

An Internship Experience

At Dhaka Tribune

Sabiha Akond Rupa

11203014

Department of English and Humanities

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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

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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.

Source: <http://issuu.com/dhakatribune/docs/web/21?e=6924309%2F3014715>

➤ Health Articles

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/web_issue8/15?e=6924309%2F3360710

Letters to Mom

Just a friend?



The 40-year-old man in love with K for the past seven years. We are mostly what would call "friends," but always express my love for her and tell her that I'm waiting for her. She often says she knows about liking me too, but when it comes to commitment, she never shows any interest in. Whenever she has a break-up, she comes crawling back to me, expressing her pain and tells me how she feels and how she is. I return her back to a state where she feels ready to commit, but time and again, I'm another man and not the one who she thinks I am. It's like I'm not to build on and wait for her?

Friend or Mom?



Q: I am a woman in my 30s with an eight-month-old daughter. I have been feeling off for months, with symptoms ranging from extreme irritability and fatigue to aching joints and muscle aches. I just assumed it was my hormones trying to readjust themselves after pregnancy, but would it be something more?

A: Based on the symptoms you're describing, you may have postpartum hypothyroidism. Approximately 10% of all women develop problems with this thyroid after pregnancy, and while many cases resolve themselves eventually, some develop a lifelong condition. It is important to determine if you are suffering from a thyroid imbalance by testing for thyroid levels, as well as your free T3 and T4 levels. This is especially

Change of heart



I'm a 32-year-old woman in a relationship with a 33-year-old man for the last eight years. I love him, but sometimes I just feel that we are falling apart. I don't have any problems (and I can really push a finger at, but I don't feel that way anymore. Recently I said to him, "I feel like we have a bad connection," and he said, "I feel like you should think of ending your relationship with your current love before embarking on a new relationship." I like him, but I'm not sure if I can stay with him. What if I'm not as close as I think?

Our Answer: A lot of couples, a relationship coach, as well as a couple and organizational consultant. AA has and wants in Bangladesh but towns (colleges) around the world by your answers to her heart, as well as sexual abuse on Skype. AA is also a ghostwriter for a national American magazine.

important if you plan on having a family. Family is an important part of your life, and you need to make sure you can afford the cost of raising children.

While the symptoms are common, many have learned to manage the condition with medication, a healthy diet, and an exercise routine. A glucose test can also be used to monitor your blood sugar levels.

Q: I have a 10-month-old son who seems more attached to his father than I do. I feel a little resentful about this, but I'm not sure if it's the father's fault or if it's just the way he is. I'm not sure if I should be worried or if I should just let it be. What can I do to make my son love me more?

A: Your son does love you, but he has different ways of interacting with each parent. Infants usually associate the mother with comfort, security, and attachment. Fathers are more often the source of fun, excitement, and play. Don't take it personally. He is both equally important, and it's well known that you love in more complex ways as he grows and develops.

DINA SOHRAB

with a part-time counselor and a full-time mom.

Health

FIGHT STRESS WITH FOOD

A frenzied lifestyle can hijack your peace of mind with that pesky thing called STRESS. Too much stress can cause adverse effects on your physical and mental health, such as high blood pressure, osteoporosis, learning disabilities, poor immunity, impaired memory and heart disease. By Auroree Islam

Fortunately, there are some complex super foods that can simply take the stress and reduce the stress. **● GREEN TEA:** Filled with powerful antioxidants, green tea has a positive mood and has a soothing effect on the mind and body. It is also green tea when under stress. **● BLUEBERRIES:** One handful of blueberries provides a sufficient amount of antioxidants along with vitamins, protein and calcium. All of which fight free radicals that are released during stress. Warm up a glass of milk before bedtime for a good night's rest. **● BERRY JUICES:** Besides being delicious sources of protein, the orange, fatty acids found in berry juice are perfect anti-inflammatory agents that reduce the heart's arterial conditions, which keeps stress hormones and adrenaline under control.



● DARK CHOCOLATE: Stress hormones can be greatly reduced by the daily consumption of as little as half an ounce of dark chocolate. One into this divine, dark delight to enhance your mood and boost your stress level.



● ALMONDS: Almonds contain a high content of vitamins, healthy oils, zinc and magnesium. They are also rich in fiber, which reduces stress hormones and blood pressure and reduces stress levels. Best of all, almonds are one of the healthiest snacks that add a satisfying crunch to your diet.

Keep calm and feast your way to GLEE!

Watermelon: the summer treat!

