

Issue 6
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ARIANA

Magazine

BEST MAKEUP
TIPS

INCLUDED:
INTERRACIAL MARRIAGE
PHOTOS OF AFGHANISTAN
PROFESSIONAL MAKEUP ARTIST-
FROUZAN MAYELL
HIJABI AFGHAN FOOTBALLER
AFGHANISTAN'S WHIRLING DERVISH
AFGHAN POETRY
AND MUCH MORE

MOST-FOLLOWED
REAL ESTATE AGENT
IN AUSTRALIA

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Photo credits: Lucier Photography
Model: Frouzan Mayell
Hair & Makeup: Frouzan Mayell
Clothing & Dress: Avizeh
Nose ring: Kuchi Moda

AFGHAN FOOTBALL COACH BREAKING BARRIERS



Qazallah Nagin Ravand (Known as Nagin Ravand) is a professional football player and coach in Denmark. Ravand was born in Iran, as her family fled from Afghanistan. She said: "My father was politically persecuted, and the Taliban wanted to kill him because he fought for the people's rights. He was a spokesman for the people and still is today. Today I live in Aarhus based in Denmark. Growing up my life was very good. I remember love, laughter and light. My parents did everything in their power to protect me from feeling different. For that I am thankful. I want to become a leader so that I can make sure knowledge can be positively accessible for everyone. My dream is also to combine education and sports."

"I started playing football when I was 11 years old. A friend took my hand and brought me with her to football-practise and that is where the adventure began for me. I started playing football because I realised that there was a whole other community outside of the obligatory one (school). I wanted to become a part of that. This fantastic community where the girls gather and team up like one unity was so appealing to than just wanting to explore and embrace every opportunity. I fell in love with it straight away and insisted on becoming an integrated part of their team. That happened very quickly and the more I played the better I got, until I was one of the most skilled on the team."

Then when Ravand was 15 years old she decided to become a football coach in a local club. She said: "I coach a club named 'Vatanspor'. I started up recently at this club, as the head of their upcoming female department, which is my responsibility to build, just as it was in the previous club. I have been at this club for 1 month and have managed to recruit 15 females over the age of 18 so far. That is amazing for me to see. The next step is to focus on the youth and female children." After a few years, as I got older and more experienced, I decided to ally with the local football club and change the layout of it. I made it my mission to create a girls and woman's department, and I got the support I needed to make it happen. I brought my experience as a football player inside the lines, with me outside of the lines and taught myself how to pass everything I have learned on. I managed to recruit both female players and coaches to the club and by the end of the 3rd year, the club had over 40 female players. The local area is an area with many refugee families, and coming from one myself I knew what barriers there might be for the girls to fulfil their potential. I had the insight and the resources, and that is why it was important for me to something about it. In this case, I was very privileged, even though my background was the same as theirs. By starting up the female football department in a football club where there was none, I won the Danish Plan-Children's Girl Award 2020, because of my first big achievement which was the success I had with starting up the female football department in a football club where there were none. It was and is an honour to know that the majority of the Danish voters chose me to win this prize because of the work I do for girls and women in sports in Denmark."

The First Snow --

It was the first snowfall of Kabul. The flakes danced in the air as they descended on the city, covering it in a blanket of white. Rashid and Zohra were making their way through Ali Reza Khan Street, on their way to buy Haleem (*an Afghan dish similar to stew made from wheat and meat*) as a celebratory token of the first snow, as they had done for the first snow in the previous year and the years before that. Rashid held a big black umbrella over their heads, and adjusted it every few minutes to make sure Zohra was covered by the umbrella. She was wearing her chadari, and was pulling up the skirts to make sure they didn't get ruined in the snow. Rashid smiled. He recalled the years that Zohra and he would make the trip down this very street surrounded with their children, who raced ahead, excitedly waiting in anticipation for the warm Haleem that would cool their tiny fingers after their snow fights. Zohra didn't want to end the tradition after their children had been married and gone off to build their own lives as parents. She claimed she wanted to continue their tradition, but Rashid knew she also loved the trip to the Haleem shop and the first walk on the crunchy snow. It had been years, but she would always be happier on the day of the first snow; the light in her eyes shone brighter, and her childlike excitement made Rashid adore her even more. And so they walked on towards the Haleem shop while leaving behind their pair of footprints in the snow that was no longer accompanied by the tiny steps of their children. Rashid knew though, that somewhere out there, their children were creating their own footsteps with their own families in the first snows of Kabul.

