

**A Report on the Internship at**

***Daily Sun***

Fatema Afroz

14103009

Department of English and Humanities

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**I n s p i r i n g   E x c e l l e n c e**

BRAC University, Dhaka, Bangladesh

**A Report on the Internship at**

***Daily Sun***

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Of

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By

Fatema Afroz

Student ID: 14103009

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## **Dedication**

This report is dedicated to the inspiration of my life, a superwoman, and a caring friend, my grandmother Ms. Haseena Haque. It is also dedicated to my two adorable nieces Zayan and Zehna.

## **Acknowledgement**

“Therefore remember Me (by praying, glorifying). I will remember you, and be grateful to Me (for My countless favors on you) and never be ungrateful to Me” (Quran, 2:152).

At first I would like to express my cordial gratitude to the Almighty Allah for giving me the strength and the ability to finish the report within the scheduled time.

The very first person whom I would like to convey my gratefulness is my grandmother, Ms. Haseena Haque, who always thinks ahead of time and inspires me in every possible ways. I would also like to take this chance to express my heartfelt gratitude to my father Engineer (Retd) S M Shahidul Haque, and my mother, Ms. Afroz Dil Sultana. Without their unconditional-love, patience, and understanding, reaching the end of my undergraduate career would never have been possible.

I would like to thank my siblings who showed me the path towards honesty and serenity. Thank you all. Also, I want to mention that, I would always be in debt to my aunts and uncles for being with me through thick and thin. I thank them all for being my support system.

This work would not have been possible without the continuous support of my favorite faculty of all times, a true idol and an incredible woman Ms. Roohi Huda. Her effective guidance enabled me to write this report and submit it on time. I am also grateful to all the other faculty members of the Department of English and Humanities, BRAC University, for their guidance.

Also I am grateful to my friends Anika Tabassum, Sadia Siddiqui, Shaila Akter Sathee, Zarin Tasnim and Lubaba Rahat Alam who were beside me during my tough times, and always encouraged me to work hard.

I am really grateful to *Daily Sun* and stuffs. They not only gave me the ground for gaining practical experience, but also, supported me constantly during my internship. I would also like to thank my uncle Late Mr. Bazlul Haque whom we lost recently, for his kind support. You will always be remembered Chacchu.

Finally, I want to express a special gratitude to my wonderful mother, without her constant support and encouragement, I would never have been able to pursue my education.

**Fatema Afroz**

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## **Introduction**

In order to explore the world newspapers have always seemed to maintain their roles by providing important and resourceful information about the world. It has never failed to play an important role in our everyday lives. Even our everyday lives have become much easier as we can get to know about the recent events in the world just by reading some pages. As human beings we are always curious to know what is happening around us as well as around the world.

Newspapers are meeting the demands of our curiosity. Newspaper is a kind of media that helps people to stay updated every day. Media is an element of globalization. Arjun Appadurai, a contemporary social-cultural anthropologist recognized as a major theorist in globalization studies describes this as mediaescapes. According to him, “mediaescapes refer both to the distribution of the electronic capabilities to produce and disseminate information (newspaper, magazine, television stations, film-production studios) which are now available to a growing number of private and public interests throughout the world and to the images of the world created by this media” (35). Therefore, we can say that we are seeing the world through media. We can travel to places through the media without travelling physically. For instance, through the help of media the whole world was witness to the most controversial election that took place in 2017 in the United States of America. We were physically not present there, but our minds were present. In fact, we were mentally participating in that election. We could even feel the vibe of that election by sitting in our homes. All this happened with the help of media.

Newspapers are one of the good sources to get all kinds of information such as politics, sports, business, news of entertainment, national and international news as well. Along with these we also get much knowledge related to health, art, science, technology, academia, food and lifestyle. The foremost purpose of a newspaper is to let the readers be informed about what is

happening around the world. Newspapers also contains different advertisements as they have to keep up with the evolving world. In addition, advertisements are also the main source of the outcome for the newspaper.

Before television or internet based media, newspaper was the only source for people to get news of what was happening around the world. The world seems like a small place as we all can get news about different incidents or events into pages without doing any hard work. In addition, newspaper has separate pages according to different subjects. For instance, National page, Business page, Sports page, International page, Editorial page, Entertainment page. It also contains columns of matrimonial, vacancies, wanted and missing notifications as well. Reader can choose easily what section or column they want to read first.

In our country we have many Bangla and English newspapers. Although the priority of Bangla newspapers are more than the English newspaper, because our first language is Bangla and majority of our people do not know English very well. However, gradually the importance of English is getting attention day by day. Therefore, the significance of English newspaper is also rising. On that note, I got the opportunity to do my internship in an English newspaper as part of my undergraduate studies.

Journalism is a profession related to media, and the person who gathers information, writes and delivers the news to the public is known as a journalist. A job of a journalist is not an easy job. A journalist's duty is to serve the truth and non-biased news to the public. Journalists can be general reporters or specialist reporters. Reporting, interviewing, collecting information for news stories, editing news and analyzing facts are different parts of journalism. To become a journalist, one has to be dedicated and passionate because this job takes a lot of effort and energy. On the



other hand, it is an exciting profession. A journalist gets to cover news stories and gets the exposure to learn new things every single day. Therefore, he or she never gets bored.

### Brief History of *Daily Sun*



Logo of Daily Sun

*Daily Sun* was founded in 2010 by The East-West Media Group. It is one of the daily English-language newspapers in Bangladesh. The East-West Media group Limited is the largest leading media house of Bangladesh. The enterprise owns two Bengali language dailies such as Bangladesh Protidin and Kaler Kontho, an English language daily which is *Daily Sun*, one of the most popular bi-lingual online portal [Banglanews24.com](http://Banglanews24.com) and a radio channel Radio Capital fm. East-West Media Group is a part of Bashundhara Group.

*Daily Sun* consists of twenty-eight pages including four pages on business, and eight pages on sports called “Winner”. The newspaper has various sections such as Front Page, Back Page, Metropolis, Sun Extra, Editorial, Asia, World, Culturetainment and Post-logue. *Daily Sun* is circulated daily. Approximately it has thirty-four thousand readers in Dhaka city. Groove, Hood and Morning Tea are the paper’s weekly supplements that come out on Monday, Thursday and Friday respectively. The readership of this newspaper is mainly for the people who know English. It has celebrated its 7 years on October 24<sup>th</sup> 2017.

The eminent historian, British Commonwealth scholar and a senior faculty of Dhaka University Professor Syed Anwar Hussain was made the first editor of the *Daily Sun*. Later, the

freedom fighter Amir Hossain became the editor of *Daily Sun*. However, after the sudden death of Amir Hossain Md. Shiabur Rahman was the acting editor. Currently, the editor of *Daily Sun* is Enamul Hoque Chowdhury, and Md. Shiabur Rahman has become the executive editor. The authorities of the newspaper are bias free and try to keep themselves honest and rational. The working environment is very good, and the employees are very friendly and helpful to each other. The office is located at plot no: 371/A, block: D, Basundhara R/A, Baridhara, Dhaka- 1229.

The print version of *Daily Sun* is also available in online- <http://www.daily-sun.com/> Therefore, people can also read *Daily Sun* in online anytime and anywhere. Along with it there is also ePaper of *Daily Sun*. This is also accessible online. The ePaper can give the feel pf reading an actual newspaper virtually. Unlike the online newspaper, one can turn over the pages by clicking next to go to the next page, and back to go to the previous page.

The number of employees in *Daily Sun* is around eighty. These people work in different sections. For instance;

- Culturetainment- two people
- Sports- five people
- Reporting- sixteen people
- Front and back page editing- five people
- Metropolis- three people
- Districts- two people
- Marketing- thirteen people
- Online version- eight people

- Business- ten people
- Photos- three people
- Magazine- seven people
- Circulation- two people

There are also sub-editors, who edit all the write-ups of these people, and make sure that no vague news story has been published.

### **Diversity of my writing**

Due to the internship at *Daily Sun* I was able to demonstrate some of my capabilities which I thought never existed in my internship assignment. I was able to apply most of what I learnt from the media courses in my writing. For instance, I have taken Eng 404 Editing, Eng 404 Copywriting, and Eng 440, English for the Print Media, Eng 465 Translation studies and Eng 333 Globalization and the Media. And feature stories, event reviews, personal essays and there are some topics I covered in the Eng 440: English for print media course. There are some assignments I had to submit during my internship. Apart from these during my internship I also learnt recipe writing and how to write scribbles.

### **Feature**

Feature stories are a popular content of print, electronic and online media content. According to my Eng 440 English for the Print Media course packet, feature stories are human-interest articles that focus on particular people, places and events. Feature stories and these are, journalistic, researched, descriptive, reflective and through writing about original ideas. In addition, feature stories cover topics in depth, going further than mere hard news coverage by amplifying and explaining the most interesting, elements of situations or occurrences.

