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### **Food Adulteration**

Food adulteration can be defined as the addition of cheaper, inferior, harmful, or unnecessary substances to food that could affect the nature and quality of the original food. Addition of these adulterants reduces the value of nutrients in food and also contaminates the food, which is not fit for consumption. As the nutritional value of the adulterated food goes down, such food is no longer nutritive for the body. The process of contaminating food or adding to the food components is a common phenomenon in developing countries. Several food products have been adulterated to increase the quantity and make more profit. For instance, Milk can be diluted by adding water to increase its quantity and starch powder is often added to increase its solid content. Furthermore, lack of regulations and inadequate enforcement create an environment conducive to such practices. The consequences of consuming adulterated food are multifaceted. Immediate effects include gastrointestinal distress and allergic reactions. More concerning are the long-term health risks. Having this adulterated food is highly toxic and leads to several health issues, including certain nutrition deficiency diseases, kidney disorders, and failure of an individual's organ systems, including heart, kidney and liver. Beyond individual health, food adulteration erodes consumer trust. Every year, the 7<sup>th</sup> of April is celebrated as the World Health Day globally and as per the reports, WHO aims to bring a general awareness about the adulterations of food products, motivate and inspire everybody to have a healthy, balanced diet. In conclusion, food adulteration is a complicated problem that leads to many other issues. Strengthening regulations, improving enforcement, and promoting consumer awareness are crucial. By creating a healthy food system that prioritizes safety and transparency, we can ensure the well-being of both consumers and the food industry.

### **Price Hike**

A price hike refers to an unusual increase in the prices of daily commodities. This phenomenon is particularly common in developing countries like ours, where the prices of essential commodities tend to rise regularly. Currently, it is a prevalent occurrence in Bangladesh, and the situation is worsening gradually. A price hike occurs when the prices of everyday essentials exceed reasonable limits, and it is considered a significant issue in our nation. The market syndicate bears the majority of responsibility for this price hike in Bangladesh. Additionally, some dishonest traders artificially create crises by manipulating essential commodities to generate immense profits. One primary reason for price hikes is the rise in global fuel prices. Bangladesh relies heavily on imports, and when fuel costs rise internationally, it affects the transportation and production of goods within the country. Other factors contributing to price hikes include decreased agricultural production caused by natural disasters, scarcity of raw materials, inefficient communication, political instability, and national-level monetary inflation. The impact of price hikes is most acutely felt by low-income families. A significant portion of their income goes towards basic necessities. This can force them to cut back on essential items like food or healthcare, negatively impacting their well-being. Moreover, price hikes hinder economic growth as people have less disposable income to spend on other goods and services. Solving this issue cannot be achieved overnight. The government should take immediate and long-term measures to alleviate price hikes. Social safety nets like food subsidies can provide temporary relief to the most vulnerable segments of society. The agricultural sector should receive priority in the annual budget. In conclusion, price hikes pose a significant challenge to Bangladesh's economic and social well-being. By understanding the causes and taking proactive steps, the government and citizens can work together to mitigate the impact and build a more resilient economy.

### **The Importance of Female Education**

Female education holds significant importance in today's society. It plays a crucial role in empowering women and promoting gender equality. Educating women not only benefits them individually but also benefits their families, communities, and the overall development of a nation. Providing education to women helps in empowering them. Education equips women with knowledge, skills, and confidence, enabling them to participate more actively in various spheres of life. It opens up opportunities for employment, entrepreneurship, and leadership roles, giving women the tools they need to succeed. Promoting female education contributes to the achievement of gender equality. Education helps challenge and break down