The hottest season of the year is here. A sizzling hot day means roadside fruit stalls filled with watermelons. By Sabiha Akand Rupa

Watermelon is not just a delicious fruit that quenches your thirst and keeps your body hydrated in the heat of summer days, but it also contains an immunity of nutritious elements. When nothing seems to satisfy you on a daily summer afternoon, a juicy slice of red watermelon can fill you of exhaustion and put a smile on your face.

Watermelon has many benefits for the human body. It is rich in electrolytes, specifically the sodium and potassium that we lose through sweating. This delicious fruit is 92% water and contains many vitamins and minerals. Also containing iron, watermelon gives a good boost to your health. Experts say that one bowl of watermelon with breakfast can protect you from the heat and one bowl in the evening will reduce your level of exhaustion throughout the day.

While many people know about the health benefits of watermelon, very few know about its functions as a laxative. Watermelons are high in potassium, which fight free radicals that cause age spots, fine lines and wrinkles. Also containing a lot of vitamin A, they help reduce the size of pores on your skin and



decrease the excessive secretion of oil to prevent acne. You can use the fruit as a face mask by spreading it over your face and applying it to your face for 10 minutes. After that, wash your face with hot water followed by a splash of cold water. You will see the difference on the spot.

Watermelon is the best treatment

for your skin. When the sun taps hit your skin, watermelon protects it from getting damaged. The moisture of watermelon helps keep your body hydrated and gives you younger looking skin. The moisturizing properties of watermelon help your skin glow and rejuvenate and revitalize the skin that is dry and damaged. As a filling food

with so fat, eating watermelon every day will also help you in shape! There is hardly anyone who doesn't love watermelon in the summer heat. Link your health into this delicious, hydrating fruit, and find out why dark-skinned women who have eaten watermelon, know what the angels eat!

► Interviews

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.

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Talk

Talk

15

La Mode

If you're looking for fashionable and quality footwear, La Mode is the perfect choice for you. With all its products made in Bangladesh, La Mode grabbed the attention of all the stylish ladies without emptying their pockets. The CEO Fahim Shafiq Alam talks about his dream for this brand by Sabiha Akond Rupa.

Photos by La Mode

1. How did you get into the clothing brand? What was the inspiration behind La Mode when you were planning to start?

Back in 2011, our Creative Head Fahima Islam and I started to open up our own jewelry store. We ended up with the idea of selling shoes, and that was the beginning of La Mode. Both of us made the decision to stick with shoes, and I gave us immense pleasure to be the founders of La Mode. The best achievement so far has been our ability to create a market of footwear using made in Bangladesh.

4. What difficulties have you faced while getting into this industry?

The hardest part of our journey was to achieve people's trust and make them believe in our product. This was difficult mostly because people hardly believed that our product was made in Bangladesh, however, with our honest efforts and offering designs, we were able to convince them to build trust in our product. It takes a big challenge for us.

3. What was one of the major factors behind your design? Both traditional and modern motifs are the main inspiration behind our designs.

4. What is the creative process that goes behind designing each pair of shoes that you design and make there alone?

Our aim is to make international standard footwear in our own fashion, and that's what's a very difficult task. Our Creative Head Fahima Islam is simply brilliant. She does all the designing for us alone. The creative session begins with the shoe design, and with time it moves towards crafting using the proper assembly of materials.

8. Tell us something about your designs.

We love and respect our Bangladeshi family life because in them like we would our own parents, and they love us like their own child, so by the grace of Allah, La Mode arrives, labor, sewing, we have to make it and a little more around.

9. After the launch of each brand, what sort of response do you usually receive?

By the grace of Allah, we always receive a very positive response on every new arrival.

10. Why did you choose not to open a shop. The other local shops have all the facilities that a shop needs. We were worried to have a shop to a shopping complex in Dhaka, but in Dhaka, we would prefer to have a shop to expand our business.

11. What makes your brand different from others in this business? Why do you believe in your selling point regarding the designs.

We do not have any other shop in Bangladesh other than in Bangladesh, but for us, we want to go with a brand where we can see in the shop in our own country.

12. In your opinion, what are the most important factors in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

13. What is the most important factor in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

14. What is the most important factor in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

15. What is the most important factor in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

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29. What is the most important factor in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

30. What is the most important factor in a shoe? We are looking for a shoe that is comfortable, stylish, and durable.

HOW TO
FOLLOW
US ON
SOCIAL
MEDIA

Facebook
Instagram
Twitter
YouTube

LinkedIn
Pinterest

Google Plus
Snapchat

WhatsApp
Telegram

Skype
WeChat

Signal
Kik

Discord
Twitch

Spotify
SoundCloud

Bandcamp
Last.fm

Deezer
Pandora

Audiomack
SoundCloud

YouTube
Vimeo

Dailymotion
Vevo

Acorn
Netflix

Amazon
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Source: <http://issuu.com/dhakatribune/docs/issue9/15?e=6924309%2F3609923>

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

14 Talk
Talk 15

A letter from Miss Mississippi



The gorgeous beauty Paromita Mitra, who Miss Mississippi 2013, was both welcoming and warm throughout her interview with Avenue T. Her enthusiasm and innermost beauty shone as she answered the questions written by our fashion aficionado Mahmood Hussain. Photos and interview conducted by Saba Akand Rupa.