While writing a feature I always tried to obey all the rules so that my features came out good. Moreover, every time I wrote a feature there were certain rules I tried to follow. According to Eng440 English for the Print Media course packet the feature writers need to remember three things and these are-

- The writer's opinions and attitudes are not important to the story.
- The writer keeps herself or himself out of the story.

- Writing in the third person helps maintain the necessary distance.

The following are the different kinds of feature:

1. Human interest- These are the best known feature stories. Human interest stories discuss issues through the experiences of another. Example- sexual harassment of women in the work place.
2. Profiles – This is a common type of feature. This type of feature presents an individual's character and lifestyle. These features are mostly about celebrities or famous people. Example- the profile of Hillary Clinton.
3. How-To- These features give information on how to do something. The writers learn about the topic through education, experience, research or interviews with experts. A feature can be written about how to cope with the cultural shock.
4. Historical features- these features celebrate important dates in history or turning points in our social, political and cultural development. They offer a useful juxtaposition of then and now. Historical features take the reader back to revisit an event and issues surrounding it. Example- a feature on 21<sup>st</sup> February.
5. Seasonal themes- These features are stories about holidays and the change of the seasons. They cover life milestones, social, political and cultural cycles and business cycles as well. Example- a feature on summer in Maldives.
6. Behind the scenes- These features offer the inside views of unusual occupations, issues, and events. Readers like feeling privy to unusual details and well kept secrets about

procedures or activities they might not ordinarily be exposed to or allowed to participate in. Example- a feature giving inside information about how a magician performs his/her tricks in front of the audience.

7. Product Feature- A product feature is a slice of business functionality that has a corresponding benefit or set of benefits for that products end user. In a product feature prices of similar products are also compared. For example: face washes by Body Shop and Dove.

During my internship I wrote few features and most of them are about social issues and some possible solutions. Some of them have been published during my internship period and others are getting published after the completion of my internship. The published feature titles are, coping with the Cultural Shock, Technology Taking a Heavy Toll, Don't Let Bitterness Spoil Your Conjugal Life, Dazzling Makeup Ideas to Enhance Beauty, Essentials that Every Woman Needs to Keep in Her Bag, I also wrote a combined event review with my colleague, titled, DITF: A Haven for The Shopaholics. In addition, I wrote two recipes as well. I always tried to keep in mind the above three rules while writing features, I used to write features from a third person perspective. I do knew the word limitation that a feature could have on paper and that a writer has to be careful about the word limit. According to my magazine supervisor Mr. Morshedul Alam Mohabat a magazine feature is usually between 500-5000 words. In "morning tea" the word limit for feature was 700-900 words. Generally, I used to write about 800 words.

Here are some features written by me,

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insight

## Coping With Culture Shock

Fatema Afroz Subha

Suppose you are staying in London city for a week and paying a visit to your uncle's family living there. As a Bangladeshi, you find everything quite unfamiliar and very strange in the city. In the meantime, one of your cousins invites you to a casual party to hang out with her English friends. As you attend the party, you see that the rest of the party casting their eyes on you in a strange way. You find it very difficult to introduce yourself to your new friends. You cannot muster up your courage to share your idea with others while they enjoy talking among themselves. You do not understand their accent while you are mocked at because of your different accent of English. When you go shopping, or walk along the streets you feel that you are looked upon by others in an unlikely way because of your different way of dressing. You feel entirely alienated and depressed. You miss your past lifestyle, environment, your own language and behavior. If such thing happens to you, then we can say that you are experiencing a situation of culture shock.

Let's shed some light on and have a clear idea about what 'culture shock' exactly is. Well, it is an experience a person may have when one moves to a cultural environment which is different from one's own. It is also the personal disorientation a person may feel when experiencing an unfamiliar way of life due to immigration or a visit to a new

country, a move between social environments, or simply transition to another type of life. Under different circumstances, life may require you to move to a new place or to a cultural environment which is different from our own. You may find it difficult to adapt with the new environment and go through culture shock until you become acculturated to the new place.

Well, a person experiences culture shock because he or she finds the climate, food, language, dress, social behaviors etc. of the new place quite new. Sometimes this process can frustrate anyone and make him miserable if the person cannot communicate through his or her own language. It is not uncommon that when a person experiences culture shock after going to a different country or place, he finds everything difficult to do: to know new people, to visit new places, to try new food and so on. Bukenya Henrique, a foreigner studying in Bangladesh, said in this regard, "Well, my feeling is both good and, sometimes, bad. The people are hospitable here. I have learnt about the new culture. But the food is a big trouble for me. It is extremely spicy. And I am bored with the common menu- rice."

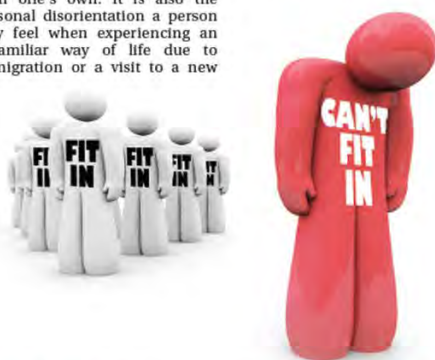
According to UK council for International Student Affairs (UKCISA) there can be five stages



of culture shock. In the first stage, you may feel a bit infatuated with your new culture, i.e., lifestyle, language, foods. Next, you start feeling isolated and alienated. In the third stage, you feel lost. Then you start missing your home and as a result of the feeling of isolation, finally you go through a mental trauma. Whereas some people can adapt with new their situations easily, many others fail to understand and accept the new culture. Sometimes the shock feels so unbearable to them that they become extremely depressed and choose to do self harm or even try to commit suicide. If your character corresponds to the latter ones, then this is where you need to stop for a moment and realize that you are facing a culture shock.

However, it should not worry the

readers. If you go through such culture shock, you should keep in mind that this is not a permanent thing. And you can overcome the problem by taking some easy ways out. Firstly, you have to communicate with people. The more you feel connected with others, the sooner will you be able to overcome this problem. You should also know about an irony that you may also go through a same shock after coming back to your own country and people. You can even feel it tough to adjust with your own culture and people in the same way. So, you should also try to understand the fact that the phase of culture shock and your mental trauma will come to an end after a little period of time and you will be able to enjoy things around you again. ☺





## 12 GROVE

### USE PRIMER

Whenever you are using an oil-based primer, do it before your eye makeup so that the skin can fully absorb it. Prime your eyelids too and set them with translucent powder.

### LIGHT EYE SHADOW

You may use light eye shadows to make your makeup look

much more bright and natural. For example – it can be radiant peach color or any other color you like. Then apply eyeliner as you like it.

### CONCEALER

In order to keep your makeup light and natural, skip foundation and move on to the concealer. When you have a blemish that your concealer can't seem to cover, you can try an

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### TIPS AND TRICKS

eye shadow primer near your skin instead, or an eye shadow primer underneath your concealer to keep it away from creasing.

### CONTOUR

Lightly set everything with translucent powder and move on to contouring your face. Don't forget to contour your nose.

### BLUSH

Blush is an important part of the makeup. Blush your cheeks and you may also use some blush on the outer edges of your cheeks. In addition, doing this with your blush will help you get that rosy effect without making your face appear too flat. Finish it through applying a subtle lighter.

### LIPSTICK

You may use a nude color to make your lips look natural with a slight touch of pink. If you are still not satisfied, then you can go along with a different theme. For example, bright red lips and black eye liner are classic for going out on the weekend, but a soft and warmer makeup look can make you look delicate.

Finally, you can use a fairness cream to retain the natural glow of your skin. But remember that your beauty product should be of good quality.

## Dazzling Makeup Ideas To Enhance Beauty

FATEMA AFROZ, SUBHA

*Winter is the ultimate enemy for skin and therefore some extra care is needed in this season. However, sometimes makeup may make your skin look dull and in order to get a perfect natural look this winter, there are some easy steps that can be followed to keep your skin look glowing and fresh.*



Fair & Lovely BB CREAM

FAIRNESS CREAM WITH A MAKE-UP FINISH

BB CREAM

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FEATURE

# Unique Hair Colours You Can Try This Season

Fatema Afroz Subha

## PERFECT BLACK BLUE

**P**Are you aiming for something sultry, but with a cool edge? If so, then this is the look for you! Subtle and chic, this hair colour will take you from the office to the party and have you looking totally fabulous for both occasions. It transforms in different lighting, and the deep dark colour leaves your hair with great depth and shine. To achieve this look, remember you have to bleach the lower portion of your hair and then apply the blue colour which will give a high gloss. You can try it on long hair as well.