Story and Artwork by: @Rasmorawaj
Ghazal Farkhari



Nawruz



“Spring blossoms into Nawruz in Afghanistan” Spring beautifies, Nawruz fortifies. People all around the globe commemorate many events. An example of such events, which is celebrated by Asian countries commonly like Afghanistan, Iran, Tajikistan and Pakistan, is Nawruz. Each of the prior mentioned countries has its distinct ways to welcome this delightful occasion of festivity and the herald of spring. Nawruz commences on the first day of Afghan New Year on March 21. It is delightfully and warmly welcomed and celebrated in Afghanistan. Afghans set off the preparations for celebrating Nawruz before the actual arrival, mainly after Chaharshanbe Suri (last Wednesday before the Persian New year). Their way of greeting Nawruz is inclusive of manifold traditional festivals and customs, for instance, Melay Gul-e-Surkh, Jashn-e-Dehqan, Jahenda Bala, Kampirak, Buzkashi, Haft Mewa and others. All of which are observed with fervour and dynamism. Melay Gul-e-Surkh translates into “Red Flower Festival”. The green plains of Mazar-I-Sharif bear tulips which appeal and attract people from all over the country to visit the city and attend this 40 days long lively festival. Accompanying this festival, there are many customs and activities carried out like the aforementioned Jahenda Bala, Buzkashi, Samanak (Sweet dish), Shutur Dawani (Camel Riding Contest). Jahenda Bala is the first celebration out of the variety of festivals mentioned. The Afghan government officials and authority assemble at the Central Park of Mazar-I-Sharif around the Ziarat Mawla Ali where this religious festival takes place. This place is cited as the residence blessed with the Tomb of Hazrat Ali (Hazrat Muhammad's son-in-law). A flag, coloured adjacent to Derafsh Kaviani, is raised in the Mosque. The flag is embroidered with Zar Baft (brocade) which is handmade. On the same day, 21 artillery shots are fired during the ceremony. Haft Mewa is an edible arrangement of seven dry fruits. These include Kishmish (Raisins), Sinjeed (Traditional dry fruit), Pista (Pistachio), Keeshta (Dried Apricot), Chaharmaghz (Walnut), Fandaq (Hazelnut) and lastly Badam (Almonds). Perhaps what could appeal more to a person than a tray of these dry fruits? Without special cuisines, Nawruz is not the same. Afghans believe white colour is the colour of peace and fortune. With this in mind, on the night of Nawruz they slaughter a white hen so that the New Year may bring them wealth and prosperity. The hen is then cooked and served for dinner along with other prominent Nawruzi dishes like Sabzi Chalaw and Samanak. Fish and Jalebi are additional traditional foods that play a delicious and appetizing role. The engaged men gift their fiancées these foods with cultural Afghani dresses as Nawruzi. Kampirak is the Persian Santa Claus. He is an old white-bearded man who goes from a village to another along with his companions. He wears a white and long dress as white symbolizes peace. With rosary in his hand, he wears colourful coveralls which indicates the supreme reign of nature over winter. As he goes to different villages he reads different books and poems in a loud voice reachable to all the residents of the village. Sometimes accompanied with Dambora (traditional music instrument). He also distributes the charity previously collected among the people. This is a common tradition in Bamyan and Daikundi. Kampirak is not only known in Afghanistan but it also has a long history all over the world. According to ancient myths, this character is believed to be an old woman. Its existence has been referred to in the book of Abu Raihan Al-Beruni. What may fascinate us more is that the character of this woman is also known in Iran, Central Asia, some European and African countries.

