



## UAP stages plays of Rabindranath Tagore

The Department of English, University of Asia Pacific (UAP), staged five short plays based on the translation of some of the literary works of Rabindranath Tagore, December 13, 2018 at their campus. The drama festival was titled "Tagore in Translation: Transcending Time". The plays, performed by the students of the English Department, were "Sampatti Samarpan", "Gora", "Kabuliwala", "Silence of Subhashini", and "Mohamaya".

National Professor and VC of UAP, Prof. Dr. Jamilur Reza Chowdhury, was present as the chief guest. Tasneem Siraj Mahboob, Member of the BOT, UAP, was also present at the programme as a special guest. Air Commodore Ishfaq Ilahi Choudhury (Retd.), Treasurer, UAP also

graced the programme with his presence. Arjumand Ara, Head of the Department of English, UAP presided over the programme.

The jury panel included Dr. Mahmudul Alam, Assistant Professor, Department of Electrical and Electronic Engineering, UAP; Dr. Mehnaz Tazeen Choudhury, Associate Professor, Department of English, UAP; and Layeqa Bashir, Assistant Professor, Sociology, Department of Basic Sciences and Humanities, UAP. The performances were followed by a cultural event. The programme received warm accolades from the audience. Later on, crests and certificates were distributed among the winners in different categories.

## BUBT awards winners of Talent Hunt 2018

The prizegiving ceremony of the five-day long Talent Hunt 2018 was organised by the Cultural Club of Bangladesh University of Business and Technology (BUBT) on December 15, 2018 at the main campus of the university in Rupnagar, Mirpur-2, Dhaka. TV actor Kochi Khondokar awarded winners of the competition as special guest.

Prof. Md. Abu Saleh, VC, BUBT was the chief guest while Prof. Md. Enayet

Hossain Miah, Treasurer, BUBT was present as the special guest. The programme was presided over by the Prof. Mian Lutfar Rahman, Advisor, Students Affairs of BUBT.

Deans of various faculties, chairmen of different departments, officials, faculty members and students were present in the programme. Md. Alamgir Kabir, Lecturer, Dept. of EEE coordinated the programme.

## DIU to support establish School of Engineering in Nigeria

Daffodil International University (DIU) has taken initiative to support establishing School of Engineering in Nigeria and signed a Memorandum of Agreement with Al-Qalam University Katsina (AUK). With a view to launch engineering school, Prof. Shehu Garki Ado, VC, AUK along with Alhaji Muhammad Lawal Lamido, Director, Academic Planning paid a visit to DIU.

AUK has signed agreements with the Department of Software Engineering, Textile Engineering & Master of Public Health (MPH) in a Memorandum of Agreement (MoA) signing ceremony

held on December 13, 2018 at the Milanayaton 71 of the university. Prof. Yousuf Mahbubul Islam, PhD, VC of DIU and Prof. Shehu Garki Ado, VC of AUK signed on behalf of the respective organisations in presence of Dr. Md. Sabur Khan, Chairman, BOT, DIU.

This is the first time that any Bangladeshi university has signed an MoA for the establishment of academic cooperation in Nigeria. Under the agreement DIU will extend its cooperation in the development of software, textile & public health education in Nigeria.

### #WEARELISTENING

## Stress and studying: Five tips to make it all work for you

LUBA KHALILI & SAMEEHA SURAIYA CHOUHDURY

It is not easy being a student at this time of the year. With O Levels and SSC exams set for early next year, surviving these few weeks is a true test of perseverance and patience. Studying late into the night until you hear birds chirping, missing meals and living on sugar while hopping from one class to the next and, add to that, expectations from teachers and parents, can all really push one to the edge.

How can we not let the pressure of studying take us down? Coming out from the end of the tunnel unscathed is not an easy task – but it can be done.

### ONE TASK AT A TIME

It's easy to feel overwhelmed if you do not have a plan of attack. Pull up a checklist or make use of colourful sticky notes – what do you have to complete today? Do you need extra guidance with some of the work? Mark them and find friends or a teacher who can help. Then start making a headway on the work that you can do on your own. Tackle, and move to the next. You will soon see that you are at the end of your checklist, and well prepared for your next class.

### SCHEDULING IT RIGHT

No one wants to be swamped with



coursework. Good news is, no one has to. Divide your study schedule into small sessions. Instead of studying for hours on end, study for 25-minute sessions with 5-minute breaks at the end. Called the Pomodoro technique, this time management method was developed in the 1980s. It helps to concentrate more by focusing for a short amount of time and not feel dazed from sitting for hours in front of books. You will see that you are

freeing up more time to yourself.

### FIND A PAIR OF EARS

Finding anyone you feel comfortable with does the trick. The goal is to get the feeling of unease or panic off your chest. People who have faced or still face the same pressure have a lot in common, and it can relieve stress just by talking to one another. If that Chemistry class is getting you down, vent about it or just talk about what's making things difficult for you.

The person could be a friend, a parent, or a teacher. You may take something useful out of the conversation, and if not, you will definitely feel a lot lighter.

### TAKE A TIME OUT

Your coursework can very well burn you out if you are not taking some time off for yourself. Find time to relax or hang out with friends where you don't talk about anything related to studies. Sit back and do something you love. How about hitting the gym? Exercising is known to reduce stress levels and improve concentration. Reading or spending time with family can help too.

### SLEEP BETTER, STUDY BETTER

A major reason you might be feeling stressed out: not getting enough sleep. Sleep deprivation is what makes you blank out in the classroom, causes you to lose focus, and gets you anxious and irritable, ultimately making you fall back on your coursework. Avoid cramming and pulling all-nighters as much as possible – it is not an effective way of studying. The benefits of a night's rest for better health and memory cannot be stated enough.

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