1. How does it feel to be back in Bangladesh after your coronation in the states?

2. Truly good to come home. I'm surprised and thankful for people's reaction to my success.

3. What kind of you motivated in the Miss title pageant?

4. When I came from was the biggest motivating factor. Being Bangladeshi, I had to represent both my family and my people whom I want to make proud. My family was also very supportive throughout the pageant.

5. In the states, people, what were your favorite, not most difficult moments?

My favorite part of being Miss Mississippi was being able to travel to countries and schools to share my passion for higher education. A little girl once wrote a letter to me telling me that my presentation made her believe in herself. Knowing I could 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 meeting everyone's needs.

6. How your relationships with friends and family changed?

They definitely have, since I am unable to spend as much time with my friends and family because of my long schedule. Everyone has been very understanding, however. The little amount of time I do get to spend with them has become very valuable.

7. How do you deal with all the attention you get?

I haven't really noticed a difference in attention, but when it comes to social media, I have a fan page on Facebook under Miss Mississippi. I get a lot of love with my pageant posts. I keep my personal Facebook page very private, and also use Instagram and Twitter a lot. When I am just chill about it, I sometimes get photograph requests, which I don't mind.

8. Have you got time to watch movies or listen to new music?

My favorite movie is Avatar. I really like horror films, too. Some of my favorite artists include Neeshi Jena, Ran Shrikar, Dane Matthews Band and Justin Timberlake.

9. What is one thing you look forward to in the future about my year gone?

I look forward to my career plans. I hope to be the first Bangladeshi astronaut. I want to finish my computer engineering degree in just one more year. As for now, I plan to model and work for print and commercial ads while studying.

10. Do you enjoy more parties now than before? What would be your dream?

It is nice to be able to travel when I am given a travel allowance, along with sponsorship for everything from clothing to hair and make-up. My favorite part is the responsibility that comes with my title. I get a lot of respect from children, and it's nice to know that I can be a role model for them.

11. What is one thing you will miss most in being Miss Mississippi? What is something you want?

I'll miss being able to get glamorous for long events. I love playing dress up. I won't miss waking up early and I can't wait to sleep in.

12. Is there something you would like to say to young Bangladeshi girls who aspire to make great things happen?

Anything is possible. Never think that you're not enough. Bangladeshi people have such a passion for life, we can be successful at anything. My advice is: do things you're fearful of. As a female engineer, I have faced so much adversity, but it has made me strong.