traditional gender stereotypes and norms. It enables women to question societal expectations and push for their rights and autonomy. By educating women, we create a more inclusive and equitable society where both men and women can fully participate and contribute. Additionally, investing in female education has positive ripple effects on families and communities. Educated women are more likely to make informed decisions about their health, family planning, and child-rearing practices. They are also more likely to educate their own children, setting off a cycle of intergenerational progress. By educating women, we improve overall health outcomes, reduce poverty rates, and promote economic growth. The importance of female education extends to the development of a nation as a whole. Studies have consistently shown that countries with higher levels of female education have better economic, social, and political outcomes. Educated women are more likely to participate in the labor force, contribute to innovation and productivity, and engage in civic and political activities. Therefore, investing in female education is not just a matter of social justice; it is a smart investment for sustainable development. In conclusion, female education is of utmost importance for the empowerment of women, the promotion of gender equality, and the overall progress of a society. By providing education to women, we equip them with the tools they need to succeed. It is essential that we prioritize and support efforts to expand access to education for women worldwide.

### **Environment Pollution**

Environmental pollution is a significant problem that harms our planet and all living creatures. It is the presence of harmful substances in the environment that can negatively impact the air, water, and soil. Pollution can come from various sources, such as industrial activities, transportation emissions, and improper waste disposal. One major type of pollution is air pollution, which is caused by the release of harmful gases and particulate matter into the atmosphere. This can cause respiratory problems, allergies, and serious health conditions, particularly in vulnerable populations like children and the elderly. Air pollution also contributes to climate change by trapping heat in the atmosphere, causing global warming. Water pollution is another major issue that threatens ecosystems and aquatic life. It occurs when toxic substances, like chemicals and waste materials, contaminate lakes, rivers, and oceans. This contamination not only affects the health of marine organisms but also poses risks to human health, as contaminated water is often used for drinking and irrigation. Water pollution can disrupt ecosystems and lead to a decline in biodiversity and habitat destruction. Soil pollution is another form of environmental pollution caused by hazardous substances accumulating in the soil. This can happen due to the use of pesticides and fertilizers in agriculture, improper disposal of industrial waste, or chemicals seeping into the ground. Soil pollution threatens agricultural productivity and can contaminate crops, making them unsafe to consume. It also affects the quality of groundwater, which many communities rely on for drinking water. In conclusion, environmental pollution is an urgent issue that needs immediate attention. It impacts all aspects of our lives, including the air we breathe, the water we drink, and the soil that supports our food production. By raising awareness, adopting sustainable practices, and implementing effective policies, we can reduce the harmful effects of pollution and strive for a cleaner and healthier environment for future generations.

### **The Importance of Learning English**

In today's globalized world, English has emerged as the most widely spoken language, transcending geographical boundaries and cultural differences. The significance of learning English cannot be overstated, as it plays a crucial role in various aspects of life, including education, career opportunities, and social interactions. Learning English opens numerous doors of opportunity. Proficiency in English allows individuals to communicate effectively with people from different countries and cultures. It enables them to establish connections and build relationships across borders. Whether it is for travel, work, or personal growth, English proficiency provides a platform for global interaction. Also, learning English can enhance career prospects. In today's competitive job market, being fluent in English is often a prerequisite for many positions. Employers value candidates who can effectively communicate with international clients and colleagues. Moreover, English serves as the language of instruction in many universities and educational institutions worldwide. By learning English, individuals gain access to a wider range of educational resources and opportunities. Additionally, learning English broadens horizons. The English language is rich in literature, art, and media. By acquiring English language skills individuals can enjoy and appreciate works of literature, music films, and television shows from different cultures. It allows them to engage with diverse perspectives and experiences, expanding their understanding of the world. Therefore, learning English not only improves language skills but also has a positive impact on cognitive functioning. In conclusion, the importance of learning English extends far beyond mere communication. It is a gateway to educational and professional opportunities, a tool for cultural exchange, and a means of personal development. In an increasingly

interconnected world, proficiency in English is not just an asset; it is a necessity. Embracing the challenge of learning English can lead to enriched experiences and broader horizons, ultimately empowering individuals to thrive in a global society.

