

# 5 WAYS TO BE MORE PRODUCTIVE IN 2018

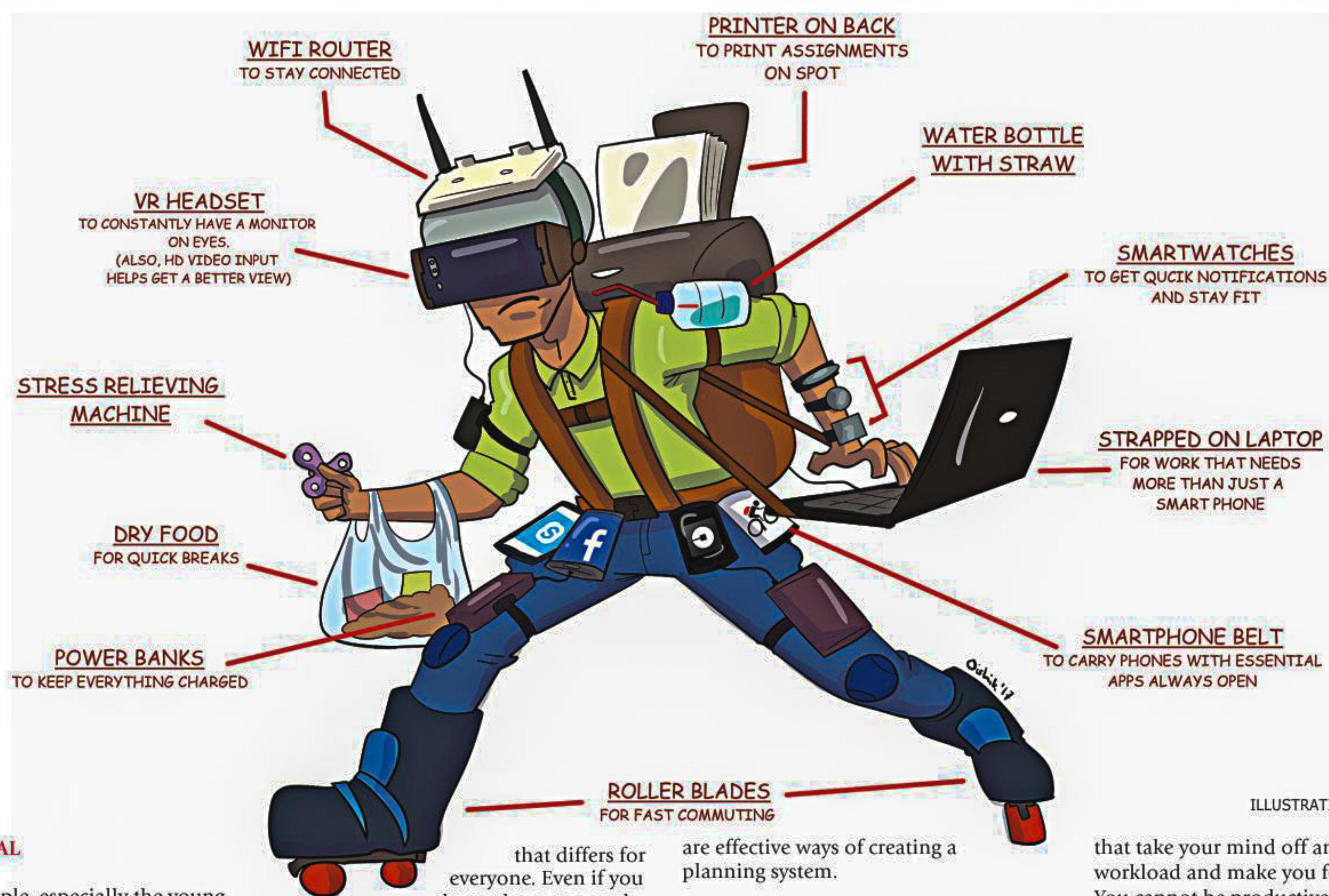


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Majority of people, especially the young population, wonder how they can make their days more productive. Usually, it feels as though the day flew by— as if time went too fast for us to accomplish any of our goals. With 2018 just beginning, there are new opportunities for you to change your perspective, set appropriate goals, and make progress. Here are five detailed ways to make your 2018 more productive:

## 1. Start with a Morning Routine

As tempting as it is to sleep in, you need to start your day at a decent time— and

that differs for everyone. Even if you do not have any work until the afternoon, consider getting up early to give yourself plenty of time and energy to get things done. Developing a good morning routine instills a sense of efficiency and inspiration for the day ahead.

## 2. Create a Planning System

Being able to visualise your goals, having a schedule for when to complete them, and actually finishing each task is hugely satisfying. Calendar apps, mobile or desktop notifications, and bullet journaling

are effective ways of creating a planning system.

## 3. Complete the Hardest Tasks First

Make the most intimidating or time-consuming tasks your first priority. Neglecting the hardest tasks only leads to more stress. Complete the things you don't like to do first, so that, you eventually get to the tasks you really enjoy.

