



SPOTLIGHT



Wear your VOICE

Ever felt like sticking a placard on your forehead to make people aware of your stance on social issues because protests just don't seem to register? Social awareness programmes or long social media posts are just not cutting it? Have an inclination to stand and speak up for your ideologies?

Then what's easier than literally wearing your thoughts? A subtle way of getting your message across and, making perhaps a fashion statement, is by choosing clothes that speak for you. Clothing significantly influences how others perceive you and how they respond to you.

Fashion is no more about just wearing what looks good. It is another art tool to revolt or for raising voice for a social cause. Clothes nowadays serve a purpose and can be worn to make a social statement, loudly.

For instance, pictures of the slogan "Ga Gheshe Daraben Na" printed on women's clothes, mostly t-shirts, have been viral recently, which serve as a medium to protest and create awareness against sexual harassment. The buses of Dhaka city are

always loaded with people. As a result it provides corrupt people with the scope of inappropriate touching, pinching, patting, rubbing, or purposefully brushing up against another person.

Most of the girls choose to remain silent pondering about the aftermath of protesting. They fear to be victimized or socially judged, and even more so the threat of videos of such occurrences becoming leaked online. The repercussions for these have traditionally been unfavourable for girls.

Therefore, making a simple tweak to what you wear can be a big step. Wearing tees with 'Ga Gheshe Daraben Na' plays a significant role psychologically on people around her. It assists one psychologically to create distance from the one who wears it.

Moreover, it creates a warning, and makes people aware against social issues; an insight into nonverbal communication. Hence, attires nowadays serve a revolutionary purpose. Moreover, increasing awareness creates space for further discussion.

The most important decision you make every morning may be what to wear; there are many rationales, like does it express your personality and mood? Is it a reflection of the way your day might go? Is it safe, considering the weather, transport and even public presence?

Clothes are also our favourite medium to express various opinions and support, like that for our favourite teams, political candidate or a cause dear to the heart, or even humour.

On the other hand, it also helps you in criticizing the political or cultural conventions that you detest. Tees satirically printed with 'Shohmot Bhai' criticize the existing trend of just going with the political flow.

Moreover, when we put on a piece of clothing we cannot help but adopt some of the characteristics associated with it, even if we are unaware of it. Thus, your mood, health and overall self-esteem depends on the selection of your style and clothes.

Too conservative to wear tees outside? Don't worry because saris now also have

similar options. Yes, saris, which represent our country's culture and tradition and are the most favoured formal attire, are also available in unconventional prints.

Portrayal of personal fascinations or social-awareness based content in written or graphic form is seen on saris nowadays. From figures such as Che Guevara or musicians or bands like Pink Floyd are easily available in the myriad boutique houses.

Therefore, when you're dressing or grooming, consider what it says about you and whether it's in line with the message you want to communicate. Your attire and presentation communicate volumes about you as a person.

Some of the suggested stores or online shops where you can get the Text-based T-shirts might include: Tee of Bengal, Fab-rilife e.t.c. In addition, you can always go to Aziz Super Market for versatile collection of tees. Pay a visit to Chadni Chowk for printed saris.

By Tahmid Azad Sohan
Photo: Faiza Ahmed, Manas

TIPS

Four-year undergrad to-do list

We all feel like adults after graduating from high-school and like to believe that we are ready to attack the undergrad life. You might have a well thought out plan to execute these four years perfectly, but just know, it might not always work out. However, the time you spend in university is crucial. All you need to work on is utilising this time. Other than focusing on academics, you will need to make connections and gain experience. So, instead of being lazy and just fretting over assignments, here are a few things you should try at least once during your university life -

HIT THE CLUBS

Try exploring the clubs in your university. The best part is, it does not have to be a club related to your field of studies, but something you have always been curious about. It will give you a chance to develop your social skills and push you to think differently. Organising events will also help to pick up some event-planning skills which employers prefer.

Added bonus, you will have the chance to attend international events, which is a good chance for networking and learning.

ADVENTURE TIME

Make a plan during the semester break, pack your bags and take a trip with just your friends. Take the responsibility to make sure everyone makes it back home in one piece instead of relying on your parents. Go exploring and learn to make memories with your friends outside of Facebook. It will give you something fun to talk about during reunions.

CORPORATE LIFE?

Attend career fairs to get an idea regarding the jobs you might be interested in. You might even end up finding your dream job. Then, just to get a taste of the career before committing to it, take up an internship or a part-time job to see what it is like. It will give you an insight into the workload and be another opportunity for networking. If an internship does not work out, try starting your own business where you can be your own boss, and earn some serious money, if your idea is unique enough and you do it properly, of course. Even if your business fails, it is better to experience failure now than later on in life. Employers always tend to look out for graduates with practical skills and creativity. So work experience is a good

way to make your resume stand out.

Pro-tip: Keep in mind to compile your ideal CV ASAP to help you identify what areas you need to work on.

COUNT THE MONEY

Don't worry, this has nothing to do with being a finance student. Everyone should be familiar with personal financing. Take a month to calculate your expenses from your pocket money. It will not hurt to know your own spending habits.

Pro-tip: It is always a smart idea to have money saved up for a rainy day.

OWN THE PODIUM

Some of us are terrified of speaking publicly. University is the perfect place to overcome this fear. You will need to know how to reach out to your audience and make yourself presentable. If you can get university students to listen to you and convince them with your words, then you will have no problem with your future boss or clients.

STEP OUTSIDE YOUR ZONE

You might learn something new and fun doing a course outside your department. It also shows that you are flexible, well-rounded, and open to various ideas. Maybe even pick an argument (the friendly sort) with an

arts student just to get an idea of how they think and perceive different ideas.

Added advantage: You might learn a thing or two about liberal humanism and neo-colonisation and maybe even want switch departments, who knows?

WHY BE SELFISH?

Donating your time to any cause or for the sake of community work is always a great way to cleanse the spirit, learn something new, and of course, to develop network. You get to experience the joy of giving back to society and see the worth of your work. You can also take part in protests and awareness programmes to support a just cause. Would you really be able to call yourself a student unless you have spent hours chanting with posters demanding change?

These are just a few things you can try. Having a bucket list is going to help you accomplish more in these four years than you might think. All in all, this time comes with opportunities for self-improvement and expanding your horizon, which will help you to achieve your goals and more in no time.

By Puja Sarkar