### **Deforestation**

Deforestation is a global issue that requires immediate attention. It not only poses a threat to the environment but also jeopardizes our ecosystems. The consequences of deforestation are far-reaching and have implications for biodiversity, climate change, and the overall well-being of our planet. One of the primary causes of deforestation is human activity, particularly in pursuit of economic gains. The demand for timber, land conversion for agriculture, and urban expansion have contributed to the rapid depletion of our forests. These actions have devastating consequences, including the loss of habitat for countless plant and animal species, disrupted water cycles, and increased greenhouse gas emissions. Deforestation significantly impacts biodiversity. As forests are cleared, species lose their habitats, leading to the extinction of unique plants and animals. This disrupts the interconnectedness of ecosystems, ultimately causing imbalances that affect the environment. Additionally, deforestation plays a significant role in climate change. Forests act as carbon sinks, absorbing and storing large amounts of carbon dioxide. Clearing forests releases stored carbon, contributing to greenhouse gas emissions and exacerbating climate change. Deforestation is one of the leading contributors to global warming and has dire implications for the future. To mitigate the consequences of deforestation, governments, businesses, and individuals must take immediate action. Conservation efforts, sustainable land-use practices, and reforestation initiatives are crucial steps in combating deforestation. Responsible consumption habits and support for sustainable forestry practices can also contribute to the preservation and restoration of forests. In conclusion, deforestation requires urgent attention. Its impacts on biodiversity, climate change, and the health of our planet are significant. By implementing sustainable practices and investing in conservation efforts, we can make a positive difference and ensure the preservation of forests for future generations.

### **Road Accident/Causes of Road Accidents**

Road accidents have become increasingly common in Bangladesh, with reports of such incidents appearing in newspapers on a daily basis. These accidents, often referred to as silent killers, claim thousands of lives each year, resulting in unexpected and tragic losses. They tend to occur primarily in cities and on highways, involving various vehicles such as buses, trucks, rickshaws, and baby taxis. Numerous factors contribute to these accidents, including reckless driving, overtaking, brake failure, unskilled drivers, and vehicle overloading. Additionally, failure to adhere to traffic rules is a major issue, exacerbated by the narrowness of our roads and the difficulty faced by the police in controlling rule-breakers. Consequently, collisions frequently occur between larger vehicles and smaller ones, causing devastating accidents, as well as incidents involving pedestrians or vehicles tumbling into roadside ditches. These accidents often result in immediate loss of life, leaving behind countless families who lose their sole breadwinners, as well as individuals who are left disabled. The consequences extend further, leaving many children orphaned and many wives widowed. Road accidents are an undeniable curse for society, but this issue can be mitigated through the joint efforts of authorities and the general public. Increased awareness is crucial, with a focus on proper driver training and the enforcement of vehicle fitness standards. Moreover, wider roads and strict adherence to traffic rules are paramount. Both pedestrians and drivers must exercise caution. By taking these necessary steps, we can effectively reduce the occurrence of road accidents. The mass media can also play a significant role in raising awareness and controlling road accidents.

### **Climate Change**

Climate change is a major global challenge today, and the world is becoming more vulnerable to this change. Climate change refers to the changes in Earth's climate condition. Climate change has an adverse effect on the environment and ecosystem. Some of these changes have been due to natural causes such as volcanic eruptions, floods, forest fires etc., but quite a few of them are due to human activities. Human activities such as deforestation, burning fossil fuels, farming livestock etc., generate an enormous amount of greenhouse gases. This results in the greenhouse effect and global warming which are the major causes of climate change. Global warming is the main natural cause, while the use of harmful chemicals in everyday life is the main cause created by humans. The climate is changing rapidly, resulting in a rise in the average temperature of the Earth. These global climate changes and their consequences are having a detrimental impact on developing countries like Bangladesh. The serious consequences of climate change include rising temperatures, erratic rainfall, floods, cyclones, droughts, and the melting of polar ice caps, which seriously affect the lives of people in poorer countries. Due to its geographical location, Bangladesh is likely to be the most affected. Developed

nations, which bear greater responsibility for these climate changes, should take responsibility to protect the countries suffering from these impacts. A one-meter rise in sea level would submerge about one-third of Bangladesh's total area, displacing 25–30 million people and turning them into refugees. To minimize climate change, people should be aware of its causes and impacts. Tree plantation can help reduce global warming, while avoiding the use of harmful chemicals can reduce environmental pollution. We need to follow the path of sustainable development to effectively address the concerns of climate change. We need to minimize the use of fossil fuels, which is the major cause of global warming. We must adopt alternative sources of energy, such as hydropower, solar and wind energy to make a progressive transition to clean energy.

