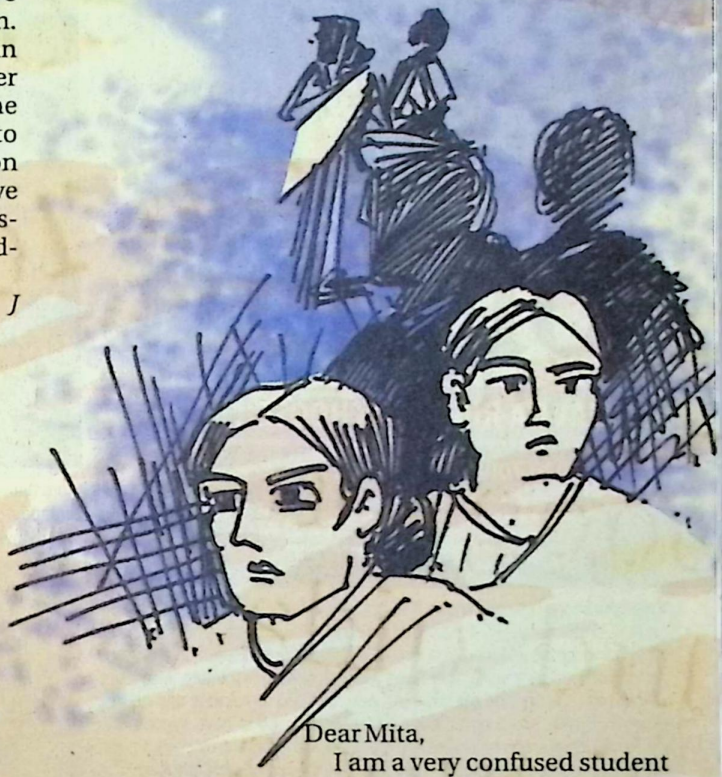
Dear Mita

I am a 23-year-old man and happen to be very old-fashioned. Everybody always says what a conservative person I am, because I never believe in love or affection. But it is a totally ridiculous incident that I have fallen in love with a girl who is totally unknown to me. I saw her picture on the cover page of a magazine. But inside the magazine no news was published about her. I mailed to the magazine editor for providing me some information about her, but there was no response. After falling in love with her, now I am aggressive to meet with her in any possible way. Please give me some positive response regarding this desperate situation.

*J*

*Dear J,*

*I am sorry but I am unable to give you any positive response on this. The magazine is well within its right to protect the identity of the girl in question. You must consider the fact that she might not be interested to meet with you. Just seeing someone on the cover of a magazine cannot be the basis of any mature and long-term relationship. You should be sensible enough to understand that love is something more serious than the looks of a person. I advise you not to get too involved in this situation and divert your attention elsewhere.*



Dear Mita,

I am a very frustrated guy. I am writing to you because I am under enormous mental pressure. I am a 21-year-old undergraduate student at a private university but I still don't have a girlfriend. I couldn't even make friends with any girl. I observe my classmates enjoying their lives with their lovers. It frustrates me a lot. I keep wondering why I am unable to do so. I cannot concentrate on my studies or sleep at night. I keep thinking about this issue. My health is breaking down. I am neither a dull student nor very ugly looking but I am an introvert. I possess a very negative idea about girls. I think they are very greedy and just like to play with boys' feelings. I can't bring myself out of this idea. Now my life has turned to hell. What can I do?

*MH*

*Dear MH,*

*First of all you have to change your attitude towards girls, otherwise it will always be difficult to build a relationship with any girl. Address this with a positive mindset. Look around for cases where friendships between girls and boys have resulted in a lifetime of mutual respect and support. It is no use just to feel frustrated. You have to do something about it. Start with some friends of the opposite sex. Try to understand what they want and need, be sensitive to their challenges and then form an opinion. This will not be so difficult if you put your mind to it.*

Dear Mita,

I am a very confused student of HSC first year. To be a smart student I often make a daily routine to follow by. But whenever I start to follow my plan I lose all my efforts and spend a completely hopeless day. The next day I try to make a new routine and for this I start everything from the very beginning (even my syllabus). It is greatly hampering my studies. Please tell me what I should do.

*Rakib*

*Dear Rakib,*

*Just stick to the simple. Study hard and everything will fall in place. Often too much planning leads to such problems. Start with a plan of studying for a couple of hours and increase it gradually. Once you get into the habit of studying other things such as routine etc. will be easy.*