## GUN METAL GREY OR SILVER

Silver hair has become more likely a trend now and this is no longer being called as 'granny hair'. Variations of silver hair colors that

*Hair has always been the center of concern for the girls who carry the prominence of that thick black natural long shiny hair. For all the stylish girls out there here are some electrifying hair colour ideas that can reveal a different version of your beauty!*



are becoming more and more popular are incorporating ombre trends, with dark roots leading to long spans of gray hair and ending in colors ranging from stark snow white to some of the most vibrant shades of primary colors to be known. With the onset of the popularity for silver hair, the enchantment surrounding the style has not faded, but grown. However,



GR OVE 9



strong, try this out. This is basically a perfect combination of different colors and shades. You can also try a combination of peacock and rainbow hair. Remember that any kind of hairdye is perfect for trying this unique colour.

Finally, just be a little cautious. Before dyeing your hair, ask the hairstylist if your hair is ready to try these unique colours as excessive bleaching may harm your hair. Therefore, as a solution, you can choose only to highlight your hair instead of colouring it whole.

long hair or disconnected bob, medium, bob and large bob are partially suitable for this and anyone at any age can rock gray hair, and beautifully arrange it in a plethora of styles.

## SCARLET PINK OR BRIGHT PEACH PINK

This hair colour can make you look funky and a bit of retro touch can be a good combination. It basically suits on lighter hair but people with black hair can also use it but make sure you bleach your hair first. It's also a good idea to combine the peach hair dye with some touches of pink, apricot or rose to achieve that lovely hand-painted effect. In addition, you can also think about 'rose gold' hair colour!

## RAINBOW HAIR OR UNICORN HAIR

If you want to keep your hair





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## FEATURE

## Essentials That Every Woman Needs To Keep In **Her Bag**

Fatema Afroz Subha

### ESSENTIALS FOR A STUDENT

Due to the university pressure, a student is always on a run. Therefore, they probably don't get enough time to get ready properly. For instance, besides their important notebooks, and study materials, water bottle and wallet, a student needs to keep essentials like an umbrella followed by sunscreens and shades. Along with these, they may carry some basic makeup kits like eyeliner, compact powder, lipstick and body mist.

### FOR CORPORATE WORKERS

There are various kinds of bags they may choose for their professional life and these can be leather flap bags, ruffled leather shopper, althea small satchel or it can be even shoulder bag. For a day having no work pressure a woman can have a few essentials in their bags like a small note pad, a pen, keys, chapstick, glasses, shades, lipstick pouch, ear phones and wallet. On the other hand, if it is going to be a tiring day, then a woman has to carry a sturdy tote bag to keep some extra essentials such as miniature perfumes, toiletries, deodorant, tissue, flat comb, candles and snacks.

### FOR A MOTHER

When a woman becomes a mother, then she needs to take care of her baby as well. When a mother is going out with her child, it is necessary for her to take extra things. Alongside her own personal belongings, she needs to carry a big bag full of baby essentials depending on the baby's age. If she is a new mom, then things like baby food, baby wipes, diapers, extra clothes, burp cloths, blanket or nursing cover and plastic bags must be



*'Bag' is the ultimate companion for a woman when she is going out. It almost feels like they can live without air but not without their bag. Well, women choose bags depending on where they are heading for. Moreover based on a woman's profession like a student, a corporate worker, a mother or a businesswoman there are some essentials that a woman must keep in her bag.*



carried with her. Besides, toys, baby powder, hls and so on can also prove to be useful.

It is said that no matter what happens, one should always be prepared for everything. This is true for a woman. As a woman, you should follow certain rules regarding what to keep in your bag and what not. For example - if you are leaving for a long journey, make sure that you have enough fluid and food for the journey and probably a book, hand sanitizer and a good play list. Because you never know what you may need during your journey.



## Personal Essay

Writing personal essays always gives me pleasure. Unlike feature writing personal essay do not require any research rather they focus on own experiences, thoughts and discoveries. I can write according to my personal choice. As I learned the techniques of writing a personal essay in Eng 440; English For the Print Media course, I did not face much difficulty while writing personal essay. I learnt in the course that personal essay topics can be about my memory, belief, desire, complaint, apprehension or hunch captured by the writer. It is about the writer's discovery about him/herself. According to freelance journalist Mridu Khullar, "Personal essays happen by accident, when in the process of setting out to find stories, we end up finding ourselves. Every frustration, adulation, inclination, anguish or misery then becomes fodder for the personal essayist's pen" (58). I also learned that through a personal essay the writers build a relationship with their audience through words. The focus should be on the story, not the words which means the essay to be written in a way that helps the reader to connect with the writer. A writer needs to write a personal essay in such a way that the audiences can visualize the writers experience.

At the age of 15, I developed a feeling that was society not accepting me the way I am. As I became older the people of my surroundings became critical. Most of the people started body shaming me of being fat. This feeling let me down in different ways. There were times when I had a chance to prove myself to others, but due to lack of confidence I lost most of the chances. I started getting depressed, and most of the time started fearing people and their judgmental attitudes. However, with time I also learned how to tackle situations on my own and how to prevent people from talking negatively about my body. In my personal essays, I tried to explain most of my feelings and some possible solutions through which one can learn to protect oneself from criticism.

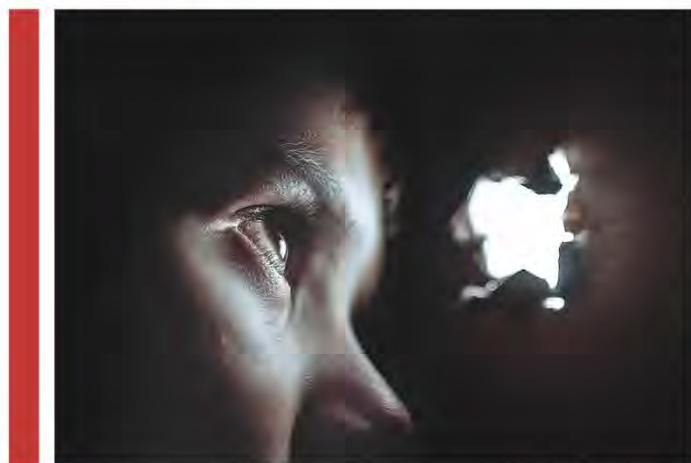
Here are the personal essays written by me,

12

insight

# Overcoming Your Fear

Fatema Afroz Subha



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

■ – Nelson Mandela

Suppose, you are walking down the road at night and you see someone is following you constantly. How would you feel? Or maybe, you know you are going to fail in one subject and the next day is the result day and you have to bring your parents to school, how would you feel then? You may experience an unpleasant feeling, which may cause you physical trauma, for example - a faster heartbeat, rapid breathing and an increase in blood pressure. Well this is what fear does to us. Fear is an abiding part of our lives and we all wish it was not there so that we could live a peaceful life. So, what is fear exactly? How does it occur? Who creates it? When does it happen and how to overcome it? A lot of questions come to our mind regarding fear. Fear can break you and make you weak or you can climb above it and conquer your fears. The choice is up to you.

Fear is like a parasite between you and your goal. It is just a feeling, which keeps you away from success and discourages you from accepting challenges. According to Psychology Today, "Fear is an emotional response induced by a perceived threat, which causes a change in brain and organ function, as well as in behavior. Fear can lead us to hide, to run away, or to freeze in our shoes. Fear may arise from a confrontation or from avoiding a threat, or it may come in the form of a discovery." In this

world, fear asserts different kinds of phobias too. For example, fear of failure (Atychiphobia), fear of snakes (Ophidiophobia), fear of suffocation (Claustrophobia) and many more.

Since the cause of fear is unknown, it is sometimes difficult to understand how it occurs. We only feel it when the source of fear is present, or in some cases, something good is absent (such as the absence of light). There is nobody individually responsible to create fear. Sometimes it can be the society, family, friends or maybe the person himself. As it has been said that fear is a mere feeling, therefore it depends on us whether we choose to be afraid of something or not. There might be many unpleasant incidents and failures that cause fear. For example, I have acrophobia which is the fear of heights. When I was a kid I jumped from a cupboard and hurt myself and it was probably then that I developed a fear for heights. Fear can also bring collateral damages that may hurt your self esteem or destroy you from within. I have heard from many parents who lock up their child in bathrooms as punishment with lights off. As a matter of fact, they might think that this could be a possible solution for them but little do they know that it can also create an unknown trauma and fear later in their future.

It is also important to remember that fear is a state of mind that keeps you away from being

successful. You have to understand the fact that you may not overcome your fears overnight. It will take time and patience. That's totally alright. Don't push yourself too hard and don't go beyond your limits. In order to overcome your fear, you have to keep in mind that failure is a part of our lives and we all failed at least once in our lives or maybe many times. But this is not a sign of weakness. The more you'll try, the stronger you will get. Confidence will always show you the way. According to an article published in Huffington Post, "Fear produces stagnancy because it causes us to battle against ourselves. The rational part of our brain wars against our agitated emotions, and the struggle for the stronger of the two causes great stress within us. We worry that our worst fears may come true. And exactly that which we fear, ironically, we bring to life. Conquering our fears begins with the acknowledgment that oftentimes fear is a decision, not an inherent trait or needed component of life."

