but less saucy. You will find noodles and mea inside the layered parts and filling topping is like Moussaka but not quite as dense.

Where to STAY

Hotel Grande Bretagne, Taka 29,749 and up: This 5 star hotel has presidential suites, grand deluxe suites, to junior suites, deluxe rooms, classic rooms and many more. Also you can find fine restaurants, in room dining, internet, shops, swimming pool, spa etc. This luxurious hotel also helps to explore Athens, with a good transportation service.

Art Suites Athens, Taka 6964 and up: This 4 star hotel offer a space of 45-55 m² individual suites and also family rooms, non-smoking rooms, outdoor swimming pool, free wireless internet service etc.

Centrotel, Taka 5307 and up: This 3 star hotel is located in the centre of Athens, and they have single, double, twin-beds, triple rooms as well as suites. The room provides, satellite TV, air conditions, digital radio etc. and also the hotel has a internet corner along with printer. They also have a café and bar.
Turkey’s fabled city Istanbul has been selected for the Best European Destination in 2013. This city is the crossroads between East and west, has lots of minarets and palaces, which can be a refreshing city break. This year a visit to Istanbul will be the perfect choice for travel because it is heading to the 90th anniversary of the founding of the Turkish Republic by Atatürk and there is going to happen lots of celebrations and specially you can see the opening of the Marmaray tunnel under the Bosphorus linking Europe and Asia and the Atatürk Cultural Centre in Taksim.

**What to Do**

**Grand Bazaar:** Grand Bazaar is one of the biggest and oldest indoor shopping markets in the world. Shopping lovers must take a look into this place which is combined with thousands of shops, cafes and restaurants. Every shop has a good range started from carpets, clothing, light-shades to arts in ceramics and even the classic cheeseboards. Certain time, you might feel hypnotized by the sale-offers and shouts, but even then you will be wandering more than couple of hours gazing the glittering products.

**Hagia Sophia:** A great visit to the stunning Hagia Sophia, established between the years of 532 and 537. Some say Hagia Sophia is a symbolic of the eclectic history of Istanbul itself and you will be witnessing the beautiful Christian mosaics and the brilliant Islamic calligraphy which represents the historical importance of the place. Though this building was a church for nearly a thousand years, after that it served as a mosque from 1453 to 1934 but now it is the secular museum.

**Bosphorus Tours:** Many tourists overlook this tourist attraction of Istanbul. If you are visiting Istanbul between May and September, you should not forget to take a tour in Bosphorus by a ferry or even a cruise. If you can buy your tickets on time, in July and August you can even take a tour to the Bosphorus by night! Nothing is more beautiful than watching Istanbul in night, which might include the sunset views or even the moonlit night. You will not regret if you can manage a little time and go for this ride for sure.

**What to EAT**

**Doner Kabab:** When you are visiting Istanbul, you should have the Doner Kabab in your must eating list, which is a very famous food all over the world for its traditional Turkish taste. The meat, it is made of a lamb and beef mixture or only beef. They reheated the same meat almost every single day, seasoned with suet, local herbs and Turkish spices, skewered on spit and grilled vertically. It comes with the oily thin slices in a rotating shape and if you have the bite in this Doner Kabab, you will find it how different it is.

**Manti:** You must try this famous Turkish dish, which you can think of as dumpling. Manti has two main parts: dough and filling. The dough’s main ingredients are water, flour and salt. The filling contains ground beef or lamb, onions, salt and pepper. It is served in two ways; boiled in plain water and boiled in tomato sauce. But the trickiest part is finding the handmade Manti in Istanbul, but surely you can find it in Casita, or in Kasik-la or other places.

**Baklava:** If you are looking for a dessert, try Baklava - the most famous Turkish dessert in town. The sweet lovers will find it very simple with chopped nuts are spread in between the phyllo layers, dressed with butter, baked and sweetened with syrup or honey. Though the procedure of making this dessert is not so easy, but you can try this oldest pastry, look for Baklava in Koskeroglu or in Gulluoglu.

**Where to STAY**

**Four Seasons Hotel Istanbul (per night $763, and up):** This five star hotel is located in the heart of Sultanahmet. They have Four Seasons Executive suite, Marmara suite, St. Sophia suite, premier room, deluxe room and one-bedroom suite. You will find the hotel’s interior very exclusive, full air-conditioned, bar, gym, laundry, paid internet, restaurant, spa and what not!

**The Marmara Taskim (per night $244, and up):** This amazing luxurious hotel offers deluxe rooms, club rooms, executive suite, flying carpet suite, grand suite, and presidential suite with Bosphorus and Istanbul city views. The rooms also have nonsmoking options.

