



WHAT WE ARE

AMREETA L. CHOWDHURY

Ask me what we are.
 Your voice, clear as day,
 Although cognisant of my love for you,
 Never fails to humour me.
 "So, what are we?" You ask.
 You and I are, above all else—
 Partners.
 We are thieves, bred to rob
 The world of its monotony;
 At times I think perhaps of its filth—
 Of its greed and war
 And in its place fill it with love, flowers, poetry—
 With the opposite of war itself.
 We may never be great people,
 A lot of the time we are hardly good people,
 And our crimes as partners
 Will be punishable only by
 The universe.
 We are artists; writers, painters, actors—
 You know, the like.
 In a world filled with consumers and destroyers
 And creators who fled
 You and I are the last of a kind;
 A dying breed.
 "We are something rare and archaic to our time
 But still new and alien to ourselves.
 We are but fragments of fiction in a half forgotten dream
 In the mind of a modern lover," you say.
 We are the last of the creators;
 My love, you and I are the last of creation.
 We are vagabonds—had been peddlers and hitchhikers,
 To be travelers .
 Somewhere along our journey in orange
 Perhaps we shall be lost to history and time itself
 Amongst bubbled up skies and ballrooms lit in liquid gold;
 Or perhaps we'll find ourselves
 In our words which, more often than not,
 Will be rendered meaningless
 By our paper-pleated hearts,
 And the warmth and radiance of a sunset shared,
 Rendered the same
 By you.
 You and I will be the artist
 And the art—
 The poet and the poem,
 The creator
 And the created;
 You will be my muse
 And I will be yours,
 And you and I, above all else,
 Will be the fondest of lovers.
 You and I,
 Will be love.

Dieting

SANJIDA SAMIHA

Nila stood motionless in front of her mirror, deeply pondering over the reason behind her sudden gain of weight. She looked at her reflection for the nth time and put on a gloomy face. What was it that led her body into having such a drastic weight gain? Was it when her friends talked her into eating a dinner buffet or was it when her aunts forced her to try out all the dishes during their big family get together last week?. She has always been the center of attention for having a perfectly toned body. She used to secretly take pride in her perfect body and loved seeing others being envious of her. But now, standing in the same spot for the past hour and noting her newly grown chubby cheeks, she could imagine the look on the faces of her peers. She didn't have it in her to deal with their vicious judgmental remarks about her body every time she stepped out of the house.

No, this has to stop, she thought. Nila couldn't stand witnessing her perfect figure getting sabotaged in front of her eyes and moreover, she had a reputation to maintain.

So, like a typical teenager, she booted up her laptop and looked up "how to lose weight quickly". She scrolled through the results, gathering knowledge about workout techniques and dietary factors. After checking out some of the workout videos on YouTube, which she thought were impossible to follow, she mentally crossed physical exercise off her weight loss regime list. Then, she started looking for proper diets that she could follow and which, she thought, would be easier to follow through. But later she realized just how wrong she was when she got caught in a hailstorm of diet plans. One of the diets, named "Military" diet, caught her eye because it entailed only 3 biscuits and a cup of coffee for lunch. Nila groaned inwardly at the idea of eating so less and frantically started looking for a way out. Just when her eyes started getting watery and hysteria rose to her throat, she found a website called "Samiha's Miraculous Ways of Losing Weight" and stumbled through it desperately. She found what she was looking for cause the website actually worked miracles with its pragmatic tips. What she found out is as follows:

1. Get up early in the morning and quickly start doing the basic exercises before your mind can register what you are doing.
2. Make a list food you totally despise. Include them in your breakfast, lunch and dinner menu. This will ensure the least amount of food intake.
3. Take the stairs instead of the elevator.
4. Wear black clothes, it creates an allusion of a thinner body.
5. If you can apply makeup like a pro then you can contour your face and conceal those chubbs from prying eyes. (Ignore this if you are a boy)
6. If nothing motivates you enough to lose weight then nothing probably will. If you love yourself then you have to accept yourself as well and that includes your height and weight. So here's a simple reminder to all the people reading this article - YOLO! Eat like there's no limit and sleep like there's no tomorrow! You all are perfect just the way you are.

Now Nila knew what she had to do...