### **An Ideal Student**

Everyone adores and admires the ideal students. It is because they excel in all areas of their lives. Every student wishes to communicate with or form friendships with ideal students. No child is ideal by birth; the ideal qualities develop in a child depending on their upbringing. A child can be called an ideal child if they are guided in a proper manner and majorly by their parents. A parent's role in a child's life can never be compared with any other relationship. The student who consistently learns their lessons and avoids anything that hinders their studies is called an ideal student. They also refrain from engaging in negative politics and bad habits. An ideal student should be truthful and honest, as well as obedient to their superiors. They prioritize regular prayer and love for their country. This type of student is willing to dedicate their life to the welfare of their nation. In addition to their academic pursuits, an ideal student participates in extracurricular activities, including games and sports. They play at the appropriate times, understanding that a healthy body leads to a healthy mind, which enables them to succeed in life. Obedience to parents and teachers is important to them, and they approach their studies with focused attention. An ideal student never avoids responsibilities and strives for greatness in life. They make efficient use of their time and never waste a single moment. An ideal student adheres to the rules of discipline in all aspects of life and sets noble goals for themselves, doing everything in their power to achieve them. An ideal student embodies good qualities and serves as a role model for others to follow. People of all ages, castes, and creeds admire and aspire to be like an ideal student to lead a beautiful and fulfilling life in the future.

### **Uses and Abuses of Social Media**

Social media has revolutionized communication, connecting people across the globe. It is also a crucial platform for sharing information, ideas and experiences. The benefits of this cannot be overemphasized. People can maintain contact with their friends and family members, access news items as well as education and create communities centered around interests. Students can educate themselves on various topics using social media. Moreover, live lectures are now possible because of social media. You can attend a lecture happening in America while sitting in Bangladesh. Businesses use social networks for marketing as well as customer engagement and brand building. Nevertheless, misuse of social media is a matter of concern that is increasing by the day. Cyber bullying, fake news spread and privacy infringement have become a wide spread problem leading to addiction which leads to reduced productivity; loneliness or isolation in addition to mental problems. Additionally, this constant exposure to perfected online personas can give rise to body image distortion and unrealistic expectations. To make maximum use of the positive aspects of social media while minimizing its downsides, digital literacy is important. Individuals should be cautious about their online conduct and also protect their privacy while critically examining what they take in on the internet. In addition, these platforms should also implement robust measures to combat cyberbullying, hate speech, and fake news. Protecting personal data and maintaining healthy boundaries is vital. It is equally important to prioritize real-life interactions and experiences over virtual ones. By striking a balance between the positive and negative aspects, individuals can maximize the advantages of social media while minimizing its harmful effects. A balanced approach to social media is essential for a healthy and informed society.

### **Benefits of Early Rising**

The adage "early to bed and early to rise, makes a man healthy, wealthy, and wise" has endured for centuries. The habit of waking up early can greatly enhance personal growth. By gaining extra time in the morning, individuals can dedicate themselves to activities that contribute to self-improvement, such as reading, learning new skills, or pursuing hobbies. This intentional focus on self-improvement can lead to a sense of fulfillment and satisfaction as individuals make progress toward their goals during the peaceful and uninterrupted hours of the morning. Contrary to the misconception that waking up early leads to sleep deprivation, establishing a consistent wake-up time often has a positive impact on sleep quality. Waking up at the same time each day helps regulate the body's internal clock, promoting a more consistent sleep schedule. This, in turn, contributes to better overall sleep quality and duration. By aligning with the body's natural circadian rhythm, early risers