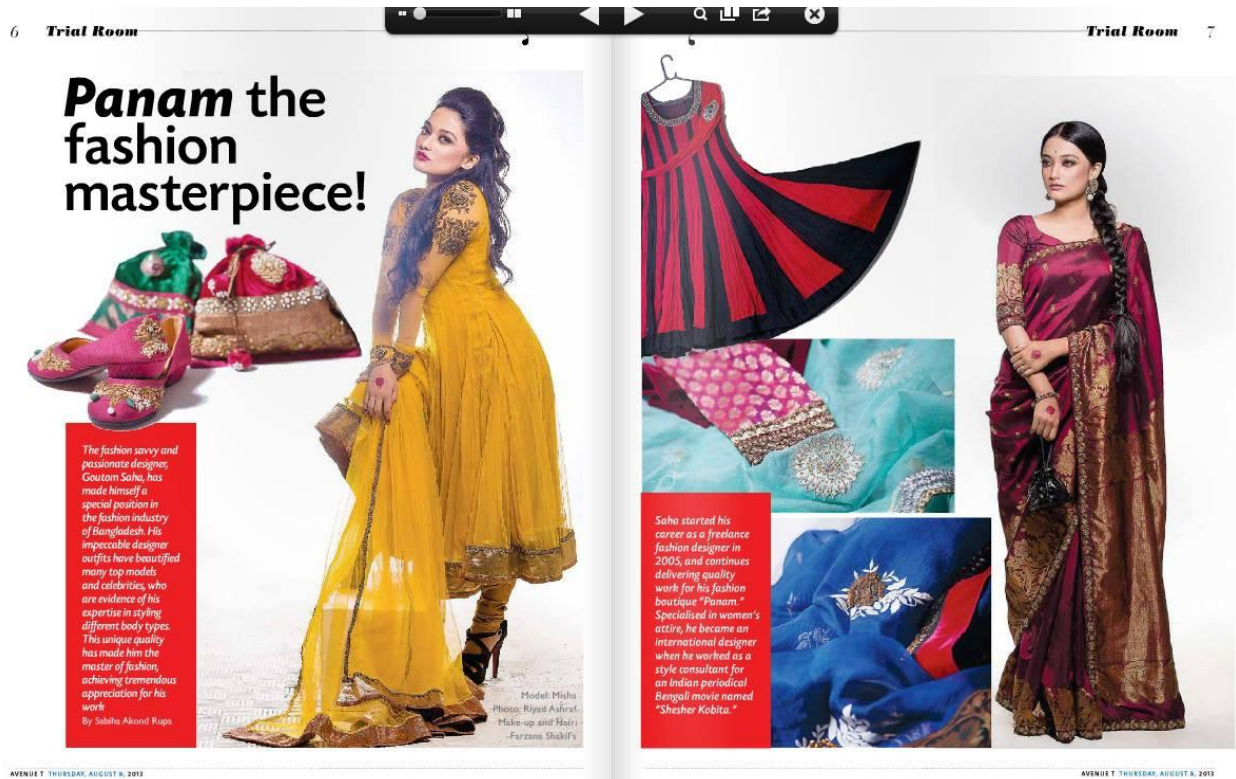


Photo: Creative Photo Studio

AVENUE T THURSDAY, AUGUST 1, 2013
AVENUE T THURSDAY, AUGUST 1, 2013

Source: http://issuu.com/dhakatribune/docs/avt_issue15/15?e=0

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

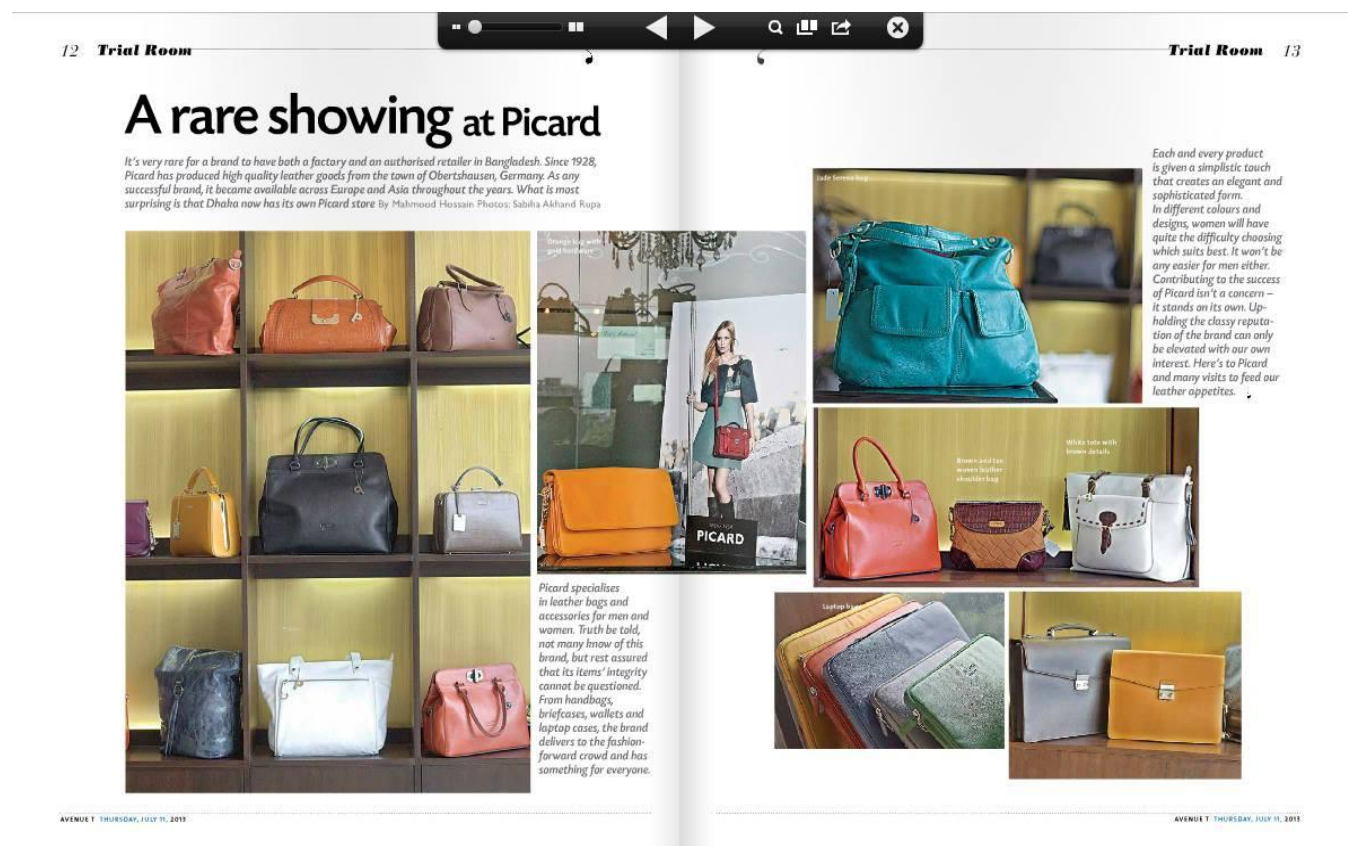


Source: http://issuu.com/dhakatribune/docs/issue16_c0d5498c5a7dc6/7?e=0

➤ 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.

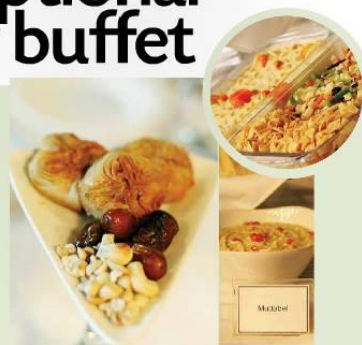


Source: http://issuu.com/dhakatribune/docs/proof_12/13?e=0

The 8's exceptional iftar buffet

While the priority of most buffets is to unleash the gluttony of a ravenous stomach, after gorging on a generous serving or two of food, most of us get bombarded with our stomachs' plea to give it a rest. Whether you're looking to get your money's worth or simply want to indulge in the lap of gluttony by stuffing your bottomless pit, elaborate menus are usually the ones that catch your attention first. 100 (fun items)? Hell yes! An "All you can eat" offer? Go for it! We tend to embrace every opportunity to eat until our stomachs take a turn.

Photos: Sabiha Akhond Rupa



Indulging by these treats, you'll think menus that cater to our endless greed for food would be the ones with the best iftar items, but that is not the case. Most elaborate menus usually have several average buffet items, with only a handful worth sampling. The 8's, on the other hand, believe in keeping their menu short, simple and scrumptious. Their single menu consists of a handful of items categorized under refreshments, salad, starters, main course and dessert. The 8's iftar buffet by sheer simplicity and its effort to focus on a few exceptionally tasting dishes.

Consisting of both Middle Eastern as well as traditional Arab items, every item of the 8's deserves to be sampled. Their refreshments include saff, Egyptian dates, a handful of assorted nuts, such as cashews and almonds, as well as an unlimited pitcher of fresh mint, lemon and lime and lemon juice. The last tea is strong, yet in perfect

