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“History is a wheel, for the nature of man is fundamentally unchanging. What has happened before will perform happen again.”

— George R.R. Martin,  
*A Feast for Crows*

## SNAPSHOT

PHOTO: ROZEL KAZI

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### A public health hazard

A lack of quality healthcare is a big problem for Bangladesh. We have many government and private hospitals and renowned medical colleges to produce qualified doctors, but the number is still inadequate in respect to our population. Qualified doctors are especially scarce in rural areas. Management and service in government hospitals are unsatisfactory while private healthcare institutes often run without licenses and questionable standards. The government needs to take immediate action to ensure hospitals are accountable, and treatment is affordable and up to standard. The quality of health services needs to improve.

Mohib Billah  
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### Importance of mental health

If we are physically sick, people come to see and condole us but that is hardly the case when it comes to mental health. Strangely, no one actually cares and only mock such problems. Depression and mental disorders are still stigmatised. The youth are the worst sufferers of it in our country. They tend to hide their state, thinking that they may be laughed at. As doctors are there for physical ailments, psychologists should be available also for treatment of depression and other mental disorders. Besides, an employee or worker should be allowed leave if s/he is depressed and this will certainly boost his/her working efficiency after recovery. Like physical education, the concept of mental health should be incorporated in textbooks from the school level. Above all, I would request us all to be compassionate and take good care of the people around us so they do not sink further into depression without getting help.

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ILLUSTRATION: MANAN MORSHED



## DEPRESSION, STRESS, AND MODERN LIFE

Modern day life tends to drain everyone out as we are preoccupied with so many tasks at the same time—study, work, as well as giving time to family. Depression and stress-related health problems are on the rise. Many of us can't keep up with the fast-paced competitive life and fall behind. Many parents expect a lot from their children who may not be able to meet these expectations. Issues which haunt us from the inside and we can't express it to our near and dear ones slowly take us into depression. Another important issue among the youth is that they may be popular among their peers on social

media, with lots of followers, but in real life have few people or no one at all to talk to. Feeling of isolation and helplessness are also a cause for suicide. People with depression don't speak up as they feel uncomfortable bringing up their problems and keep it to themselves, making it worse. Parents and elders should keep an eye out for such changes and take necessary steps such as counselling, etc. It is an alarming issue all over the world but with timely efforts, can be averted.

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