



FIVE STEPS TO A HEALTHY RELATIONSHIP

PHOTO: KAZI TAHSIN AGAZ APURBO

FARIA EJAJ

Every relationship has its bumps and they can pop up at any time. What's important is that, you learn to navigate those problems smoothly, before they send your relationship into a ditch. Follow these five steps to achieve a healthy relationship:

Focus on the good parts

Boredom, frustration and everyday irritations can cause the spark between you and your partner. Compliment your partner even for the smallest of things and be sure that, what you mention is

heartfelt and specific. Revel in the best qualities; let faults aside.

Remember to smile

The classic advice that experts give to singles seeking a perfect match: Be "The One" to attract "The One". The same rule applies to relationships. The happier you feel, the happier your relationship will be and the easier it will be to manage conflicts.

Always fight fair

Facing a conflict is normal. It is even considered to be a healthy part of any relationship. What's important is, how you handle the fight. Happy

couples avoid verbalising critical thoughts, keep discussions from escalating and do not use absolutes like "never" and "always". If a fight does start, try to change the subject, inject gentle humour, empathies or show your partner extra appreciation. Too late? Call a truce, walk away and cool off for a while.

Pick the right time and place

Don't start potentially tough talks if you're not well rested and well fed. Hunger and fatigue can unleash nasty remarks and dark thoughts. Don't try to deal with serious issues if you've got one eye on something else. Turn off the television, phone

and laptop. If you're distracted or going out the door, pick another time to talk. You can't resolve conflicts on the fly.

Be a good listener

The single most powerful step to keep a healthy relationship is to speak less and listen more. When feelings are at issue, they need to be heard. So, nod a soft "um-hum" to show that you honour the emotions behind the words. Sometimes, to feel closer to someone means to pay closer attention to what they are saying.

If you play by the rules, the trust, affection, and fun in your relationship will be stronger than ever.

Concert for Kaan Pete Roi

YESHIM IQBAL

Kaan Pete Roi is an emotional and psychological support helpline that opened its lines in April, 2013. The service is operated by trained volunteers who provide immediate mental support to callers and alleviate feelings of despair, isolation, distress, and suicidal thoughts within the community.

On January 26, 2018, the operation's

largest fundraising event to date, called 'Concert for Kaan Pete Roi', was arranged at the Krishibid Institute Bangladesh. Dr Muhammed Zafar Iqbal, Dr Yasmeen Haque, Anik Khan, Ahsan Habib, and many more were present at the concert as special guests. The audience enjoyed performances by Dreek, Shunno, Nemesis, and Arnob.

Sylhet Sixers was the sponsor of the event; with Kaler Kantho as the Print

Media Partner; ATN News as the Media Partner; Star Youth, The Daily Star, as the Youth Engagement Partner; ABC Radio FM 89.2 as the Radio Partner; and Somoy Prakashan as the Printing Partner.

For more information on Kaan Pete Roi, visit: shuni.org or facebook.com/kaan.pete.roi or contact 01779554391



PHOTO: COURTESY

SURVIVOR

RASMIA RAHMAN AMREEN

I lie lonesome on the floor.
And this chilly wind knocks open
Holding an opaque note
My disastrous soul within
Chronicle images pass by.
Without a second thought
I realise it wasn't my mistake;
It was Time's
Too young were we?
Innocence glittering all over your face-
Had love-sicken the
Heart
Silent glances exchanged.
Stand marooned
Years behind of
Time
Numbness prepares acceptance.
Recuperating from this long journey made
Isn't possible, for the too exhausted I.
Love lasts, but perhaps, true love doesn't.
And the only warmth from this shawl around me says:
"You will Survive"



MONOPRINT: KAZI TAHSIN AGAZ APURBO

Instagram.com/cartoonpeoplecomics
CARTOON PEOPLE COMICS
OISHIK'S KARTOON AND STUFF
PRESENTS #STUFF

COMICS: OISHIK JAWAD



www.youthop.com

Youth Opportunities

Global Youth Summit 2018 in Switzerland

The programme changes every year as it is designed by Global Changemakers from past summits who co-create the programme with their team to ensure that every summit is as relevant and as impactful as possible. Therefore, the 2018 programme would be shared shortly before the summit.



Deadline: March 4, 2018 | Conference

Indonesian Government Scholarships 2018/2019

The main purpose of the Darmasiswa programme is to promote and increase interest in the language and culture of Indonesia among youth from other countries. The programme is also designed to enhance mutual understanding and provide stronger cultural ties among different countries.

Deadline: February 18, 2018 | Scholarship

Job Opportunity at the British High Commission in Dhaka

The work of the team is focused on generating major opportunities for UK industry in Bangladesh and helping UK businesses to access these opportunities both directly and through partners. This is a good opportunity to be a part of a strong, diverse team, working in the biggest network that FCO has anywhere across the globe.



Vacancy in
British High Commission Dhaka
Deadline: 19 February 2018
YOUTHOP.COM

Deadline: February 19, 2018 | Miscellaneous