

**The  
November  
2025  
Issue**

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Adornment:**

**Bangladesh  
India  
Nepal**

**Bonus:  
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## South Asian Adornment

Today we are talking about South Asian Adornment! First, what is **adornment**? Adornment means **decoration** or **ornament**. So, it is something special that you use to add style, like jewelry.

## About South Asia

Then, what is South Asia? **South Asia** is an area of the world. It is not a country, but a group of countries close to each other. According to my favorite American dictionary Merriam-Webster, South Asia has 7 countries: **Pakistan**, India, Bangladesh, Nepal, **Bhutan**, **Sri Lanka**, and the **Maldives**.

Today we will be talking about 3 countries with 3 friends! Hrithika was born in **Bangladesh**, Sharon is from **India**, and Pramita has parents from **Nepal**. These countries all have different **languages** and different styles, but they share a lot of things too. For example, do you know サリー? It is the most famous and classical clothing from South Asia. In English, India calls it *sari*. Bangladesh says *saree*, even pronounced like "shari". Nepal usually uses *saari*. Each of the three countries has their own **accent** and style of the same base fashion! Of course, there are other beautiful outfits besides *sari* too. Please check them out in this Chronicle!

We are very **thankful** to our friends for helping us. Hrithika is a talented **artist**, and she did all the art in this Chronicle! She even designed the posters you will see in the Keika Lounge for Diwali and for our cultural field trip to see the movie *English Vinglish*!

I am such a fan of their beautiful culture! Let's all **respectfully** enjoy it together. Also, we recommend checking out the Namaste India Festival (ナマステ・インディア・フェスティバル) every October in Yoyogi Park. Hrithika, Erin, and I went this year to get jewelry, decorations, and food. They also have traditional dancing! We even saw 3 Keika girls there after school.

**XOXO,**  
Sheila

**Let's see some South Asian Adornment!**

## Bangladesh



**Jhumkas**  
(earrings)



**Tikli**  
(forehead jewelry)



XOXO,  
Hrithika



**Alta**  
(red hand & feet art)

## Hrithika ঋত্বিকা।

Bangladeshi-American, not half, but double! ♡ Born in Bangladesh & raised in New York City.

### Cultural Fashion:

This red and white sari is very important to Bangladeshi culture, it is called *Laal Par Shada Sharee*. It always has a white (*shada*) base for the sari with a red (*laal*) **border**, and sometimes pretty designs **embroidered** into it using gold or silver **thread**. This special sari symbolizes the strength of **femininity**, of being a woman. The white is for **purity** and new beginnings, and the red is for **passion**, love and **courage**. We wear this for special events such as *Pohela Boishakh* (Bengali New Year's), *Durga Puja* (**Hindu** Religious Festival), and for certain days of Hindu **wedding** ceremonies. **Jewelry** is always very important to South Asian **attire**! The ones here are the *tikli* (on the **forehead**), *jhumkas* (big **earrings** that are usually worn for fancy **occasions** when you want to dress up, although in more modern fashion South Asian girls will wear smaller ones with western clothes as well for a **fusion** look), a big statement necklace and **bangles** on the **wrist**.

### Charm Point:

The charm point is the matching shades of red throughout the look using accessories. The red flower in the hair and **braids** add a touch of feminine beauty that isn't overpowering. There is also *alta* on the hands (red circle on the hand and brushed onto the tips of fingers), a special decoration using bright red **dye**. We use *alta* on our hands and feet before Hindu religious festivals like *Durga Puja* and **Diwali**, and also big events like weddings. Lastly, of course you can't forget the **bindi**!

### Message to Keika Girls:

"Never be scared to be yourself! You shine just the way you are, in all your **imperfections** and lovely uniqueness. Fashion has always been how I **express** myself! Doing things like finding a new accessory, or making a matching outfit that makes me feel cute, has helped me understand **happiness** is in the little things in life! I hope you can also find things that bring you **peace** and **joy** even in times of stress. Never feel like you're too much or hide your light for others and fear of **judgement**. I will always be your cheerleader!

