

I got a fidget spinner for stress relief

Did it work though?

TAHSIN ABEDI

"Stress" is a word most people are familiar with nowadays. The reason for the sleepless nights and the premature wrinkles, stress has managed to infiltrate the lives of many. Hence, I ventured on this search for the ultimate stress reliever with the hopes of achieving peace.

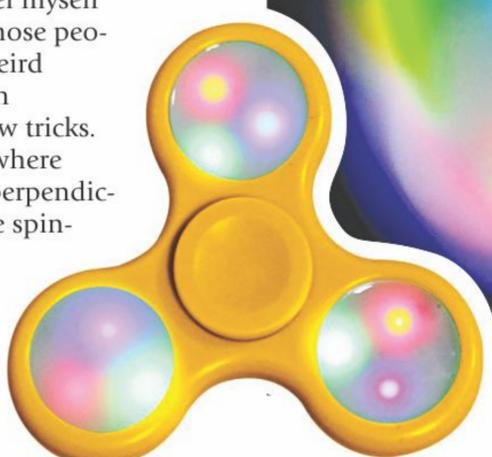
About a few months ago, my social media exploded with a million pictures and videos of this one rotating object – the fidget spinner. Be it on top of cakes, on t-shirts, baseball caps, or even tattooed on people's bodies, the fidget spinner was everywhere. People of all ages were making DIY fidget spinners at home, slime fidget spinners, doing makeup with fidget spinners (yes, you read that right) or even going on to spend thousands just to buy special ones that played music or displayed an impressive show of lights. I thought that I had finally found the perfect remedy for stress.

I went down to the general store to buy this magical thing. I was amazed by the myriad of choices the shopkeeper showed to me, given that it was a grocery store that mostly sold grains and fresh produce. The fidget spinner came in all colours and shapes imaginable. After a hard time deliberating over my options, I finally decided on one that had a beautiful light display when it rotated. Thanks to my

great bargaining skills, I even got a discount! It was my lucky day.

I took it everywhere – to class, to my cousins' homes for winter *dawat*, even to the washroom. I was determined to find out if I would indeed be rid of all my adolescent worries. Well, I was transfixed by the colours every time I spun it, and often turned off all surrounding lights to give it the limelight. In addition to that, it made a whizzing sound that was a lot like the wind rushing at extreme speeds during a storm. My fingertips got used to the vibration of the spinner and moved automatically to make it rotate every time it slowed down. I could feel myself beginning to turn into those people obsessed with this weird rotating object. I went on YouTube and learned new tricks. I learned about torque, where one moves their hands perpendicular to the motion of the spinner to feel this external force as if a wind is blowing against it. I got to know about its internal structure and why it rotates for so long. I was hooked!

However, I realised that I still couldn't sleep very well at night and often woke up in the middle of the night after having night-



mares of missing all my deadlines and failing all my exams. I was being less productive as I was always spinning my yellow spinner and not

doing any of my homework. My eyes hurt from looking at the light display in the dark. Even though the fidget spinner was addictive, it failed to provide me with the one thing it promised – stress relief.

MAKING A GREEN DIFFERENCE

Earth Club of North South University presents "A Tree for Free"

NISHAT TASNIM

Earth Club of North South University (NSU) operates with the motto of performing activities for the betterment of the environment, with greater emphasis on making the youth realize the importance of nature while incorporating them into environment-friendly activities.

"Since its formation in 1996, Earth Club's main interest has been to encourage the youth to acquire eco-friendly practices and prohibit any activity that triggers environmental degradation," said Mohammad Adeb Sharif, President of Earth Club. He also added that "A Tree for Free" (ATFF) is an annual event where 1000 plants are distributed amongst the students, faculty and staff members of NSU to encourage indoor gardening to mitigate and battle the air pollution of Dhaka.

Dhaka being one of the most polluted cities in the world, is in a dire vulnerable state, with air pollution being a major cause of suffering for the people. As there is no near end to the rate of rising concretes so indoor or rooftop gardening is currently accepted as the best possible option to filter out the pollutants from



the air. From this thought the idea for the event was born.

This year the event lasted two days, held on December 12-13, 2017. Five hundred plants were distributed each day; teachers and students alike queued up to

receive a potted plant that came with an instruction manual stating how to take care of the plant. The type of plant that was distributed requires minimal care and has great beneficial properties in absorbing indoor toxins and pollutants from air.

Nashita Behroz, a second year student of Economics, spoke happily of how she collected a plant from ATFF last year and why she likes to own one ever year. "I have a hectic life with very less time to spend behind nurturing a pet so I prefer this plant. It grows in your room with least attendance, and also because I'm an environment enthusiast who wants to take part in befriending the nature." "Activities like ATFF will sure to leave a positive impact in someone's life. I can be as much proud as I can be with my members from the club", said Nushrat Nazia, faculty advisor of Earth Club, who is in charge of guiding the club in the most righteous way.

At the end we can all agree that a small green act of greatness can be compared with the ripples in an ocean, leading to the formation of big impactful waves. Similarly, through such meaningful activities we hope to see a greater good in the environmental sector. After all, our very existence is intertwined with the presence and preservation of nature.

The event was sponsored by Yamaha and the radio partner for the event was Radio Foorti. SHOUT was the Youth Engagement Partner of ATFF.