So, if you are facing your fear and your body is telling you not to run away, then don't give in. Take a deep breath. Choose your weapon that can help you win, for example, by boosting self-confidence, erasing negative imprints and awakening the power to face the truth. Accepting failure is also important. However, if you still feel like you are suffering, if you feel de-motivated and powerless, then remember one thing that you can always ask for help, there are people who love you and you are not alone. ☺



# Should Anyone Bother About Inferiority Complex?

Fatema Afroz Subha

**“It is imperative that a person who is suffering from inferiority complex should stop wanting to be like others and try not to worry about what others think. He should stop comparing himself to everyone else and rather focus on his own positive attributes. Bringing an end to negative talks is also necessary.**

*“Remember, no one can make you feel inferior without your consent.”*  
-Eleanor Roosevelt.

It really hurts when a five-year-old girl complains to her mother that the kid's friends call her ugly because of her dark complexion, and so she wants to be pretty just like the girls in the magazines. However, it takes long time on the part of the little girl to understand

that the real value of a person does not lie in her good looks but in the depth of her character. However, this type of feeling called ‘inferiority complex’ often affects not only the children but also the adults, subduing their real spirit and making their life desolate and unhappy.

Inferiority complex is a lack of self-worth, a doubt and uncertainty about oneself, and

feelings of not measuring up to standards. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme social behavior.

It is mentionable that an inferiority complex occurs when the feeling of inferiority is intensified in an individual owing to discouragements or failure.



Both men and women can suffer from this problem. Woman may feel it when they are judged by the color of their skin or physical structure. On the other hand, men may feel inferior as well under some circumstances.

Furthermore, a person having a lower socio-economic status or with a history of depression symptoms and children reared in households where they were invariably criticized or did not live up to parents' expectations are mostly vulnerable to developing inferiority feelings. Besides, someone who is prone to attention and approval-seeking behaviors may also be susceptible to it. It is also a common tendency of many that they feel inferior because they are not as healthy, beautiful or strong as others.

On the other hand, in our society, many people have a tendency to mock at and make fun of others whenever they see someone with a bit peculiarity, such as a person looking a bit ugly, too fat or too thin, or someone with a different accent etc., forgetting that their behavior may hurt the person and it may also compel the other person to feel inferior and helpless. Inferiority complex may also crush your self-confidence and self-respect. It is a painful experience but you must find a way out. And it is imperative that a person who is suffering from inferiority complex should stop wanting to be like others and try not to worry about what others think. He should stop comparing himself to everyone else and rather focus on his own positive attributes. Bringing an end to negative talks is also necessary.

Finally, I would like to recall the precious saying of the principle of our college which may really enlighten a person facing inferiority complex - “You have to remember who you are, where you come from; there is no one like you in the whole world having the same qualities that you possess. You are really unique. Does it really matter much what others think of you rather than what you feel about yourself?”



**Recipe Writing**

Cooking has always been my passion and it makes me happy. The joy I get when people compliment my dishes to be finger linking is beyond explanation. During my internship I got the opportunity to write a recipe which helped me to identify a side of me I never thought existed. I got to realize that cooking is far easier than writing a recipe. I received positive comments and this is helping me to think forwardly regarding my cooking abilities.

Here are the two recipes that I have written,



## Perfect Pizza For Afternoon Snack

BY FATEMA AFROZ SUBHA

Who doesn't like pizza? In particular, this is one of the favourites of university-going students. However, you can enjoy this item along with other members of your family in the evening. Follow this easy recipe.

### INGREDIENTS (FOR THE DOUGH)

- 2.5 Cups all purpose flour
- 1 teaspoon instant yeast
- 2 teaspoons sugar
- 2 teaspoons oil
- 1/2 teaspoon salt (optional)
- 1/5 cup warm water

### DIRECTIONS

Combine all the ingredients, knead it for at least 5 minutes and make a dough. When the dough is ready, cover it with a wet cloth and keep it in a non-ventilated area for at least 1 hour.

### INGREDIENTS (FOR MEAT TOPPINGS)

- 2-3 cups chopped beef/chicken
- 5 large onions
- 3 tablespoons soy sauce

- 1/2 cup tomato sauce
- 1 teaspoon oyster sauce
- 2 tablespoons BBQ sauce & chili sauce
- 1 tablespoon tasting salt
- 1 cup water
- 2 tablespoons oil
- 1 tablespoon garlic paste, ginger paste & cumin paste
- 1-2 teaspoon chili flakes
- 1 teaspoon black pepper & paprika
- Salt (if needed)

### DIRECTIONS

First, marinate the chicken/beef with garlic, ginger and cumin paste and refrigerate for 30 minutes. Then combine all the ingredients and cook it until it's ready and then rest it to cool.

### INGREDIENTS (FOR GARNISHING)

- 1/2 bell pepper sliced
- 3-4 mushrooms sliced
- 5 sliced pepperoni
- Cheese mozzarella, cheddar & sliced (use as much as you want)
- 2 teaspoons butter (in order to grease the pan)

- 1 tablespoon tomato, chili and BBQ sauce
- 1 beaten egg

### DIRECTIONS

- Preheat the oven for 10 minutes under 200 degree Celsius/392 Fahrenheit.
- After 1 hour when the dough is ready grease the pan with butter and place the dough on it and stretch or use

a rolling pin and pinch a shallow border and then punch holes using a fork.

• Apply all the sauces on the dough with half of the beaten egg. Lastly, add your favorite meat toppings and cheese, grease the other half of the beaten eggs over the edges of the pizza and bake for 30 minutes under 200 degrees.

• Increase time until crust gets desired color. Enjoy a perfect evening with a perfect mouth-watering pizza. 🍕





10GR daily sun  
FASHION,  
FOOD AND  
ENTERTAINMENT



## Flavorsome Pasta

By Fatema Afroz Subha

### INGREDIENTS

- 2-3 cups chopped beef/chicken/shrimp
- 7-8 sliced mushrooms
- 5 large onions
- 3 tablespoons soya sauce
- ½ cup tomato sauce
- 1 teaspoon Oyster sauce
- 2.3 tablespoons BBQ sauce & chili sauce
- 1 teaspoon tasting salt
- 1 cup water
- 2 tablespoons oil
- 1 tablespoon garlic paste, ginger paste & cumin paste
- 1-2 teaspoons chili flakes
- 1 teaspoon black pepper, oregano & paprika
- Salt (if needed)
- Pasta sauce (note: first add all the sauce except soya sauce, sprinkle some salt and tasting salt)

### INGREDIENTS FOR GARNISHING

- ½ bell pepper sliced
- 5 sliced pepperoni
- Cheese mozzarella, cheddar & sliced (use as much as you want)

### DIRECTIONS

- Cook the pasta in a large saucepan of salted boiling water until al dente and

*They say when you have a full bowl of pasta, then dig in with the spoon and feel the love.*

*This week enjoy your evening filled with joy and pasta with your family and friends.*

drain the water.

- First, marinate the chicken/beef/shrimp with garlic, ginger and cumin paste and refrigerate for 30 minutes. Then combine all the ingredients and cook it until it's ready and then rest it to cool. Later mix the sauce adding the chicken with the pasta slowly, then all at once.
- If you want to make an oven pasta, then pre-heat the oven for 10 minutes under 200 degree Celsius/392 Fahrenheit. After mixing the pasta garnish it properly, then put it in the oven for 20 minutes under 200 degrees. Increase the time if you don't want your pasta to be too saucy.



MONDAY 15 FEBRUARY 2018

FOOD DIARY

NEWS

## For A Memorable Valentine Rendezvous With 'Le Méridien Dhaka & BMW'



If you are romantic enough to escort your valentine in a luxury vehicle to a special dinner at one of the plushiest joints in Dhaka, this might be the only chance. With Valentine's Day coming up this month, Le Méridien Dhaka and BMW are coming together to arrange a Valentine's experience of a lifetime with their campaign named 'Once Upon A Valentine' offering the embodiment of the perfect Valentine's experience for three lucky couples. Focusing on Valentine's Day, this is the first campaign of its kind.

In order to be a part of this campaign, one will have to visit the site ([www.unlockjoy.com.bd](http://www.unlockjoy.com.bd)). After the initial registration, the participant will face a

series of questions followed by some interesting games.

The winners (3 couples) will be escorted from their home in a BMW to Le Méridien Dhaka. The lucky couples will be treated with a delightful full course dinner and amazing ambience followed by a one-night stay at Le Méridien Dhaka. They will be checking out the next day after breakfast as they will be dropped off to their residence.