♡ Never Die ♡"

## India



**Bangles**  
(bracelets)



**Bindi**  
(forehead dot)



**Jhumkas**  
(earrings)

XOXO,  
Sharon

## Sharon शेरोन

I'm from Mumbai, India. I moved to Japan to live with my Japanese husband. I speak English, Hindi, and Japanese. For my work, I'm a digital content writer and social media **strategist**.

### Cultural Fashion:

I am wearing a golden sleeveless top with a sheer black *dupatta* (shawl-like scarf) **embellished** with golden **sequins**, and a big, long skirt on the bottom. This is a three-piece set called a *lehenga*. They can come in many different patterns, colors, and designs, but the bottom is always **poofy** like a princess dress! Pretty!

Accessories: small bindi stones, big gold *jhumka* earrings, and traditional glass bangles.

### Charm Point:

Whenever I wear **traditional** Indian outfits, I like to highlight my eyes with a thick gel cat eyeliner or make a statement with a bold red lip- using makeup as a way to express myself. This time, I tied my hair into a **sleek**, low **bun** to draw attention to my statement earrings.

### Message to Keika Girls:

"Fashion is all about **balance**. If you're wearing a bold outfit, keep your makeup fresh and minimal. **Statement** makeup? Let your outfit stay simple. Play, experiment, and find your signature look. Whatever you wear, wear it with confidence. Your clothes reflect your self-expression and inner beliefs. Remember, it's you who brings character and life to your outfits, not the other way around."

## Nepal



**Nose Ring**  
(nose jewelry)



**Jhumkas**  
(earrings)



**Bindi**  
(forehead dot)

**XOXO,**  
Pramita

## Pramita प्रमिता

I am Nepali-American! I am an English teacher in Gunma so I speak English, Nepali, and Japanese.

### Cultural Fashion:

There's 3 main cultural outfits you see in Nepal. The most common is *Saari/Saree* (I spell it *saari*) worn by (usually **married**) women. It's a very long piece of fabric wrapped around the wearer and then **pleated** in the front and tucked into a "**petticoat**" skirt. In addition to the *saari* and the petticoat, there's the **blouse** piece! *Kurtha Surwal* is more casual, and younger girls will tend to wear this. It's 3 pieces- a long **tunic** top and loose-fitting pants with a long *saal* (**shawl**) piece. There's also the *lehenga* which is 3 pieces consisting of a fitted blouse and *saal* but instead of a *saari* fabric, it's a skirt.

### Charm Point:

In Nepal there's a few culturally important religious holidays/events where the colors red and green are worn so you'll see a lot of red and green *saaris*! I think *saaris* are especially fun to wear because the process of putting it on correctly is so **intricate** and it's a skill a girl learns from her mother. Here, I am wearing a yellow *kurtha surwal* with white lace and pink flower details. The delicate lace shawl, red bindi plus gold earrings and nose ring make the look complete! It's always fun to accessorize with different patterns of *chura* bracelets (bangles) and gold jewelry. For me as a Nepali who grew up in America, I only ever really dressed up in traditional Nepali clothing when it was a **religious** holiday or party, so I associate wearing *kurtha surwals* and *saaris* with a lot of good **memories** with my family :)