harmony with the tang of the lemon and rest of the menu. Once you've gotten over the wustabul, the falafel (deep-fried, ground chicken patty) and kibbeh (fried ground meat) will have you munching on their light, crisp layers and soft insides. These two stand-out dishes are so mouth-watering, they'll make you momentarily forget about The 8's hummus and pita bread. Their little hummus and pita bread. Their little hummus and pita bread. Their little hummus and pita bread.



teenage pick

Once your palate has tired of all the best dishes, give your tongue some respite with the creamy shakshuka or the juicy, smoky pork. If the creamy texture of the shakshuka or the smoky richness of the pork is too much for you, opt for the baklava. By the time you've reached the end of your meal, it will most definitely feel like you've gotten your money's worth, and you'll be thanking yourself for allowing your taste buds to enjoy the beautifully orchestrated dishes. The 8's has to offer.

From the main course menu, you should make an instant booking for the chicken shawarma and kebabs, which are everything you'd expect and more. The shawarma is light and delicious, while the beef shawarma is beautifully tender and infused with just the right amount of spices. While on the heavier side, the rich, beef kebabs carry and enhance the manager to uphold The 8's excellent food standards. The tender chicken is also outstandingly soft, tender and absolutely delicious.

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 Pride Group introduces Urban Truth's new summer collection. The directors threw a VIP shopping party and also added a pleasantly surprising, first ever menswear collection. There was a sophisticated and youthful ambience, gelling in quite well with what the 'new' had to offer. The vibe could be felt throughout. The invites found themselves going from one section to another, unable to make a solid decision. With such a variety of casual cool, it's no wonder Urban Truth has become so desirable.