The campaign is now open for all for registration and it will remain open till February 08, 2018. The name of the three lucky couples will be announced on the eve of Valentine's Day. The winners will experience the grand reward on Valentine's Day evening (February 14, 2018).

**Scribbles**

This is a different kind of writing. Unlike feature writing and personal essay, this contains more amusing and light hearted content. These kind of writings are basically related with humor. Humor is an integral part of our everyday interactions. One can express something or a certain subject in a humorous way. Even if the subject is a serious one, the subtle use of humor can both ease tension and provide a respite from difficult moments. During my internship, I had an opportunity to write something about the most popular and exciting term in our society these days which is “memes”. In my writing I tried to talk about the invention of meme, and how it became popular amongst people.



Following is my write up about memes,

**2 the hood** daily sun  
THURSDAY | 25 JANUARY, 2018



# Memes: The World Of Sheer Fun

Fatema Afroz Subha



The word "meme" has become so much familiar these days in popular culture that we did not realize we have started living in the world of meme. You may easily find that many people's photo gallery is filled with memes rather than his or her actual pictures. The word "meme" was first introduced by evolutionary biologist, Richard Dawkins, in 1976. "Meme" comes from the Greek word "mimema" (meaning "something imitated"). Well, this concept of memes has gone viral and people are always busy talking about this. In other words, it has become a great laughter medicine.

According to Lifewire, "The majority of modern memes are captioned photos that are intended to be funny, often as a way to publicly ridicule human behavior. Other memes can be videos and verbal expressions. Some memes have heavier and more philosophical content". There was a point when facebook grew to be boring as you had nothing to do without accepting friend requests, messaging others and uploading pictures. However with the passage of time and technological advancement the ideas regarding creativity have also flourished in the form of some exceptional mindfull manners. One such example is the memes. These humorous elements have made life much easier, less exhausting and stressful



than it used to be.

It is mentionable that elements like memes and other pieces of popular culture are the basic elements of public discourse. Author Rachel E. Khan in her book Social Media in Asia: Changing Paradigms of Communication explained, "Through internet memes, for example, 'the world is viewed', truth are argued', and 'stances are taken'. She also added, "Memes are an embodiment of free expression and public participation beyond the limitations of traditional media opinion, generation and distribution. Describing the fact through an anecdote, nowadays, I have encountered a fact that my phone is often filled with notification for example, '..... mentioned you in a comment' or 'you have been tagged in a post'. I therefore, unlock my phone and some awful, funny, humorous meme comes straight to my way." According to Lifewire, there are different kinds of memes, for example, humor meme, shock meme, urban myth meme, social meme, conversational meme and so on. This wide range of memes can sometimes even connect people. For instance, recently I have befriended many people with whom I hardly talked and not to mention it all happened because of sharing memes with each other.

In short, the world of memes has become an exquisite fantasy for us, especially for the young generation. In the meantime people feel more connected to each other through the meme world.

EDITOR: Enamul Haque Chowdhury EXECUTIVE EDITOR: Shiabur Rahman MAGAZINE COORDINATOR: Moshedul Alam Mohabat  
MAGAZINE TEAM: Rajib Kanti Roy, Nusrat Jahan Fritom, Md. Joydul Abedin, Sariful Islam GRAPHICS INCHARGE: Md Delwar Hossain  
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## Event Review

During my internship period, I was assigned to write an event review about Dhaka International Trade Fair (DITF). It was a team effort. It was written by me and my colleague. It was obviously new for me as I have always visited the trade fair as a customer but this time the experience was new to me. We had to do a lot of talking with the customers, as well as the sellers. The most exciting part was interviewing foreign sellers who came to Bangladesh to show what they are good at. In Bangladesh the demand of 'Kashmiri shawl' is high and we were able to interview one of the sellers and we got to know about their profit and other business strategies prior to this, in Eng440: English for Print Media, I was able to learn the pointers about how to write an event review. Therefore, I did not forget what factors a reporter should keep in mind while writing a review. According to the English 440 course packet:

- Start thinking on making your report happen as soon as the event is surely happening.
- Take pictures of all the main parts of the day for example if a band is playing, get some good closeups. Get the speaker, get MC, get the crowd.
- Get reaction quotes from people in the crowd during and after the event and the best way to transfer impact is to get it directly from people who felt the impact personally.
- Before and after the event, talk to the people responsible for planning and speaking at the event. They have valuable things to contribute since they see things from the different angle than the crowd.

- Make notes of pertinent stats such as the number of people attending, the location, the time, the theme, as well as anything else that stands out or makes the event distinct.
- Get close up pictures of the crowd or people you take quotes from.
- Include the important stats and sprinkle the page liberally with pictures of the event. Include 2-4 of the best quotes. If possible include the pictures of the person who said it.

All the rules mentioned above undoubtedly helped me to write a review with another intern, Tasmima Sabatina. It was titled, “DITF: A Haven for Shopaholics.”



Following is my write up on an event review,

feature

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## DITF: A Haven For The Shopaholics

Fatema Afroz Subha & Tasmina Sabatina



**D**haka International Trade Fair (DITF) never fails to surprise people from all walks of life with its unique ideas regarding stalls and offers. This year is no exception as well. The ongoing trade fair is attracting large crowd everyday owing to the fact that this place is an absolute treat for the shopaholics.

The fair has been organised on 1.25 million square foot area. There are 64 premium pavilions, 29 foreign pavilions, 6 reserved pavilions, 17 general pavilions, 25 general mini pavilions, 8 foreign mini pavilions, 37 premier mini pavilions, 72 premier stalls, 13 foreign premier stalls, 253 general stalls, 7 reserve mini pavilions, 31 food stalls, 20 reserved stalls for female, 3 restaurants and 3 centers for mother and children servicing in the fair this year. Business people from over 21 countries, including India, Bhutan, Pakistan, China, the United States, the United Kingdom, Nepal, Japan, Australia, Germany, Hong Kong and Arab Emirates have participated in the fair.

Well, this fair is an occasion for the manufacturers and traders from both home and abroad to display their products and sell out those to the customers. It is mentionable that Dhaka International Trade Fair has been taking place in the capital since 1995 under the joint auspices of the Ministry of Commerce and the Export Promotion Bureau (EPB). There is no

denying the fact that DITF has opened up the door of opportunities for the traders to promote their products and make money by doing good business. Moreover, DITF is also an event where different products and views are exchanged between local and foreign traders. Consequently, our local businesses get the opportunity to go global.

The organizers have arranged the fair with a view to promoting the native brands and merging foreign brands. In addition to displaying products, the fair also plays an important role in building effective relations between domestic and foreign producers, buyer-seller, exporter-importer and investors. It will help the local sellers to have an idea over the foreign products, commodities and their styles, colors and the standard, choice and demands of foreign buyers.

Apart from the business stalls, amusement park for children, mother and child centre, separate booths and security service rooms for male and female, fire service station, blood donation centre, complaint centre of the consumer rights protection, power grid substation, generation station and space for car parking have been arranged inside the fair compound.

However it is mentionable that this year DITF has brought some changes in decorating the stalls. It seems really clear that the stall owners

have put some extra effort to grab their customer's attention towards their shop. For instance, the 'Fruitika stall' resembles to a fruit basket and the 'Thailand stall' has presented their stalls in a lucrative gesture.

According to the foreign sellers, there have been some mixed expressions and opinions about the fair. "This year the fair has become so much exciting for us as people of Bangladesh are really fond of Kashmiri shawls and they specially seem to like the embroidery mostly. Although we came here for the first time, things are going pretty well in here and the hospitality is mentionable", said Mohammad Shafi, owner of A&A Exports of Kashmiri Shawls. Apart from the foreign sellers the local vendors are also making their products and discounts more attractive and eye-catching. Local electronic maker Walton is showcasing and selling more than 700 items of different sorts of products at the fair. Rawnaz Anam, a satisfied buyer of Walton, said, "I'm really impressed with the offers and discounts of Walton. I've already bought the discounted products and they are offering free home delivery facility." Jemima Shikdar, a fashion enthusiast and food blogger, shared, "Some shops are providing offers which attracted me a lot. Moreover food quality of the stalls here has improved a lot in comparison to the previous years."

In short, city dwellers tend to remain busy throughout the year and don't have much time for amusement. The trade fair gives them an opportunity to shop like there is no tomorrow. The shopaholics seem to find a new meaning to their lives. Selina Hossain, a visitor, said, "I remain busy as I'm a teacher and there is no time to go out for shopping. But this trade fair is a respite as I am sure to get whatever I want in a single place." So, it is evident from public reactions that just like all other occasions Dhaka International Trade Fair has also become a festival for cross-sections of people.



