

WHAT YOUR DREAMS SAY ABOUT YOU

SYEDA ERUM NOOR

Dreams can say more about you than anyone else can at times. One can say that it's a way the subconscious is making an attempt to communicate with you.



There are many different theories as to what dreams mean and what they signify. However, here we attempt to give you a few possible theories as to what your dreams may be telling you.

BODIES

Having a dream where we see bodies is very common. Almost everyone has had a dream of this sort.

In fact, nakedness in a dream is affiliated with the feeling of vulnerability. So if you've had this dream too, see if you can think about any part of your life where you may be feeling vulnerable.

DEATH

Another rather common dream is when you dream of death. The death could be yours or someone else's.

Regardless of the person, it may mean that whoever it is that died in your dream, has been able to let go of a rather nasty habit that they may have been working on.

LOSING CONTROL OF A VEHICLE

Like many of you may have guessed already, when you dream that you are either in a car that is being driven in a way that you have no control over or you are behind the wheel yet cannot seem to control the vehicle, it may suggest that you are feeling as though you don't

have control over a certain part of your life. It suggests that you may be feeling helpless.

BEING LATE

If you dream of arriving late to some important event, it may mean that you are beginning to feel rather overwhelmed with the amount of work you have right now. Maybe you bit off a little more than you can chew and it maybe a good idea to rethink your commitments.

DROWNING OR BEING TRAPPED IN A SMALL SPACE

If you dream of yourself being trapped somewhere, such as an elevator, a room, or a house, it may suggest that you are feeling trapped or cornered in real life. You may be feeling suffocated with where you are in life and all you may need is a break, or to get away from where you are and refresh yourself.

These are just a few of the common dreams you may have had, and this theory may apply to you. However, it is important to remember that dreams are all subjective and this may not apply to you at all. In any case, make sure you get enough sleep.

Syeda Erum Noor is dangerously oblivious and has no sense of time. Send help at erum.noor1998@gmail.com

BYE, ZITFACE

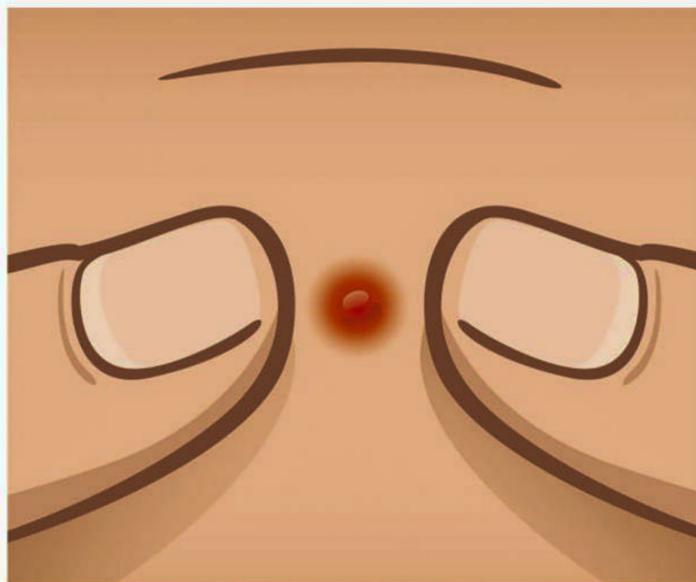
HIYA ISLAM

Growing up, acne has been a part of me for as long as I can remember. Fresh faces never rang a bell. It was the tiny bumps and lumps of pre-teen years, exciting at first and then progressively distressing, that sprouted here and there for about a decade. As terrible as it gets, its dominion advanced.

For years, I dwelled on the singular myth that "with time it gets better". Spoiler alert: it gets worse or it keeps clinging onto you endlessly. Turning 20, I realised it is high time that some form of intervention is needed ASAP.

Getting to know your skin is a piece of work on its own. There are defined categories: normal, dry, oily, combination, and sensitive skin. But it does not end there. The trial and error basis of testing what works on your skin and yet, for how long is exhausting. Trying out recommendations with no luck is a big bummer. Over the years, switching from one remedy to another, from one "vanishing" cream to another, nothing seemed to bring permanent change. A temporary relief – that is all it would be. A week's break in the routine and my face would go back to square one.

I suffered from what is known as "moderate acne" which



is all the more reason to pay no attention. A basic understanding on how pimples develop was my guide on how to tackle them. These are, in essence, tiny balls of infection caused by excessive oil secretion. *Propionibacterium acnes*, the residing culprit, thus, called for an antibacterial agent.

Think of salicylic acid facewashes and tea tree oil solutions – total game changers. Controlling sebum production did the trick. Dunking my face in minus degrees water or ice facials, even during winters, resisted the oiliness. However, acne, in reality, stems from various aspects. I decided to pinpoint these down. Exams, dehydration, staying up late, and too much sugar made it to the list. I will admit the latter two were miles far from guessing.

My daily grind changed. There were occasional relapses. Better sleep routine, more water, less sugar, and strategic preparation to eliminate exam stress were some of the sacrifices made. Bringing this many changes at a time took its toll however. For a while, nothing seemed to work out. Thus, it was one step at a time. A gradual shift to a new groove. With a couple of prescription drugs and new-found skin care products, it was finally time.

What worked for me may not work for someone else. But the point is that if it affects your self-esteem, it should be gone for good. It may take a while, but every bit of it is worth it.

Hiya's spirit animal is Hermione Granger. Tell her yours at hiyaislam.11@gmail.com



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