Photos: Sabiha Akhond Rupa



Mohammed A Momen and Sumbal Momen - two of the directors of Pride Group

Every item, from clothes to accessories, had the appropriate flair. Even the most fashion savvy found it difficult to walk away with only one item. Urban Truth has made a naughty habit of pulling shoppers back with their chic offerings. The items from the flagship store in Banani sets the standard for the urban uniform in fashion. Truth be told, the competition should be weary.

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:

Eid Issue Budget Approval for Avenue T (Eid Magazine)

Magazine Volume	100 Pages
Photo-shoot	30 Pages
Duration	4 Days
Period	1st to 5th July
Submission Date	7th July

	Unit Cost	Quantity	Total
Model	2,500	12	30,000
Photographer	30,000	1	30,000
Make up team	15,000	1	15,000
Studio Setting & Props	30,000	1	30,000
Refreshment (Per Photo-shoot)	5,000	4 days	20,000
Accessories (Rent from Boutique Houses)	1,000	12	12,000
Transportation	3,000	4 days	12,000
Coordinator Photo-shoot (Goutam Saha)	20,000	1	20,000
Coordinator of Clothes, Accessories, Props (Pony)	15,000	1	15,000
Invitation Cards	32	500	16,000
Magazine print cost	91	5000	4,55,000
Layout Designing Bonus for Designers	10,000	2	20,000
TOTAL			6,75,000

Ishtiaque Mahmud
Editor, Avenue T

Dated:

Jahangir Hyder
General Manager, Operation

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.

“The Machine.” – Naimal Ahmed Nadvi. magazine coordinator of Avenue T.

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

DhakaTribune

www.dhakatribune.com

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.

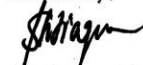
Rupa have performed very well working in Avenue-T. We were pleased with her work throughout her employment as a Staff Writer. During her tenure she also helped plan and organize various photo-shoots for cover story and issues. Even though she was with us for a very short time, she made an impression 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,



Ishtiaque Mahmud
Editor
Avenue-T

Few other works:

6 Talk

A small collection with large ambitions



Mehru Chowdhury

You can easily reach your goal if you're passionate and desiring towards your aim. Mehru Chowdhury, an aspiring menswear designer, is solid proof of this, and he talks to Avenue T about his dream to change the fashion industry.

By Sabiha Akond

Rupa

Photos by

Tajir

Model: Nibir

Adnan Nisid

A menswear designer, I usually, all myself a fashion designer, as I strongly believe long one requires a great deal of knowledge and skill. But for an aspiring menswear designer, I've always been interested in fashion, but never thought I'd be designing as a profession.

That question I've asked, I studied fashion in Australia (Dunedin University), where I studied my bachelor's degree. I graduated with a degree in fashion design, but I was not a student of fashion design. I was a student of fashion design, but I was not a student of fashion design.

When I told my friends and family I wanted to be a fashion designer, most responses were around how little I'd be earning. I was told, "This is not a profession for a poor girl who can't get any proper education, but have decided to open boutiques for them. Why on earth would you be doing this with a business degree, study that?" or "Why do you want to study fashion design? Can't you do that?" Just copy the design off the internet and make them a week before you know.

Fortunately, I had a small number of friends who believed in me and thought I had something to



7 Talk



"It is about your own collection. What are your inspirations?"

"No." It is a small menswear collection of men's clothes for the fall/winter of 2013. The collection consists of sports jackets, shirts, sweaters, blouses, and trousers. I have been inspired by the collection since I was young. I was inspired by the collection since I was young. I was inspired by the collection since I was young.

My collection actually turned out to be very sporty and appealing to the youth, although I also wanted the garments to be as clean and timeless as possible. My inspiration was not just about the design, and I didn't do anything too fancy, but I was inspired by the collection since I was young. I was inspired by the collection since I was young.

I used a lot of drawings, top silhouettes, silhouettes, and I was inspired by the collection since I was young. I was inspired by the collection since I was young. I was inspired by the collection since I was young.

After completing the menswear programme in London College of Fashion, I went to work in an international fashion house where I can keep my skills and learn about the industry. I also want to work as a menswear designer. I want to work as a menswear designer. I want to work as a menswear designer.

What are your favorite menswear designers? I like to see the menswear designers in London College of Fashion. I like to see the menswear designers in London College of Fashion. I like to see the menswear designers in London College of Fashion.

My favorite menswear designers are Raf Simons (creative director of Christian Dior), Alexander Wang (creative director of Balmain), and I like to see the menswear designers in London College of Fashion. I like to see the menswear designers in London College of Fashion.