**Aristocrat Hotel (per night $108, and up):** This is a great location to explore the most visited sites in Istanbul. You can have air-conditioned rooms, including free Wi-Fi, satellite TV, telephone, electronic safe box, Jacuzzi in suite rooms etc. In the hotel, you will also noticing restaurant and a beautiful terrace.
Drink Green Tea, Stay Healthy
by Sabiha Akond Rupa

We all are familiar with black tea, but why am I talking about green tea? Because it has many health benefits that you might don’t know. Green tea's processing avoids fermentation, therefore it retains maximum amount of antioxidants and polyphenols the substances that give green tea its many benefits. Studies showed many health benefits of Green Tea, from them I have found some amazing facts that might help you to become more concern about your health, so let's check the health benefits of having green tea:

Heart Health: Research published by Harvard showed that people who drinks 1 cup of green tea daily has 44% lower risk of heart attack by controlling the blood pressure. Green tea also helps to reduce bad cholesterol and it improves the percentage of good cholesterol.

Weight Loss: One study by the American Journal of Clinical Nutrition proved that the participants who drinks 4 cup of green tea daily had higher fat oxidation by 12% and burned an average of 67 additional calories a day. The poly-phenol increases the levels of fat oxidation and help to burn the fats. That recommends you to have at least 3 cup of green tea every day, to lose your weights.

Skin Care: Green tea helps to remove wrinkles and signs of aging, it happens because of the antioxidant and anti-inflammatory actions.

Oral Health: Green tea have antibacterial action of the plant-derived molecules called catechin polyphenolsm, which can help you to reduce bad breath and tooth decay and other dental conditions.

Bone Health: If you are having the green tea for almost 10 years, for the antioxidant and anti-inflammatory actions, it decreases the risk of osteoporotic fractures.

Cancer: Yes, green tea has the elements that are beneficial in preventing cancer including prostate, pancreatic, breast, colorectal, esophageal, bladder, lung and stomach. Catechins prevent cell mutation, deactivate certain carcinogens and reduce formation and growth of tumors. It has been said in much research. So drink as many as 4 cups of green tea in a day, which might be necessary to get the anti-cancer benefits.

Diabetes: People who have diabetics should know that green tea can control the glucose levels slowing the rise of blood sugar after eating which can prevent high insulin spikes and resulting fat storage.

Depression: Theanine is a kind of an amino acid which can be found in green tea, which prevents depressions and anxiety.
**Watermelons: The Summer Treats!**
*By Sabiha Akond Rupa*

The hottest season of the year is here. A sizzling hot day means summer. If you notice in the roadsides and fruit stalls, you will find a huge quantity of watermelons there. Watermelon is not just a delicious fruit that help to quench your thirst and keeps your body hydrated in summer days, but also it contains immense of nutritious elements. When nothing can give you the satisfaction on a dusty summer afternoon, a juicy slice of reddish watermelon can remove all your tiredness which will make you smile! This great delicious fruit do lots of benefit to human body. It is rich in electrolytes, which is sodium and potassium that we lose through sweating. Watermelon has 93% of waters, containing many vitamins and minerals. As it is a multivitamin fruit and also contains iron, watermelon can easily boost our health. Experts say that, every morning one bowl of watermelon with breakfast can protect you from the heat and also if somebody takes it in the evening, it will reduce the exhaustion of the whole day.

In fact, people know about the health benefits of watermelon while they have very little idea about its beauty facts.

Watermelons are great in high anti-oxidants which help you fight free from radicals that occurrence with age-spots, fine-lines and wrinkles. As it contains lots of vitamin A, it helps to reduce the size of pores on your skin and decreases the excessive secretion of oil, which also helps to prevent acnes.

Watermelon has 93% of water in it, and then it is sure that it is the best cures of your entire skin problem! When the sun rays hits your skin, watermelon protects your skin from damages. The minerals of watermelon help your body to keep hydrated and give you a younger looking skin. The moisturizing properties of watermelon help your skin to glow. It also rejuvenates and revitalizes the skin that is dry and damaged. Great chances are that with no-fat, if one person eats watermelon every day, she or he will be in shape!

If you want to add something extra by using watermelon, I can give you better idea. Use this fruit as face pack; grate and squeeze the juice, and apply to your face for 15 minutes, and wash with hot water and the splash with cold water. You will see the difference by yourself!

I hardly know people who don’t like watermelon in this season. Love the delicious, luscious and find out why Mark Twain said, “When one has tasted watermelon he knows what the angels eat.”
La Mode by Sabiha Akond Rupa

If you are looking for fashionable and good quality footwear, then La Mode is the perfect choice for you. Absolutely made in Bangladesh, and grabbed all the attention of the stylish ladies without emptying their pockets. The CEO Fahim Shafiul Alam talks about his dream for his brand La Mode.

Q: How did you get into designing shoes? Who was the brainchild behind La mode? How has your journey been so far?
A: Back in 2011, I and Fahmida Islam, our creative head, planned to open up our own lifestyle store, and we ended up with shoes and that was the beginning of La Mode. Both of us made the decision to stick with shoes, and it gave us immense pleasure being the founder of La Mode. The best achievement so far has been our ability to be able to create a niche market of footwear that is solely made in Bangladesh.

Q: What difficulties have you faced while getting into this business?
A: The hardest part of our journey was to achieve people’s trust, to make them believe in our product. Mostly because people hardly believed that our product was made in Bangladesh. However, with our honest efforts and alluring designs we were able to convince them to build trust in our product – which, by the way, was a big challenge for us.

