Perfection: *Working towards the unattainable goal*

SYEDA ERUM NOOR

Proving ourselves or trying to find our place in the world is second nature to some of us millennials. We exist at a time, where competition has never been higher and nearly everyone around us is an over-achiever. We're surrounded by examples of success and perfection. This leaves some of us constantly striving for more.

We're constantly tossed around in this tide that we're trying to keep up with all the time. By sixteen we're expected to know what we want to do with our lives. By eighteen, we're expected to already start building experience in workplaces. By the time we're in our twenties? We're supposed to know how to do everything, to be the best versions of ourselves. We're expected to know how to balance work, social life, education, family life, all while "working on ourselves".

I myself have recently come to the realisation that everything you're working towards? It's all a glorified lie.

It's this promise of a perfect image, of this ideal life that we're made to believe we need to work towards. And the ideal life keeps changing.

First, you work towards being financially independent. Get any job you find, and work your butt off. Then? Well, now you have to get yourself a car. Work for that promotion. And then the perfect partner. Once you've done that, you're expected to have the perfect relationship; to be happy at all times of the day. You have to have social

gatherings and be the stand-up guy/girl that you are. Entertain, make them laugh. Go home, read a self-development book that'll help you be an even better man/woman.

No matter how much you achieve or earn, you will never be living your ideal life.

something. However, in the process, you'll lose time, and the ability to be young while you can.

You don't have to constantly work on benefits. Sometimes, you just do things because you want to. Because it'll make you happy, in that moment. Not because of some future that you may or may not have.

Of course, I'm not telling you to stop chasing your dreams. Chasing dreams, working on things you're truly passionate about is important. Because it's what makes you happy. At the risk of sounding ignorant, I want to remind you that while I understand most of us don't have the privilege to drop everything and chase our dreams, it's still something worth investing time in. It's important to allocate that time to doing something you enjoy. And not just working towards a better future, set by the society's idea of what you should be.

What I'm trying to say is, stop working towards being happy all the time, because that would mean that you're not happy right now. Stop taking on bucket loads of work so you can have a great future. Take on what you need to, and remember to leave time for yourself.

The world is a constantly buzzing place, with everyone rushing to get somewhere. And I urge you not to get lost in that white noise and constant hustle.

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

Because your ideal life keeps shifting.

As a result, we keep taking on work. It'll help us right? We'll either learn something from it or we'll make something off it. We have nothing to lose. Right?

Sure. You'll learn something, you'll make

Stay Hydrated, Stay Healthy

H. RAINAK KHAN REAL

Legend has it that long ago, in ancient Bengal, lived a prince who wanted to find out the secret behind leading a healthy, disease-free life. Despite his destiny to be a ruler, he embarked on the journey to find the truth.

He travelled hundreds of miles, endured many hardships along his journey, yet he couldn't find the answer he sought. Finally, when he was about to give up his search and return to his kingdom, he found a sage resting beside a waterfall. Delighted, he got down from his horse, bowed respectfully and asked the wise man. The sage listened to the prince, then pointed towards the waterfall and responded in a serious tone, *"Pani kha."*

Fast forward to the 21st century, we are reminded to stay hydrated quite a few times every day, whether it is by our mothers or our fitness/workout apps. It is because drinking water is crucial to staying healthy and keeping our organs functioning properly. Water plays some very important functions within our body, such as regulating body temperatures, helping in the digestion of our foods, maintaining electrolytes, expelling toxins from our body and even aiding the transportation of oxygen to our

PHOTO: **ORCHID CHAKMA**

cells. So, when we stop drinking sufficient amount of water, it means that less water is available within our body to carry out these important tasks and as a result, the body starts showing symptoms such as weakness, dryness of the throat, low blood pressure, dizziness and the most common of all – a dark urine.

The average human body is composed of 55 to 60 percent water. Water is present not only in our cells and in our blood, but also in our brain, lungs and heart. Even

our bones, the hardest part of our body, are composed of about 31 percent water.

Now the question is, even though we have so much water in our body, how do we lose water?

Study suggests that through our sweat, urine, bowel movements and breathing, we lose about two to three litres of water every day. The weather and environment in which we live also play an important role in this regard, an example of which is we tend to lose more water during a

hot summer day.

Okay, so how much water should we drink every day? According to the Harvard Medical School, there is no single accurate answer to this question because the water requirement for every person is different. For a long time, we have been told that we should drink eight glasses of water every day. Now, this conventional wisdom has been replaced by research suggesting that depending on our body weight and the environment, the recommended amount of water is between 2.5 to 3.7 litres for men and about 2 to 2.7 litres for women.

Staying hydrated is a must for leading a healthy life. Therefore, we should focus on optimal daily intake of water for our body to function properly.

References
1. Nacamulli, M. (2016, March). *What would happen if you didn't drink water?*
2. Harvard Medical School (2020, March 25). *How much water should you drink?*
3. Shubrook, N. (2019, December 19). *What are the health benefits of drinking water?*

H. Rainak Khan Real has set the goal of drinking optimal amounts of water from now on. Cheer for him at rainakkhanreal@gmail.com