Check out Mehru Chowdhury's complete mini-collection here: <http://www.balmain.com/search/brand/mehru>

Go to PC settings to activate Windows

AVENUE T THURSDAY, SEPTEMBER 16, 2010

AVENUE T THURSDAY, SEPTEMBER 16, 2010

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

6 Talk



RockNation II, presented by LiveSquare Ltd, will be kicking things off at the Hotel Rupeshi Bungalow.

This concert will take place tomorrow and includes performances by all of the top bands of Bangladesh, including Wuyfats, Arbores, Nemesis, Cryptic Fate and Indelo. Avenue T interviews some of the lead singers of these bands, along with the chief operating officer (COO) of LiveSquare Ltd for this special occasion. Let's hear their thoughts!

Sabiha Akond Rupa



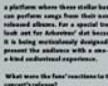
Anshu Mahabadi: COO of LiveSquare

What was the idea behind organizing such a concert?

This year has been a very difficult one, both politically and socially. To top it all off, the concert has been held in a very long time, people in the city really needed an outlet to let their feelings out and let their hair down. There have been a lot of people in the city who are very angry and they need an outlet to let their feelings out and let their hair down.

It was this idea to organize the concept of group gatherings, where people could come together to enjoy a big show, sing songs together and let their feelings out and let their hair down. There have been a lot of people in the city who are very angry and they need an outlet to let their feelings out and let their hair down.

Moreover, a lot of bands from the top of Bangladesh have released new albums recently. This is the concept of having a big show right after the release of an album. We want to see how the audience reacts to the new music, and we are trying to create



Jon Kabir: vocalist/guitarist of Indelo

What are the future plans of your band?

Our future plans are to have more live shows and make more songs. We want to have more live shows and make more songs. We want to have more live shows and make more songs.

What are you expecting from RockNation II?

Reporting the unexpected...



Soft Mewrick: vocalist of Arbores

What was the audience's response of your new album, "Unbreakable Resurrection"?

We received a very favorable response from the audience for our second album. In fact, we didn't even know that a huge fan base had been waiting for the album to be released. It's been a long time since we released our first album, so we were very happy to see that the audience was still waiting for our music.

What are you expecting from RockNation II?

Reporting the unexpected...



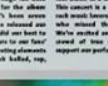
Zahad Reza Chowdhury: vocalist of Nemesis

What are you expecting from RockNation II?

Reporting the unexpected...

Reporting the unexpected...

Reporting the unexpected...



Shabir Chowdhury: vocalist of Cryptic Fate

Tell us something about the new album "Bey Mark".

It was always our dream to make a concept album. We wanted to make a concept album. We wanted to make a concept album. We wanted to make a concept album.

What are you expecting from RockNation II?

Reporting the unexpected...



Mark: vocalist of Cryptic Fate

Tell us something about the new album "Bey Mark".

It was always our dream to make a concept album. We wanted to make a concept album. We wanted to make a concept album. We wanted to make a concept album.

What are you expecting from RockNation II?

Reporting the unexpected...

AVENUE T THURSDAY, SEPTEMBER 16, 2010

AVENUE T THURSDAY, SEPTEMBER 16, 2010

Source: <http://issuu.com/dhakatribune/docs/130918154633-5f55dec0ec134f83a0a07c67abd42f56/7?e=0>

12 **Trial Room**

13 **Trial Room**

Be BRAVE & BOLD with Mayali

For the coming winter season, Mayali has brought to you the hottest contemporary designs. The patterns and designs of these outfits are stark examples of out-of-the-box thinking and terrific styling. Mayya Almaguade, the talented mind behind these creations blends together a fusion of pop culture and traditional. Avenue T presents to you the whole makeover for each of her designs with new twists and turns. Try them out, and take a step towards the bold and the unabashedly beautiful.

Sabha Akond Rupa

Face leather bust-neck blouse paired with earthy tones and black striped saree with black border. Top half styled with burnt gold spines.

Change high low top/ blouse. Change and gold jewelry with orange inner lining. Black and white dress pattern parts.

Model: Mayya Almaguade
Photographer: Anu Bhat
Styling: Anusha Bhatnagar

AVENUE T THURSDAY, OCTOBER 31, 2013

Source: <http://www.dhakatribune.com/fashion/2013/oct/30/be-brave-and-bold-mayali>

22 **Tags**

(From left to right) K S Radhakrishnan, Ravish Khair, director BGL, Rama Lath from Akar Prakar Kolkata, Geyson Choudhury, Shikharadatta, Subho Choudhury

Artist K S Radhakrishnan

CONFLICT WITHIN: ASCENDING/ DESCENDING FIGURES

Indian sculptor K S Radhakrishnan inaugurated a show of sculptures titled "Conflict Within" in Dhaka Art Lounge on September 7th in collaboration with Akar Prakar Kolkata and ICCR. Listed as one of the top five solo exhibitions by Indian artists in Asia by ArtInfo, the exhibition showcases a multitude of figures in ascending and descending states, evoking a flurry of movement and energy. The exhibition will be on until September 21st.