## Editing

During my internship the editing assignments were a challenge for me. I speculated while editing that this is not something you can write or correct on your own rather you have to get the overall meaning of what the reporter wanted to explain in his writing. While editing I had to check grammatical errors, errors in sentence structure, punctuation and attribution. I had to write proper and attractive headlines for the news stories while editing so that the readers find interest in the news story. I had to cross check the information. For example, I edited a feature for an art exhibition titled, “Aquatic 3 Underway at AFD”. It was a two-week group painting exhibition titled, ‘joloj 3’ by different artists. The paintings of the artists are influenced by the struggle of life, agony of human beings, love of nature, very traditional feelings of Bengali people, internal and external feelings of human beings and surroundings, flora and fauna and urban life. After getting all the information on the internet, I crosschecked with the reporter to make sure that the information was correct. Some of the times I also crosschecked information received from reporters with my supervisor. Moreover, while editing I had to keep in mind that the tone of the reports and features should be conversational so that the readers feel like the writer is talking to them.

While editing I also came to learn the difference between a hard news story headline and a feature headline. News headlines should be more informative and feature headlines need to be a little bit mysterious, colorful and dramatic. Here is an example of hard news headline, “Inspiring Stories: from Students to Entrepreneurs”- This headline gives us information. On the other hand, a feature story headline can be, “Should Anyone Bother about Inferiority Complex?” Therefore, we can see that feature headlines contain mystery and are a bit dramatic. There is a sense of mystery because it asks a rhetorical question and also dramatic as the readers have to

read to find out. If one should be bothered about an insecurity complex.

While editing headlines, writers should remember the following rules,

- Writers should read and understand the story before writing the headline.
- Writers should write a rough headline, experimenting with word combinations that will form one or more lines of the headline.
- Writers should choose specific and precise words.
- He/she should make each word count.
- He/she should use action verbs and some creativity.
- He/she should stuck over if he/she were stuck. (Smith and O'Connell 139).



Here is an article that I edited,

around the city

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## Aquatic 3 Underway At AFD



mundane monuments of melancholy may seem arid or 'waterless', but beneath it all, water flows, cascades, swirls and streams and calls out to every person — to wet their feet in it. Even the indolent ones cannot help but respond to that call when rainy season happens, when a limpid pond as if by magic emerges amid greenery, or when thousands of rivers of Bangladesh make it almost impossible to not embrace water and its lustrous beauty.

The paintings of the artists are influenced by the struggle of life, agony of human beings, love of nature, very traditional feelings of Bengali people, internal and external feelings of human beings and surroundings, flora and fauna, and urban life. 35 artworks are on display at the exhibition.

The exhibition will remain open for all till 28 November, 2017. 🍂



A two-week long group painting exhibition titled 'Joloj 3' (Aquatic 3) was inaugurated by renowned journalist Iqbal Sobhan Chowdhury with Prof. Hamiduzzaman Khan (eminent sculptor) and Ferdous Khan in attendance on November 17, 2017 at La Galerie, Alliance Française de Dhaka.

'Joloj' is an initiative by artists Al-Akhir Sarker, Bishan Bhakta, Golam Moshir Rahman Choudhury, Md. Azmal Uddin, Sadek Ahmed and Shaymal Biswas. The third edition of 'Joloj' continues the series of exhibitions with a central theme of 'the water around us' that started in 2015.

Water is ubiquitous in Bangladesh. To the untrained eye, layers and layers of bricks and concrete, man-made



## Classical Evening Organised By Lakshyapar

Lakshyapar arranged a classical musical evening titled 'Autumn Classical Evening' on November 17, 2017 at Sudhijan Pathagaar, Narayanganj. Al Amin, treasurer of Sudhijan Pathagaar, welcomed the audience.

The musical programme was divided into three parts for three artists. Sumon Chowdhury, Manush Kumar Das and Nasima Shahin performed on the topic of 'Impact of Raga in Nazrul Songs'. They were accompanied by Asit Biswas in sarod and Sabuj Ahmed in tabla. Lots of music lovers attended the programme.

The mesmerizing evening came to an end with thanksgiving by Lakshyapar coordinator Asit Kumar. It was also announced at the event that '9th Classical Music Conference' will be held on January 11, 2018.

Lakshyapar is a cultural organization based in Narayanganj, Bangladesh. Its area of interest is classical music of the sub-continent. It began its journey in the arena by arranging a classical music conference in 2009. 🍂



24 NOVEMBER 2017 | FRIDAY

morningtea

### Personal Account

I have always been very conscious regarding my internship getting an internship at a particular office has become hard for most students. I also doubted myself and my capability but things were under control when I as an intern got the chance to explore a totally different side of myself. Luckily, as a student of ENH (English and Humanities) of BRAC University, I got the opportunity to do an internship to complete my undergraduate program. In addition to that, an internship is basically an academic requirement, which is required for completing the undergraduate studies. It also gives students the opportunity to have an experience of career-related work. Its aim is to prepare the student for future challenge. I selected *Daily Sun*, one of the rising English newspapers in Bangladesh to do my intern.

I worked as an intern at *Daily Sun* from September 5<sup>th</sup> till December 5<sup>th</sup>, 2017. I was nervous the minute before my interview. If I say I wasn't scared, that would be a lie. I was scared and for a while it felt like my throat was coming out of my mouth while talking. However, I have done many presentations but I always knew my faculties will always help me learn new things and overcome my fear and mistakes. As the interview was very different from presenting in classrooms in front of my classmates, I therefore, became nervous and started blabbering which is quite unlike me. My superior was humble enough to give me a short break, and he also offered a cup of tea. Soon after that, I became more relaxed and was able to answer most of his questions correctly. Later I got to know that I was selected and can start my internship.

Although at the beginning I was selected to work for the web section, soon after I was transferred to a different section which is the magazine. In the magazine section there were about 9 members along with the magazine coordinator. I was assigned to be under the supervision of the magazine coordinator. The magazine coordinator bit seemed nice at first but as time went by he

started giving me a hard time. However, later I realized that as he wanted me to understand the basic environment of most offices, so that in the future it helps me to cope easily in different environments. He helped me learn that an office is always a complicated place with people and their different opinions. It is not always easy to give someone's 100% , but still one must try and there is the possibility that you might not get lucky enough to get good colleagues but In lieu of complaining about it, one can start adjusting even the person one does not like.

During my 12 week of internship, I had mixed experiences and the first thing that I learned is, life is not a bed of roses, there are thorns too. It come with a lot of struggle and breakdown. There were doubts I had regarding my writing ability. The first problem that I encountered was that there are certain differences between writing an academic paper and a write up for a newspaper. During the first two weeks I faced a lot of problems regarding my skills. But shortly after that I got to know that I was improving. On my second day my supervisor asked me to write something based on cultural shock, and I gathered information from the foreign fellow mates of BRAC University. I appreciated their help.

The magazine section is based on fashion, style, culture, entertainment, knowledge and current affairs, and all they asked for was a good topic and a standard write up. It also has three weekly supplements- *Groove*, *the hood* and the *morning tea*. Among them *Groove*'s contents deals with popular culture, fashion, style and entertainment. This magazine mainly contains information about hair and skin care, and the latest clothing trends. It also contains entertainment information regarding singers' or actors' interviews and their lifestyles. In addition, this supplement also covers different concerts by famous bands and singers. According to my magazine coordinator Mr. Morshedul Alam Mohabat , among the three supplements, *Groove* is mostly liked and preferred by audiences on social media because they are very fond of popular culture. Its audiences are

always curious about the fashion genre as well as the glamour world.

*The Hood* represent the youth of our country who can be an inspiration for others. This supplement has different sub-sections such as scribbles, blah, fun-fact, talkies and bring the noise. Each section contains different stories, for example, ongoing trends within the youth, or maybe a success story for the cover which may influence others to do something good for the society. In short, *The Hood*, basically helps the youth understand passion and to find scopes according their talents. It also provides real life examples of young people's struggles and passion and experiences to secure the future, by reading this inspirational stories other youth also facing similar struggles can find valuable help and advice.

Another supplement that takes quite an effort to organize which is *morning tea*. This supplement contains current affairs, social stigmas with possible solutions, and also promotes different art exhibitions. This supplement has sub-sections too, and these are special features, cover, insight, around the city, feature and opinion. In my 12 week internship, I was assigned to write features and reviews. At first it took me sometime to understand all the patterns of the writing style and information gathering. It was quite a journey for a beginner like me in this filed who had no practical knowledge . However, gradually I came up with different valuable ideas through which they could evaluate my caliber. In addition, I am one of the few writers of writing something innovative, for example, I wrote about important issues women face- men getting more privileges and preferences than them . Moreover, I tried to showcase those individual subjects where women of our country are looked at as objects, and how the society is demeaning them. In addition, I also concentrated on recipes as well as motivational write ups like how to overcome fear and how to overcome inferiority complex.