Q: What was and is the inspiration behind your designs?
A: Both traditional and ethnic motifs are the main inspiration behind our designs.

Q: What is the creative process that goes behind making each pair of shoe? How do you design and make these shoes?
A: Our aim is to make international standard footwear in our own fashion, and that itself is a very difficult task. Our creative head Fahmida Islam is simply brilliant - she does all the designing for La Mode. The creative process begins with the raw paper designing and with time it moves towards crafting it according with proper assembly of materials.

Q: While you design new footwear, what kind of material do you usually use?
A: Based on the designs, we select the materials to be used for each pair. For instance, we use ethnic hand woven fabric to create a traditional look and if we want to keep it to a very western look than we use imported material.

Q: In your opinion, what are the ideal ingredients to make perfect footwear? Is it something with the heel, the color, or the way it makes one walk that sets the shoe apart?
A: From the point of view of a designer, a perfect shoe mostly depends on proper shape and the comfort it provides to the wearer. Proper shoe shape can turn all other elements like the heel, the leather and the colors etc. into a masterpiece.

Q: Do you have a team of designers or do you work alone?
A: No! We don’t actually have any other person in designing except our CEO and Creative Head Fahmida Islam. But Insha’Allah if we ever need we might expand our creative team in the future.

Q: Tell us something about your karigars.
A: We love and respect our karigars as if they are family to us – we love and believe in them like we would with our own parents, and they love us like their own children too. By the grace of Allah, La Mode ensures labor safety, work based wages and a joyful work environment.
Miss Mississippi USA 2013, Paromita Mitra’s Interview

Q: How does it feel to be back in Bangladesh after your success in the states?
A: It feels good to come home, surprised to see everybody’s reaction to my success. I am very thankful that Bangladeshis have supported me.

Q: What kept you motivated in the Miss USA pageant?
A: Knowing where I came from was the biggest motivating factor. Being Bengali, I not only had to represent my family, but my home country. I always want to make Bangladeshis and my family proud. My family is also very supportive - they are my rock.

Q: In the entire process, what was your favorite moment? Which was the most difficult moment?
A: My favorite part of being Miss Mississippi USA was being able to travel to classrooms and schools to share my passion of why higher education is so important. I had a little girl write a letter to me once telling me that my presentation made her believe in herself. To know that I can change someone’s life was truly an emotional moment. My most difficult moment was and has been trying to deal with my hectic schedule! I am so lucky to be busy and in demand, but I have a hard time making sure I meet everyone’s needs.

Q: How has the support been since you’ve made it so far?
A: I honestly cannot believe the support I have received so far! I feel almost unworthy, but I am so thankful, especially to the Bangladeshi people.

Q: Has the relationship between you and your friends & family changed?
A: My relationship with friends and family has definitely changed a lot, in that I am not able to spend as much time with my busy schedule. Everyone has been very understanding, however. The little amount of time I do get to spend with friends and family has become very valuable.

Q: How do you deal with all the attention you get?
A: I have not really noticed too much of a difference in attention, but when it comes to social media I have a fan page on Facebook under Miss Mississippi USA where I deal with pageant posts. I keep my own Facebook page very reserved and only accept those that I know personally. I also use Instagram and Twitter a lot. When I am out and about I sometimes get photograph requests, which I don’t mind.

Q: When do you get time for yourself? How do you relax?
A: I haven’t gotten much down time, but when I do, I love to travel. I have studied abroad in Italy for some time. My dream is to visit Australia. I also love music. I took piano lessons for 7 years and clarinet for 4 years. There is nothing more relaxing than playing music.

Q: Do you get time to watch movies or listen to new music? Is there a song that you love to listen to, something that relaxes you?
A: My favourite movie is Avatar. I really like horror films, too. Some of my favorite artists are Norah Jones, Ravi Shankar, Dave Mathews Band, and Justin Timberlake.

Q: What is one thing you look forward to in the future? What are your goals now?
A: I really look forward to my career plans. I hope to be the first Bengali astronaut. I will finish my aerospace engineering degree in just one more year. As of now I wish to model and work for print and commercial ads while being a student.

Q: Do you have more perks now than before? What would be your favorite?
A: It is nice to be able to travel often. I am given a travel allowance along with sponsorships for everything from clothing to hair and makeup. My favorite perk is the responsibility that comes with the Miss Mississippi USA title. I get a lot of respect from children and it is nice to know that I can be a role model for them.

Q: What is one thing you will miss most in being Miss Mississippi? What is something you won’t miss?
A: I will miss being able to get glamorous for big events the most. I love playing dress up! Something I won’t miss is waking up early because of my busy schedule. I can’t wait to sleep in.

Q: Is there something you would like to say to the young Bengali girls out there who aspire to make great things happen?
A: Anything is possible. Never think that you are not enough. Bangladeshi people have such a passion for life, we can be successful at anything. My advice, especially to women, do things that you are fearful of. As a female engineer, I have faced so much adversity, but it has made me such a strong person.