are more likely to experience restorative sleep, which is crucial for both physical and mental well-being. The habit of waking up early instills discipline and structure into one's daily routine. It encourages individuals to plan their day efficiently, allocate time for various activities, and adhere to a schedule. As a result, early risers often find themselves more proficient in time management, leading to increased efficiency in both personal and professional endeavors. The ability to effectively utilize time is a valuable skill that can have a positive impact on various aspects of life. In conclusion, waking up early has diverse benefits, including physical health, emotional well-being, productivity, and personal growth. By embracing the habit of rising early, individuals can leverage the advantages of a peaceful morning to promote a healthier, more balanced, and meaningful existence. This habit is accessible to all due to its simplicity, and its positive effects extend well beyond the early hours, influencing a more fulfilling and purposeful life.

### **Gender Discrimination**

Gender discrimination, a deeply entrenched societal issue, perpetuates inequality by limiting opportunities and undermining human potential. It is a great curse to a society. Gender discrimination is the practice of treating any gender of the society unfairly. It refers to the unfair treatment and preference shown towards one sex, typically males, at the expense of the other sex. It is a violation of women's rights that begins from birth and continues throughout their lives. When a girl is born, society imposes numerous misconceptions upon her, portraying her as having a lower status. This practice persists because society believes that men are better suited to contribute to the family income. Ignorance and illiteracy also contribute to gender discrimination. Consequently, women are subjected to disrespectful and degrading treatment within society. Even women themselves begin to internalize these false beliefs, leading to feelings of inferiority. The social effects of such discrimination are acute. For it, many girls suffer from inferiority complex which hampers the flourish of their personality. It affects their children and next generations. It is a great loss. Some effective steps can be taken to remove gender discrimination from our social system. To address this issue, we must all take a stand and raise awareness about the equal status of women. The government also has a role to play by implementing measures such as promoting female education, fostering mass awareness, and challenging social norms. By actively combatting gender discrimination, we can ensure that women are included in our journey towards social balance and progress.

### **Drug Addiction**

Drug addiction, a pervasive societal challenge, undermines physical, mental, and social well-being while fueling cycles of dependency and instability. Taking an excess of drugs for non-medical reasons to escape frustration is termed drug addiction. It is a serious and widespread problem that affects individuals from all walks of life. Drug addiction is a complex and multifaceted issue that can have devastating consequences for both individuals and society as a whole. Excessive curiosity about the forbidden, frustration, bad company, and similar factors are notable causes of drug addiction. Unemployment, political anarchy, lack of family ties, and absence of love and affection often give rise to frustration. One of the main reasons why drug addiction is such a pressing concern is the detrimental impact it has on physical and mental health. Drug abuse can lead to a range of health problems, including organ damage, cardiovascular issues, and mental disorders. Moreover, the addictive nature of drugs often creates a vicious cycle of dependence and withdrawal, making it extremely difficult for individuals to break free from their addiction. The social and economic implications of drug addiction are also significant. Substance abuse can result in a breakdown of relationships, loss of employment, and financial instability. Additionally, drug-related crimes and the strain on healthcare resources place a heavy burden on society as a whole. It is imperative that we address the issue of drug addiction with a comprehensive and evidence-based approach. This includes implementing effective prevention and education programs, providing accessible and affordable treatment options, and supporting individuals on their journey toward recovery. By doing so, we can hope to reduce the prevalence of drug addiction and its associated harms. In conclusion, drug addiction is a complex problem that requires urgent attention. By understanding its causes and consequences and implementing effective strategies to combat it, we can work toward a society free from the devastating effects of drug abuse.

