

ASK MAYA APA

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Study time

Dear Maya Apa,

I am sitting for my A-level exams this year but I can't seem to be able to study. Every time I sit down with my books, I get distracted and watch TV or listen to music. I am a good student so up till now I have done ok in my exams but I know if I continue like this I will not do well in my final exams. Can you tell me what I can do?

Dear Reader,

Thank you for sharing your problem with us. This is a problem many of us face when we have to study. We would like to point out some issues you need to consider. Are you stressed about something in your personal/family life? Did you recently suffer from any health related problem? You need to work on solving this problem if any of these issues are bothering you besides not being able to study. Most of us do not understand that like anything else studying is also a skill and it needs time and effort. Once we are out of practice, it is difficult to build this habit again. We cannot expect to build this skill overnight.

We should have a designated time for studying. As you mentioned that you are not being able to study, force yourself to study for at least 30 minutes for at least a week. This is to readjust yourself with your situation. Collect your syllabus if you did not collect it already. Calculate the time you have in hand and then fix a designated time to finish your syllabus. Try to maintain the schedule even if you do not feel like doing so, or you feel you are not being able to concentrate. Try to keep your schedule easy and uncomplicated.

Do not focus only on studying. Keep enough time to do

the things you enjoy like watching television, hanging out with friends etc. Allow yourself to take frequent breaks during studying. As you mentioned you get distracted easily, then you can try using pomodoro technique. There are several steps in this technique. First, you decide your task and set a timer to 25 minutes. After 25 minutes, you take a 5 minutes break and then you sit to study again for 25 minutes. For every 4 pomodoros, you take a longer break of 10-15 minutes. The shorter breaks allow you to do smaller tasks like checking your phone or stretching. You can do something you prefer to enjoy during these small breaks. This helps you to be more attentive as you have already done the things you usually do to avoid studying.

Another point to keep in mind is your study area. Many of us do not have a designated study area. Some of us prefer to study in bed, some prefer the table, and some prefer it in front of the television. If noise and crowd is not a problem for you, then you can study outside, like in a library. But, as you have exams near at hand, we would suggest you have a fixed area for studying. Study anywhere you feel comfortable, but you should limit yourself from using the phone, laptop/pc or any other device that helps you to get distracted. If you are surfing on the internet or just scrolling through your Facebook notifications every few minutes, then we would encourage you to collect necessary items/content and study offline. You can use apps to block social media websites temporarily. Keep your phone, tabs, laptop in the other room when it is time to study. You can check messages, missed calls later when you finish your lessons. Try to follow your schedule and reward yourself for every small accomplishment. This can be something from buying yourself a fancy headphone to going out to hang out with friends. Allow enough time for revising and reviewing what you already learnt. Do not be disheartened if you fail to maintain your schedule. Let yourself relax and follow this through a certain period; you will notice yourself changing your studying and learning pattern. We hope this helped you. All the best for your coming exams. Feel free to share with us if you face any further problems.

Regards, Maya Apa.

FYI

Carbon emissions and how to prevent them

It has not been long since we celebrated Pahela Falgun and happily welcome the spring in full bloom. But when putting a foot outside, does it really feel like spring? Do you really hear birds chirping, or see flowers blooming? Instead, mostly you get burned by the sun.

The reason behind our shortening winters and almost disappearing spring seasons to an everlasting summer is of course, global warming. This is something we all witness every day, but unfortunately fail to properly ward off. Global warming is mainly caused because of the increased amount of carbon emissions which help trap the sun's rays in the atmosphere, making it reside in the earth permanently while increasing earth's temperature exponentially.

There are numerous reasons as to why we produce so much carbon footprint, from producing electricity to power our homes and devices, to using everyday transportation. It is not something we can completely avoid, nor something we should overlook either. We can't go full rebel and shut down power houses and stop using motor vehicles, but we can become more cautious and careful in our use of these to help reduce whatever amount of carbon footprint we may leave behind. The first priority should be to identify the biggest contributing factors and then plan a course of action.

The largest contributor to our carbon footprint is said to be electricity production. They take up tons and tons of natural resources to meet the increasing demand. Our task is very simple, which is to use as little electricity as possible. Simple steps such as turning off the lights and fans when leaving a room, not keeping electronics on standby, disconnecting gadgets from power outlets and not powering up the air conditioner or iron too much are some basic changes around the house we can make. This will save us a whole lot of energy and reduce our carbon footprint and not to mention our electricity bills too. Another way is to change our appliances entirely. Buying energy efficient

appliances saves up a lot of energy, reduces carbon emissions and also lowers our bills.

Another big contributor of carbon is right inside your house right now; there may even be more than one, and this one does not even need electricity to be harmful in the first place. A refrigerator is far more harmful than most other appliances. The insides are insulated with gases amongst which carbon is one. Old refrigerators have CFCs in them; after they were banned for their contribution to global warming, HFCs were used, which are comparatively less harmful. But should we stop using refrigerators? Of course not. Appliance manufacturers are coming out with eco-friendly refrigerators these days, so one can easily trade their old fridge for these new ones. Very old refrigerators are more prone to carbon emissions, so if yours is more than 10 years old, it should be replaced.

Another domestic way we are emitting carbon every day is our stoves; keeping them on even when not in need results in wasted natural gas in the process. You can even shift to induction stoves for a change. Similarly, replacing light bulbs for LEDs, old television sets and monitors to LCD screens etc also helps.

These changes may be a bit on the costlier side, but they pay off in the long run.

The one way we can emit less carbon when outside is to use our transport wisely. Walking or cycling is definitely a good option, but this is not always realistic when on long journeys. Little things like turning off the engine when at red lights, using air conditioners wisely, and opening up windows for a change can make a marked difference.

Last but not least, opting for solar power or at least replace your old bulbs with energy saving ones. Both help save electricity, and offset our carbon emissions.

All these are just small individual steps, but when done in mass numbers, they can bring about a lot of change to our climate.

By Anisha Hassan

Get rid off your stubborn fat :

GET A HEALTHIER YOU !!!

Men and women are different and will store fats in different parts of their body due to evolutionary reasons. Women have wider hips and pelvis but men on the other hand are predisposed to store fat in the belly and neck area while women are likelier to store in their hips, arms and thighs. Another thing you need to realize before you start Weight Reduction plan is that **there's no such thing as spot reduction**. You can't just burn fat from one part of your body to get your desired result. Believe me, regardless of your gender or body type you can get rid of these deposits of fat pockets without resorting to invasive methods like liposuction or tummy tuck. Remember, **getting healthier is a lifestyle, not a weekly or monthly affair.**



The benefits of our Weight Reduction & Shaping Program :

- ◆ Body Shaping & Weight Loss
- ◆ Cellulite Reduction
- ◆ Hormone Balance
- ◆ Toxin Removal
- ◆ Pain Release
- ◆ Improve Lymphatic Drainage
- ◆ Improve Varicose Veins

... and remember :

"Healthy **eating** + less **stress** + adequate **sleep** + right **workout** = keeps a **healthier you**."



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