EMPOWERED BY MYSELF TALKS ABOUT INTERRACIAL MARRIAGE



Ayesha Khan is also known as empowered by myself on Instagram who got married at the age of 16 and talks about how she got out of a narcissistic marriage.

Khan said: "I had an arranged marriage. My ex-husband was a far relative. My parents really liked him so I agreed to get married just for their happiness. It was a very toxic marriage. There were a few good times too but definitely more bad than good. It was very controlling and the efforts were one-sided. It wasn't a 50/50 marriage it was more just me giving my all and him giving maybe 10%, which obviously didn't work. I realised it was unhealthy when I went to Pakistan without my ex-husband for a month and I realised how happy and free I was without him. Ever since I came back after that trip I knew I wanted to get out someday. I got my khula (divorce) done from a mosque."

Khan adds: "Narcissism is not a good trait to have and there's definitely different stages to it. It can go from one extreme to the other but it's always healthier to realise it earlier on and control the behaviour rather than just letting it be. If you're in an abusive marriage of any sort I would say leave. You have the right to Islamically, you have the full right to not stand for abuse and get yourself out if you can. I'd like to say that don't stop loving yourself ever and if you're a Muslim please please study your religion rather than listening to whatever your elders have taught you. There's so much we don't know or we do wrong. So know your rights and obligations and show love and respect to everyone."

A narcissist is a person who has an inflated opinion about themselves, and also have an intense need for the attention of others. Some of the traits include being, arrogant, self-centred and demanding according to Healthline, 2020.

After her first marriage, Ayesha Khan met her current husband online. She said: "My marriage now is completely different from my previous marriage. We share the workload, share the bills, I'm not controlled by anyone, there's a lot of affection and attention given by both our sides, it's all 50/50. I am Afghan and my Husband is from Hawaii, I think marrying outside of culture isn't for everyone. Some people love their culture so much they just want to stick with it which is completely fine. However, marrying outside culture is also encouraged in Islam. It's a beautiful thing. You learn so much about each other's culture and so do your children."

Watch her YouTube video for more:
<https://www.youtube.com/watch?v=SOtxoyT-AOE>



Ramziya Rahmani

"My name is Ramziya Rahmani and originally I am from Afghanistan. At a young age, I moved to the Netherlands, where I have grown up and now call it my home. Because of my background and family ties, I have always stayed closely connected to

Afghanistan and in recent years I have visited regularly. I have done volunteering work for Shelter Now International in the western part of the country. (Herat-Afghanistan). During my time in

Afghanistan, I have gotten to know the country even better. I feel like Afghanistan is not portrayed positively in the media, mainly because of the war. This is why I want to show the beautiful side of the country, the people and the rich culture. I hope to do this through traditional clothing and jewellery. With this webshop, I can

build a bridge between the Netherlands/Europe and Afghanistan by maintaining contact with the people there and helping the local tailors."

To shop traditional clothing/jewellery visit:
www.Pashtana.com

Email: Pashtana@info.com



@Pashtanadressses



Pashtanadressses



WataniBox aims to modernise the way authentic Afghan food is served, by selling it in a takeaway style. Our WataniBoxes include four popular Afghan dishes served all in a cardboard box. The box includes, a red kidney bean curry (Lubiya), three dumplings with a ground/mince meat filling, topped up with yoghurt and skinned split chickpeas (Mantu). Rice with lamb, mixed with raisins and carrots (Qabuli palow). Lastly, finishing off the box with our popular minced kebab, full of mixed herbs and spices (Chapli kebab). Served with chips and our special Afghan chutney sauce.

WataniBox was opened by two siblings (Marina Bagshi & Samiem Bagshi). They have three generations worth of restaurant experience passed down to them, from their great grandfather, down to their father. A percentage of their proceeds from the boxes, go towards helping the less fortunate in Afghanistan.

Address: 57c Green Lane, IG1 1RN (East London)

Website: www.watanibox.co.uk

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