### **Pahela Baishakh**

Pahela Baishakh is the first day of Bangla Year. In fact, it is the day of welcoming the Bangla New Year. It is part and parcel of Bengali culture and tradition. So, the day is observed with traditional festivity across the country. People in villages celebrate this day as per their age-long customs. Special meals are arranged at home and Baishakhi Melas are held in different places. It is a day of great pleasure to the village people and children. City dwellers also celebrate this day with delight. Girls and women put on yellow saris and boys put on pajama-panjabi. Some people eat watered-rice with onion, green chili and hilsha fish. Shopkeepers in both

towns and villages open new accounts books and offer sweets to their customers and this is the most impressive part of the celebration. Different cultural organizations offer different programmes. The celebration of Pahela Baishakh bears a great importance for us. It is passed by holding and enjoying festive programmes and functions. People living in Dhaka attend the Gano Sangeeter Ashor at Ramna Batamul in the morning. We reap great benefits from this kind of festival. It makes us stick to our traditional native culture. At the same time, it strengthens national unity making us forget the differences of religion, colour, race, etc. On this day, we get inspired to forget all the sorrows and failures of the past year and to start a new life with new vigour and inspiration. Pahela Baishakh reflects our age-old tradition and culture. It bears the testimony to the fact that we have a culture of our own. It is the manifestation of our cultural heritage.

### **Global Warming**

Global warming, the gradual increase in Earth's temperature due to rising greenhouse gas emissions, is a pressing global issue. It poses significant threats to ecosystems, human livelihoods, and the planet's future, necessitating urgent action to mitigate its impacts. In recent years, there have been many alarming reports to the effect that the world's climate is undergoing a significant change. All these reports provide strong evidence that the world temperature is increasing day by day. This increase in global warming is caused by the increasing amounts of carbon dioxide around the earth. The destruction of forests and other habitats is causing the extinction of various plants and animals every day. If we destroy forests and burn down trees, the effects might eventually endanger us all. Then the weather pattern will change and the world will become much warmer. Most climatologists believe that the greenhouse effect is the likely cause of that global warming. Climatologists predict that midway through this century, temperature may have risen by as much as 4°C. This could catastrophically reduce mankind's ability to grow food, destroy or severely damage wildlife and wilderness, raise sea levels and thereby flood coastal areas and farmland. That is the reason why it is a threat to mankind. The alarming news about Bangladesh is that, as a result of the rise of the sea level, southern part of the country may one day go under water. We can prevent it by planting trees in large numbers as well as by preserving those that were planted before.

### **Importance of Moral Values**

Moral values serve as the foundation for distinguishing right from wrong, guiding individual behavior and fostering harmony in society. Their significance lies in promoting ethical relationships, ensuring social stability, and helping individuals lead purposeful and fulfilling lives. The term 'moral values' indicates the standards of the principles of right and wrong. Moral values are the principles and ethics that help human beings live a decent life. In the past, moral values were followed very strictly in every sphere of our life. But with the passage of time, we can notice a decline in moral values in all spheres of our life. Rather, as life is becoming more and more difficult day by day, moral values are deteriorating further causing harm to peace and harmony. A man is judged by his material values only in society. Without moral values, there exists chaos and confusion in society giving rise to large-scale conflict that creates a stumbling block to progress and prosperity. In fact, moral values are essential for human relationships at all levels of life. Be it our family, workplace or society, moral values are required everywhere in order to work smoothly and in a cooperative manner. They help us in finding out the true purpose of our life. Truly speaking, as soon as we start following the path of life through moral values, we start realizing the true purpose of life. Then we become selfless, dedicated, loving and caring for others. But the erosion of moral values is a matter of great concern. So, moral values should be practised at any cost for the greater interest of mankind. In order to be an asset to the society as well as the country, we must realize the importance of moral values and sustain it in us.