### **Integration of Theories with My Internship Assignments**

When I decided to declare a concentration in Media and Cultural Studies for my undergraduate program, I had to read several theories that related to media and journalism in the courses that I took. The idea of media manipulating our thoughts and concepts on a significant topic is never new. The reason why I declared a concentration in Media and Cultural Studies is that, the world of journalism has an extensive impact on the whole world. The various contents of the media never fail to arouse different emotions in people. Eventually, when I began interning, I felt that the theories were making more sense to me. The experience of working first-hand in the media world made me connect the dots to the theories that I learnt in the course ENG 331: Introduction to Cultural Studies: Theory and Practice.

In this part of my report I am going to integrate theories that I learnt in the course ENG 331: Introduction to Cultural Studies: Theory and Practice. I will be discussing how Michelle Foucault's take on 'Panopticon' and 'Gaze' can be held true in case of the media industry.

#### **Panopticon and Gaze**

Jeremy Bentham's 'Panopticon' is a work published at the end of the eighteenth century. The Panopticon is imbued with ideas of control and obedience. French philosopher Michel Foucault further traces the implications of this disciplinary mechanism not only as a penitentiary, but also as an effective structure for schools, hospitals, factories, malls, and so on, providing a diagram of power relationships that influence how societies establish law and order through concepts of observation.

The very basic concept of Panopticon is a type of institutional building and a system of control designed by the English philosopher and social theorist Jeremy Bentham in the late 18th

century. The scheme of the design is to allow all (*pan-*) inmates of an institution to be observed (*-opticon*) by a single supervisor without the inmates being able to tell whether or not they are being watched.

The principle of Panopticon or the eye of power can be described through Foucault's conversation with Jean-Pierre and Michelle Perrot. Foucault explained,

A perimeter building in the form of a ring. At the center of this, a tower, pierced by large windows opening on to the inner face of the ring. The outer building is divided in cells each of which traverses the whole thickness of the building. These cells have two windows, one opening on to the inside, facing the windows of the central tower, the other, outer one allowing daylight to pass through the whole cell. All that is then needed is to put an overseer in the tower and place in each of the cells a lunatic, a patient, a convict, a worker or a schoolboy. The back lighting enables one to pick out from the central tower the little captive silhouettes in the ring of cells. In short, the principle of the dungeon is reversed; daylight and the overseer's gaze capture the inmate more effectively than darkness, which afforded after all a sort of protection. (147)

In the Medieval times, prisoners were kept in dungeons in the dark. However, today the best form of punishment is when criminals are always under supervision (for example – the architectural structure of the infamous Guantanamo Bay prison). Foucault also refers to 'Gaze' and describes it as "the technique of power used within the Panopticon" (154). Panopticon is designed in such a manner that it leads the Gaze to be interiorized within the subject under surveillance. It is the process through which every citizen in the society is under full control of the dominating powerful group, i.e. the state.

The media can be looked at through the concept of 'Panopticon and Gaze' by Foucault. From the very beginning, the eye of power has been bestowed upon us in different ways. For example, we can consider religion to be a major Panopticon that interiorizes 'God's Gaze' within subjects to control them. Similarly, in today's world, the media can be considered as a tool of Panopticon, as we all know that we are being observed by the state, just how the inmates know that they are under supervision of a watchman, and are always very cautious about their move. Similarly we are also aware of our actions. It is reinforced within the minds of the citizens that their crimes are being recorded by the media, and is being published for the masses to read and know. So, 'fear of getting caught' is instilled within people, i.e. it instills fear in the many and keeps them away from committing murder, rape, theft etc. In short, the media is everywhere and the word privacy has been transferred into transparency.

## Conclusion

During my internship period, I had the chance to use my academic knowledge with practical learning. This report is focused on event reviews, features, experimental writing, editing, recipe writing and as well as personal essay.

At present media, journalism and globalization have taken over the world. According to Shalmali Guttal, “the term globalization” is widely used to describe a variety of economic, cultural, social, and political changes that have shaped the world over the past 50-odd year”(523). In other words, media is the most powerful tool in the world, and also a good source of entertainment for people of all classes. Moreover, we cannot think of a single day without media.

While interning at *Daily Sun*, I learned many things because of which I became hard working. In addition, I have learned how to function well while being under work pressure. I also learned how to stay calm in stressful situation. Above all, my learning during the three months internship has enhanced knowledge and made me more passionate about working in a newspaper office. Moreover, it also improved my creative writing as I wrote features, recipes and experimental writing. In spite of all the trouble they face and life threats, the sincere journalists never stops focusing on work. They take it as a challenge and work hard to achieve their certain goal. Despite knowing the risks I am passionate about pursuing a career in journalism.

*Daily Sun* is a rising English newspaper. These days stories about harassment in the work place is nothing new but *Daily Sun* can never be counted as one. The people are humble, gentle and moreover, the environment is safe and women friendly. This work place helped me learn office etiquettes and made me disciplined.



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## APPENDIX

Some my writing assignments are attached in this section for review.

# Inspiring Stories: From Students To Entrepreneurs

Fatema Afroz Subha

**H**ave you ever wondered how people like Steve Jobs, Mark Zuckerberg, Jack Ma, Jerry Yang, Sergey Brin and Larry Page started their journey and became famous? If not, then this is the right time to think big. Remember that gone are those days when you could finish your study in a more carefree way and then went on to pursue a career. In this pacy world if you want to stand out from others, then you have to take some initiatives right from your study life. Well, you do not have to worry anymore and all you need to have is some clear productive ideas.

In order to be an entrepreneur there are some pre-requisites. First, you can start with a specific idea, then make a plan and execute it. In the next level, there comes the failure part. You must know that great success comes at the expense of toil and patience. At some stage you might want to just throw everything away and choose something else but that won't be wise to do. As you have made your mind to be an entrepreneur you must also know how to overcome it.



In addition, if you are currently studying and want to pursue your hobby or passion as your career, then it is a good idea. To be honest, this is actually the right time. In a country like Bangladesh, where getting a job is so hard and not having a job gets on your nerves, one can start with his/her own business and be an entrepreneur. To inspire all those minds out there, here are the stories of some university students who have dared to venture into entrepreneurship along with their studies.

## Tashfia Anan, The Passionate Baker

Tashfia Anan, currently studying in a private university, has taken baking as a business and hopes to continue this. She gives courage to all those girls who think that entrepreneurship is not their cup of tea. She shared her feelings in this way, "I believe that anyone possessing strong desire and willpower can be an entrepreneur. Nothing can suppress our hard work if we have passion for something. I have started to take baking professionally out of my hobby. Yes, it is my passion, my hobby and my happiness. When people love the work they are doing, no one can stop them from achieving success. Well, it is mentionable that when we start a business, it does not go smoothly all the time. I have also faced many challenges but I didn't give up. In ad-

dition, our surrounding plays an important role while stepping into something new. My family and friends motivated me a lot. Their inspirations really gave me strength to come up with different ideas of cakes and pastries. My aim is to enlarge Anan's Cake Hut and expand my business further."

## Wasiq Dayem, The Skillful Photographer

They say, 'a picture is more powerful than a thousand words'. Believing in this saying a Pharmacy student of a private student named Wasiq Dayem decided to be a professional photographer. Wasiq, owner of Knot & Tie, said, "To be an entrepreneur, you must have faith in your ability. When I first took my camera in my hands, I felt this could make me feel good. I first started taking photos as a part of my hobby and eventually I received good responses from my instagram page and so much admiration from friends and family members. Then I thought of taking classes on photography. At the beginning, my business was not easy. It was a very frustrating period as I was not getting as much clients as expected. A few months later, after doing 10-12 projects my works were getting good recognition and my business started growing. I am not a big-time photographer, but the amount of admira-





tion I get for my works is enough to cheer me up. For the future I am planning to do something big with more expert photographers."

#### Jassica Islam, The Aesthetic Painter

Painting is such a cool thing that we all did it during our child-



hood. Although for some of us it was kind of mandatory, this may turn into someone's dream as well. Jassica Islam, a university student, is such a person who has surpassed us by being an entrepreneur as an artist. She expressed, "I am an artist. I have been learning art from a very young age because I love to paint, create, imagine and play with colours. It is not only my hobby, passion or love but also has been my strength and skill. 'Jessy.Artistry' is the small online platform where I sell self-drawn paintings and handcrafts. It is a part of my daily life. The work is going great and I receive quite a lot of orders for various kinds of paintings. I make them keeping in mind the things clients desire to have in their works. However, every work has draw-

backs, yet a good managerial skill, which comes along with the title of an entrepreneur, helps to cover it up. Apart from these, I have been doing small exhibitions as well; I have already showcased my works and am willing to do it on a wide scale. I would love to have my own Gallery with all of my own paintings displayed there."

She went on to say with a view to motivating others, "If it is your will to fall in love with something you find in yourself or something that makes you happy and gives you strength at the same time, then you must carry on learning and sharing it with the world."