Photos by Sabiha Akond Rupa

(From left) Artist K S Radhakrishnan with visitor

AVENUE T THURSDAY, SEPTEMBER 12, 2013

Source: <http://issuu.com/dhakatribune/docs/130911204730-25ec52cb04144fb99fc57d40206e2658/23?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 Erechtheion 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 Epidauros. 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 meat 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.

Flights

Emirates Airlines offer daily flights to Athens from Dubai using a state-of-the-art fleet.

Index

The Acropolis Museum

15 Dionysiou Areopagitou Street, Athens 11742.

Tel.: +30 210 9000900,

email:

info@theacropolismuseum.gr

The National

Archaeological Museum

44 Patission Street, Athens 10682

Offices: 1 Tosotsa Street, Athens 10682, Greece.

Tel.: +30 213 214 4800,

+30 213 214 4856, website:

www.namuseum.gr

Ancient Theatre of Epidauros

Palea Epidavros, Argolis, Peloponnese,

Tel.: +30 27530 22026 (for the festival),

website:

<http://www.greekfestival.gr/en/venue12-ancient-theatre-of-epidauros-.htm>

Hotel Grande Bretagne

Syntagma Square – Athens 10564,

Tel.: +30 210 3330000,

website:

<http://www.grandebretagne.gr/>

Art Suites Athens

Mihalakopoulou 88A and Sevasteias 3, 11528, Ilisia, Athens,

Tel.: +30 210 5240501,

email:

info@artsuitesathens.gr

Centrotel

Paioniou 11a,

(Perpendicular of Acharnon 71) Athens, 104 40

Tel.: +30 210 8258010,

email: info@centrotel.gr

Istanbul, Turkey by Sabiha Akond Rupa

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 Ataturk 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 Ataturk 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 once 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 grounded 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.

INDEX

Hagia Sophia

Ayasofya
Meydani,
Sultanahmet
Fatih, Turkey
Tel: +90 212
522 1750

Grand Bazaar

Taya Hatum
Mh.
3120
Fatih/Istanbul
Province,
Turkey
Tel: +90 212
522 3173s

Gulluoglu

Rihtim Cad.
Kath Otopark
Alti No: 3-4
Karakoy –
Istanbul
Tel: +90 212
293 09 10
Web site:

www.karakoygulluoglu.com

Four Seasons Hotel Istanbul

Tevkifhane
Sokak No. 1
Sultanahmet-
Eminonu,
34110 Istanbul,
Turkey
Tel: +90 212
402 3000
Website:

www.fourseasons.com/istanbul/

The Marmara Taskin

Taskim Sqaure
Taskim
Istanbul 34437
Tel: +90 212
244 05 09
Fax: 90 212
244 05 09
Web site:

<http://taksim.themarmarahotels.com>

Aristocrat Hotel

Cankurtaran
Mah. Dalbasti
Sook. No: 11
Sultanahmet /
Istanbul
Tel: +90 212
638 25 25
Fax: +90 212

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.

HOW TO PURCHASE

For direct purchase visit La Mode's office every Monday to Saturday from 10AM to 8PM in below address:

Home # 20-C, Road # 7,
Block - C, Niketon, Gulshan-1, Dhaka.

HOME DELIVERY

La Mode also offers home delivery. To get that, Call or SMS to +8801611034390; Mail them at lamode.bd@gmail.com; Contact them through their Facebook page www.facebook.com/LaMode.bd

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Recipient's name:
Recipient's contacts:
Delivery address:

PAYMENT

1. COD (cash on delivery) for all over the country. NO need to pay any advance.
2. We also receive Bkash in case you want to get a gift for someone.
3. For international delivery we receive payment with PayPal & Western Union.

DELIVERY PROCEDURAL

1. Inside Dhaka, they do door steps delivery all over Dhaka city within 48 hours of placing order. Delivery charges 50 BDT.
2. For outside Dhaka, They do their home delivery Via Aramex. Delivery charges 60 BDT.
3. For outside Bangladesh, they do their delivery via Aramax. Delivery charges will vary according to location and the weight of the products. Product payment received with PayPal & Western Union.

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 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.