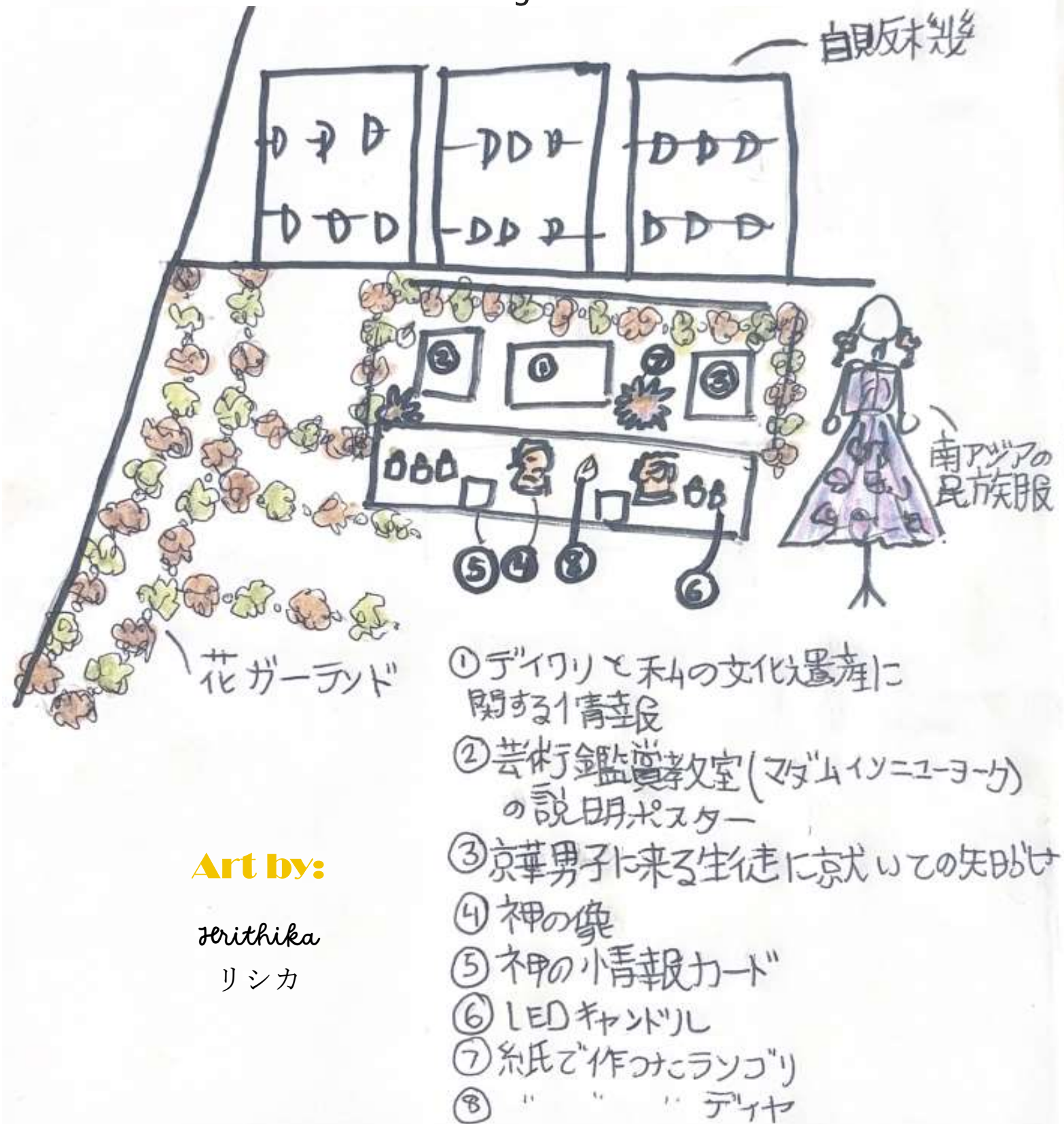
### Message to Keika Girls:

"Hi! I really hope you enjoyed learning something new about Nepal and South Asian cultures in general! Fashion is such a fun and important part of culture, so I hope you get the opportunity to try on these traditional outfits someday. Good luck with your studies! Stay Be-YOU-tiful!"



## Diwali Display!

Please check out our display for the Festival of Lights in the Keika Lounge this November!



Art by:

Prithika  
リシカ



# The Keika Chronicle Double Bonus 6

## ENGLISH VINGLISH



In November, you will be watching Madame in New York 『マダム・イン・ニューヨーク』！

The original movie title is English Vinglish. Did you know? This movie is about a woman who works hard to learn English in NYC and becomes more confident in herself. Let's watch her journey together!



## ENGLISH VINGLISH

Are you excited for the movie?? It will be on November 20<sup>th</sup> in Hitosubashi Hall! See you there~



## イングリッシュ ヴィングリッシュ



11月に、『マダム・イン・ニューヨーク』を見に行きます！

映画のオリジナルタイトルは「イングリッシュ

ヴィングリッシュ」です。知ってましたか？ この映画では、一人の女性がニューヨークに行き、英語を学ぶために全力を尽くします。そして、彼女は自分に自信を持つようになります。一緒に彼女の旅を見ましょう！



## ENGLISH VINGLISH

映画を見るのが楽しみですか？

11月20日に一橋ホールで開催されます！

そこで会いましょう~