## 4. Practice Self-Care

Do things that you need most to take care of yourself— be it getting a new haircut, exercising, eating healthy, or starting a creative hobby. Try to partake in things

that take your mind off any overwhelming workload and make you feel empowered. You cannot be productive if you are not in the right mood.

## 5. Balance Your Life

Alongside practicing self-care, creating a balance between your workload and your personal life is central to your productivity. When you have scheduled downtime with your friends and family, you are motivated to manage your time effectively, so you do not have to cancel.

Here's to a productive and brilliant 2018!

# PRAYER

RASMIA RAHMAN AMREEN

God,  
Bless no more lyrics to my lips.  
Let them run dry,  
Let them say no story.  
And don't make my ears vision tunes-  
Tunes of love,  
Tunes so melancholic.  
Bless no more dreams to my eyes.  
Let them run blank,  
Let them see no hope.  
And don't make my heart melt twice-  
Because I'll die,  
If I'd see more dreams breaking.  
Bless no more senses to my skin, Lord.  
Make the nerves numb,  
Make them feel no breeze.  
And don't let my leaps take turn-  
As I shall burn,  
If I'd feel the sky again raining.  
And just set my mind apart, Dear God,  
From dreams I have longed for times.  
Because the world would not set out their yachts  
To stream down in the river of my love.



PHOTO: KAZI TAHSIN AGAZ APURBO



PHOTOS: COURTESY

## THE EPIC RISE OF DIPLOMACY!

DUMUNA

The Dhaka University National Model United Nations (DUNMUN) held its sixth session at the near century old campus of University of Dhaka from December 18 to 21, 2017. The conference was attended by more than half a thousand youths from both home and abroad to practice the art of diplomacy, public speaking, negotiation skills, debate and leadership activities for four days. Under the theme "Towards Global Amity: Cooperation for inclusive future", the conference has been able to encourage youths to follow the objective of the United Nations for achieving global welfare.

Pro-Vice Chancellor (Academic) of University of Dhaka, Professor Dr Nasreen Ahmad, attended the inauguration ceremony on December 18 as the Chief Guest. In her speech she mentions that, the best way to ensure peace in the world is through diplomacy and negotiation. She was followed by Nahim Razzaq, MP, member of the Parliamentary Standing Committee on the Ministry of Youth and Sports, who stressed the significance of active participation of Dhaka University and its students in national and global affairs, wishing all the young diplomats good luck in their journey.

The significance of the ceremony was conveyed by Moderator of Dhaka University Model United Nations Association (DUMUNA), Professor Dr Delwar Hossain, who referred to the impact DUNMUN has had since its

inception. The ceremony was also glorified by the presence of Sudipto Mukerjee, Country Director of UNDP Bangladesh; and Mohammad Moniruzzaman, National Information Officer of UNIC Dhaka.

The four day long intense debate and discussion was supplemented by the "Global Village" programme as well as the famed "Cultural Night" on December 19 and 20, creating a cross

were UN Resident Coordinator in Bangladesh, Mia Seppo; and former Ambassador of People's Republic of Bangladesh, Farooq Sobhan. The closing of DUNMUN 2017 was followed by a gala dinner.

Hundreds of students from India, Nepal, Afghanistan, Qatar and other countries came to join the conference as executive board members and delegates. Every year, DUNMUN



cultural platform for participants to interact with each other.

Nasrul Hamid, Honourable State Minister at the Ministry of Power, Energy and Mineral Resources, motivated the youth present in the hall by being the Chief Guest of the closing ceremony of the event. Instead of delivering any traditional speech, he decided to answer the queries of the young minds. The other guests who were present in the closing ceremony

brings about memorable experiences for all. It has been a place where some have forged unbreakable bonds and for others it has been somewhere to meet new people. All in all, it was a journey that everyone partook in, together. Besides the MUN experience and the cultural amalgamation between the students of home and abroad, DUNMUN has presented another gift to all participants— unforgettable memories to cherish forever.



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## Youth Opportunities

EPFL Excellence Fellowship  
2018 in Switzerland  
[Fully Funded]



EPFL offers a limited number of fellowships at the Master's level to students with outstanding academic records. Some of the fellowships are financed by EPFL directly and others through partnerships with foundations or companies.

Deadline: April 30, 2018 | Fellowship

Queen's Commonwealth  
Essay Competition 2018  
in UK



THE QUEEN'S  
COMMONWEALTH ESSAY COMPETITION

The competition is used by individuals and teachers to build confidence, develop writing skills, support creativity and encourage critical thinking, using literacy to empower young people to become global citizens.

Deadline: May 1, 2018 | Competition

Internship Opportunity 2018  
at Youth Opportunities



Youth Opportunities is currently looking for enthusiasts to work in their "Design" and "Social Media" departments. People who are passionate to work in design and have a good command of social media (preferably Facebook, Twitter, Instagram and LinkedIn) are encouraged to apply for the 3-month internship programme at Youth Opportunities.

Deadline: January 6, 2018 | Internship