



Being bilingual

I was born and brought up in London, but I was raised to speak both English and Bangla. It is something I will be eternally grateful to my parents for; the ability to think, speak, read and write in two languages has opened up more doors for me than it would have had I only been taught to speak one language. Of course, over the last couple of years I have picked up words and phrases in a handful of other languages and being fluent in at least one other language is a goal I have set for myself that I must achieve.

Through my teen years, most of which were spent in Dhaka, I got the impression that speaking Bangla was not cool, and if you did speak it, you had to adopt a faux Western accent. I did not understand it then, and I do not understand it now. Why was it cool to pretend to not be Bangladeshi? I was bullied for being different, for being 'foreign', yet it was seemingly a quality all my classmates sought.

I remember staying up all night with my Papa revising for my Bangla tests and exams. Admittedly, it is not my stronger language; my confidence falters when faced with formal Bangla and my reading and writing is a tad rusty, but despite all of this it is something I take great pride in. In the past it was because I saw it as a special talent.

Growing up in England, 99 percent of my peers only spoke English, and there I was, fluent in two languages, and even today it's still a source of awe for friends. Now that I know about the history of Bangladesh, of the strug-



gles that people went through to hold on to their identity, I feel another sense of pride, one that is more significant and poignant.

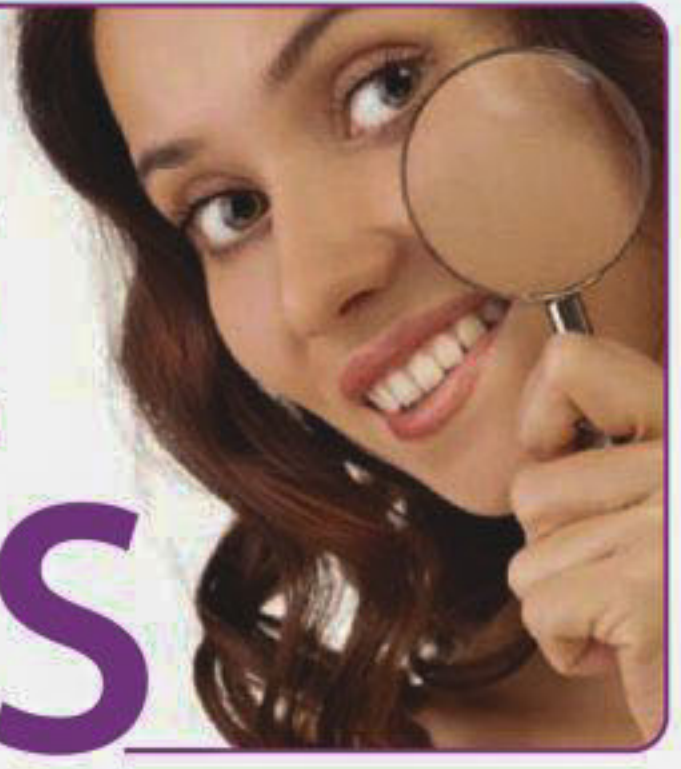
I write this now thinking about the upcoming International Mother Language Day, on February 21. The students who protested back in 1952 were in their 20s, around the age I am today. They were just university students, and they died fighting for a cause they were passionate about, because they wanted Bangla to be recognised as an official language.

Because of the actions of those brave students, I can sit here and switch between Bangla and English almost fluidly. I can go to work and not feel alienated because there is a common language that unites me and my colleagues.

I can interact with people fluently on a daily basis, without resorting to Google Translate or an English-to-Bangla dictionary. And when I go abroad, I can seek work knowing I have got a second language in my repertoire. One day, when I have children of my own, no matter where I live, I will teach them to speak Bangla too – not as part of weekly lessons or as a chore, but as a native speaker, alongside English. After all, it's the least I can do to keep my own cultural identity alive.

By Zahrah Haider
Photo: LS Archive/Sazzad Ibne Sayed

TREATING ACNE SCARS



Acne is not life-threatening but can cause long term physical and emotional scarring. Scars from acne can seem like double punishment — first you had to deal with the pimples, now you have marks as a reminder.

Nearly half of all adult experience mild to moderate acne. Acne lesions or pimples happen when the hair follicles or pores on the skin become plugged with oil and dead skin cells. A plugged follicle is the perfect



place for bacteria to grow and create the red bumps and pus-filled red bumps known as pimples. These may or may not contribute visible scarring.

Most serious scarring is caused by the more severe forms of acne, with nodules more likely to leave permanent scars than other types.

The best approach is to get treatment for acne soon after it appears to prevent further severe acne and more scarring. Specially if you have nodules, it is better to consult dermatologist as soon as possible for treatment.

TREATMENT OPTIONS FOR ACNE SCARS MILD VS. SEVERE SCARRING

Treatments depend on how severe the scars are. With advancement of medical science, a Chemical peel or LASER or Microdermabrasion is more suggested by the Dermatologists to help improve the appearance of scarred areas. These milder treatments can be done right in the clinic. If the scarring is difficult and too old with punched out appearance, the following advanced treatment may give better result:



- Fractional Laser Resurfacing
- PRP : Platelet rich plasma
- Fillers
- Surgical Scar Revision

One thing you shouldn't do to deal with acne scars is load up your face with masks or fancy lotions — these doesn't help. If you are really bothered, better to consult a Dermatologist who practices medical grade aesthetic treatments.



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