Finally, it can be said that all these stories are very encouraging and even you can do this much. If you haven't started thinking about it, then do it now. Don't be afraid of the failure and just go with your plan. Remember that in order to be successful in your business, you must face the challenges and go through it. Just because challenges and hardships come in your way, you cannot quit in the middle of the road because these challenges and hardships will make you stronger in turn.



# Technology Taking A Heavy Toll On Family Life

Fatema Afroz Subha



Nowadays parents often complain that their sons or daughters are leading a rather eccentric lifestyle by staying awake at night and sleeping all day long, browsing internet all the time or talking to their friends and playing video games on their smart phones. Not only that the food habits of the youths have changed over the recent years as

they show no interest in homemade foods while they have made eating junk food and fast food in the restaurants a habit and they crave for them every day. And a matter of serious concern is that the relationships between the youths and their family members are losing their strength day by day owing to the increasing influence of technology.

The use of gadgets has increased around the world with its manifold merits and demerits. The shocking part of it is that most of today's teens in general consider that this world is all about gadgets, friends and other stuffs, forgetting the reality. And it would not be an exaggeration if we say that they feel like a fish out of water if they have to spend a single hour estranged from internet, computer or smart phone. As gadgets like smart phones keep them absorbed, they waste their valuable time on them, forgetting their family responsibilities, and they seldom interact with their family members. Although internet and other forms of gadgets have taken this world to a completely different dimension, these things have negatively affected our youths in many ways.

While youths' relationships with their family members are deteriorating to an alarming extent in our age, the scenario was quite different even a couple of years ago. At that time, people used to spend quality time with their family members within their house or outside. Then, people used to go to cinemas with their whole family. Moreover the family members had love, affection, respect and a sense of forgiveness and compromise. But now many

families, particularly those of upper class, have lost that kind of bondage among themselves. There was a time when family members used to gather around the dining table and have meal together. At that time the biggest nuisance for the family was the phone ringing during dinner time. But it is now common to see our loved ones hunched over their phones or tablets as they take one distracted bite of their food. Once the plates are cleared family members move to the living room for watching television or simply head to the bedroom without talking to each other and sharing each other's problems. This is how technology is leaving huge impacts on our family life.

However, we should not ignore the necessity of our family bonding for many reasons. For example, being with your family builds your self-esteem, gives you a pleasant mind-set, nurtures your positive behavior, relieves stress, teaches you about your responsibilities towards other human beings, and ultimately it helps you find a healthy lifestyle. However, every now and then these teens argue that whereas in western countries the youths have full freedom to live their life as they want, then why can't they? In fact, in countries like Bangladesh, India, Pakistan, and Saudi Arab etc. we have family values and people regard them as essential elements of the society and religion. And there is no denying the fact that spending a good time, something like creating happy memories and bringing smiles on the faces of our loved ones, is what counts the most in your life.

Well, sometimes there may be some exceptional cases when one's family environment itself becomes toxic for one's living, but a casual discussion may often help you resolve your problem and sweeten your relationship with your family members.

However technology is not going to suddenly disappear, nor is the family. The family unit, like technology, is constantly changing. In the end, it is the role of the family members themselves to moderate how much technology is allowed to permeate the core of family communication. 🍵





# Don't Let Bitterness Spoil Your Conjugal Life

Fatema Afroz Subha



Model: Barish & Danny. Photo: Monjurul Alam

Every now and then we feel really surprised when we hear that a couple after having been together for years as lover and beloved get married, and then almost immediately decide to get divorced. Well, nowadays it has become a common thing that as soon as people get married, their behaviors go through a drastic change as well as their relationships. Many unpleasant things like misunderstandings, quarrels, doubts etc. become so frequent that their conjugal life turns into a bitter experience leading to a divorce. But why does a sweet relationship between a lover and beloved turns into a bitter one as soon as they tie their knot? Well, the things that trigger problems in a conjugal life spoiling the relationship between a married couple are often very silly and not very difficult to get rid of.

In every marriage, a husband or wife does something that hurts the other. It's bound to happen because none of us is perfect. And in some cases, a spouse has a habit of doing the same thing over and over again, even after the behavior is confronted. Bitterness comes when you hold onto hurt and refuse to forgive the person who has hurt you. Most of the time, this comes as a result of ongoing actions of a small nature—lack of understanding, misuse of finances, harsh comments—that build up over time. Each offense takes residence in the

heart, and at some point there is no more room left for love and patience. That's when bitterness is manifested and causes the most damage.

Next, when you stop caring, this weakens your relationship seriously. Suppose, you say that you cannot manage time to gossip with your spouse in a day, or you forget about his or her birth day. When your significant other comes to mind, the thought doesn't elicit any warm emotions, if his or her feelings no longer matter that much to you, this may not be a temporary lull. If it seems like your loved one doesn't really care what's going on with you, it might be the sign that his or her love is dying.

Well, you should not forget that bitterness is something that doesn't give your spouse a chance to repent. If you've been holding in your hurt, your spouse may not even know he or she has offended you. Bitterness often comes from hurt that has been suppressed without communication, like filling up a bottle with pressure—eventually that bottle will explode. In the same way, the outburst in your heart can result in a broken marriage, and your spouse never even saw it coming.

Besides, when things become consistently one-sided, this can be a major breaker in many relationships. When one person in the relationship has the sole responsibility of controlling all lines of communication, all

plans, and all decisions, it's time to pay attention. It may be that the controlling partner throws tantrums or panics or refuses to listen to the other. It can also make your relationship a hollow one.

You know how with your close friends or partner, there is a strange unity or pattern that keeps you together? Communication is smooth and your patterns sync and you don't have to stop and analyze everything because you just understand one another. When you feel this slip away or disappear altogether, it may be time to re-think what happened and figure out where it went.

In a conjugal life, disagreement between a husband and a wife is not an uncommon thing. Often a simple disagreement turns into one-sided attempts to force the other to see or do things another way, the only thing that will be accomplished is pushing the other away. One sided relationships are a definite sign of trouble in a failing or falling apart relationship. But you have to understand that disagreeing is also a part of life. Moreover, positive debates and discussions are signs of a healthy relationship that allows you to learn from and bond with your partner.

In my understanding, getting married means taking a fifty-fifty responsibility of everything that comes into your life. Apart from that, you must have faith in your partner and encourage him or her to honour each other. Well, sometimes you may have some different expectations and goals. However, in spite of all the hardships, trouble and contradictory opinions that you may have after your marriage, you can still have a happy conjugal life if you are ready to compromise with your partner and sacrifice for each other's sake.



Model: Shipon & Pinky

# Gender Biasness: A Tool To Demean Women

Fatema Afroz Subha

Amayra Zaman, a recently divorced lady living at her parents' house, could not cope up with marital life. She explains that the beginning of her married life seemed nice as her in-laws were cooperative and friendly with her, but things took a radical turn when she started her regular working life. Her in-laws couldn't accept the matter that she should go out for work. Moreover, her husband could not stand the fact that she earned more than him. As a matter of fact, he started oppressing her in many ways and asked her choose between her job and her husband's house. Amayra seemed to be an independent woman and couldn't bear with the pressure. As a result, her married life ended in divorce.

In a patriarchal society like ours, every now and then women have to face discriminations and are looked down upon in this way. And whereas we often raise our voice against gender biasness in the seminars and meetings, this is still dominating our real life, impeding the progress of women in many ways in the society.

Nowadays, in many countries women are working hand in hand with men,

driving their own cars and maintaining their social and personal life with considerable extent of freedom. Many of them are leading their marital life and maintaining good relationships with their in-laws successfully. Actually, this would not be possible if gender biasness or discrimination existed in those societies.

In contrast, in our culture, discrimination between boys and girls are created even since their childhood. Parents usually tend to buy dolls and tiny pots and pans for their girl child to play while

they buy toys like cars or airplanes for their boy child. Thus since their childhood, a girl starts to realize her feminine role in the life as well as the male child understands their masculine role. People commonly tend to think that a woman must stay in their houses and do the household chores while men will only work outside their homes. Recently, I have seen a TVC on empowering woman where it shows that when a man is the head of the office he is called 'boss' but a woman in the same situation is called 'bossy'. Doesn't it sound ridiculous? Another strange thing is that, in our society when a girl is about to enter a married life, all the elders advice the bride what to do and what not while staying in her husband's house; but do they do the same thing in case of the groom too?

In fact, such kind of attitude that creates discriminations has kept our women back in the society for a long time and impeded their advancement. This kind of attitude has also turned our women into a kind of burden for the men in the society. And thus women have been dominated and enslaved by men in many societies for centuries.

However, 'domination' should never be a part of the society or any relationship between two persons rather it should be woven by the thread of love, respect, honesty and compromise. Society should shake off the obsolete ideas with which it often keeps woman down and debars them from attaining their independence and success. Indeed, our ultimate social and economic welfare are possible only when men and women will enjoy equal rights in the society. 🌸

