



Dear Mita,

I am an Honours student of Chittagong University. My family is very poor. My father passed away 10 years ago. Now it's just my mother and myself. To meet my education expenses I tutor students. I have to work very hard and often fall ill. Life has become very difficult and I'm very depressed. Please suggest something.

--N

Dear N,

Even if life is hard you have to go on. Remember, there is always light at the end of the tunnel. The important thing is to persevere and come out successful. Continue to work hard and you will be rewarded. Think of this as a temporary phase in your life which will soon pass. There are many people in our society who do have the chance to go to University and get a higher education, think of them and feel fortunate.

Dear Mita,

I thought it would help my studies if I stayed at my college hostel. The first six or seven months after I moved in, there were no problems. But for the last two or three months, some local vagabonds are causing trouble. Some of them aren't even students and have become terrorists. They come to the hostel at night when we are trying to study, chase out some of the students, take over their rooms and take drugs there. They ruin the educational environment. We have talked to our principal about it but he cannot give us any assurance that it will stop as our area is an active political zone and local terrorists have a lot of power. Please help.

--Destitute

Dear Mita,

I am a student of Geography and Environment at Jagannath University. I will be sitting for my Honours exams soon. My problem is that I don't feel comfortable around the teachers of my department. I even have a difficult time speaking to them face-to-face. I feel ashamed, but I don't know what my own problem is. What should I do?

--SS

Dear Destitute,

This is a very unacceptable situation. You should go back to the principle in a bigger group and demand redress of the situation. You can also go to the police but make sure that this does not put you in any extra danger. Try to find an influential person who will speak on your behalf. These are some of the unfortunate facts of our society today but we have to resist it somehow.

Dear SS,

You might be an overly shy person. The way to get over shyness is to meet more people and have conversations. You can start to do this with sympathetic people, people who are sensitive to the problems and special needs of other. There are many around us with these qualities, try to identify them and talk to them. Gradually you will get over this and will start to feel comfortable even to talk with strangers.