### **Load Shedding**

Load shedding, a recurring issue in Bangladesh, disrupts daily life by causing frequent power outages. The expression "Load Shedding" implies the deliberate shutdown of electric power in certain areas to manage and balance the demand and supply of electricity. It is a measure taken when the production of electricity is insufficient to meet the overall demand, leading to planned power outages. Load shedding occurs in Bangladesh for four main reasons, along with a newly added one. The first and most common cause of load shedding is a shortage in electricity production. Our current production is not enough to meet the demand, making it impossible to supply electricity to all areas. The second cause is the misuse of electricity. For example, we often unnecessarily illuminate our houses, roads, or buildings. We also tend to use more bulbs than needed or leave lights and fans on when no one is in the room. The third cause is system loss, which is an inevitable consequence of electricity transportation. This loss occurs due to the medium used to transfer electricity from one place to another. The final, but widely known cause of load shedding is corruption in the sector. Both employees and consumers are involved in corruption, which includes illegal connections,

tampering with meters, and misappropriation of budget. However, the recent unrest in the world economy caused by the Ukraine-Russia war has led to a rise in fuel prices. Consequently, the production of electricity has also increased, resulting in load shedding in Bangladesh. In conclusion, Bangladesh needs to increase electricity production, strengthen monitoring efforts, and ensure efficient use of electricity to tackle this issue.

### **Village Life and City Life**

Village life and city life are different in terms of their natural, social and economic aspects. Though man is living now both in villages and cities, there are some differences between the two ways of life. When comparing the advantages and disadvantages of living in a village versus a city, it becomes evident that each has its own unique set of characteristics and qualities. Rural areas, commonly referred to as villages, are known for their serene and tranquil environment. These regions are typically less populated, resulting in a sense of community and close-knit relationships among the residents. Additionally, villages often boast a slower pace of life, providing individuals with an opportunity to escape the hustle and bustle of city living. On the other hand, cities are renowned for their dynamic and cosmopolitan atmosphere. They offer a wide range of opportunities and amenities, including top-notch educational institutions, employment prospects, and cultural events. Furthermore, cities are often equipped with advanced infrastructure, providing residents with convenient access to transportation and modern conveniences. However, the fast-paced nature of urban life can also lead to increased stress levels and a lack of personal connection among its inhabitants. In conclusion, the decision between village life and city life ultimately depends on an individual's personal preferences and priorities. While villages provide a peaceful and tight-knit community, cities offer a multitude of opportunities and a vibrant lifestyle. It is crucial to carefully consider one's needs and aspirations before selecting a place to settle, as both options have their own advantages and drawbacks.

### **Early Marriage**

Early marriage continues to be a prevalent practice in many parts of the world. Even though the world is evolving at a fast pace, there are some regions that can't seem to move on with times. Early marriage is basically the formal or informal marriage of a child with or without their consent, under the age of 18. It is often the result of limited education and adherence to traditional beliefs and norms. Girls are particularly vulnerable to early marriage due to feelings of insecurity. In some cases, parents even demand a dowry from the bride's family. Unfortunately, in our country, parents are not inclined to prioritize their daughters' education, instead viewing marriage as a means to an easier life. Most people are poor, and due to poverty, they cannot afford their daughters' education. However, early marriage is a catalyst for violence and abuse, subjecting young girls to long-term suffering. This issue is especially prevalent in rural areas, where girls are often married off at an early age without sufficient means to support themselves and their new families. Deep-rooted societal beliefs further perpetuate the notion that girls should be married young and confined to the home. Uneducated and rural girls are particularly vulnerable to the consequences of early marriage. Poverty and gender inequality are significant contributing factors. These girls grow up in hostile environments, often feeling like burdens to their families. Consequently, they become victims of early marriage. This practice poses numerous challenges for the country, such as girls struggling to adapt to their husbands' households and suffering from various health issues. Physical abuse and humiliation are also common. Strict laws must be put in place to curb early marriage, although it will not be eradicated overnight. To begin with, people must comprehend the consequences of early marriage and acknowledge its negative impacts. Government involvement is crucial, as it needs to address this issue and promote awareness through social means.

### **JUNK FOOD AND HEALTHY FOOD**

Junk food and healthy food represent two contrasting dietary choices that significantly impact our health and well-being. Junk foods are processed foods having very little nutrient value and are often rich in calories, salt, sugar and fat. There is a great variety of junk foods like pizza, burger, hot dogs, pastry, cakes, rolls, drumsticks, kabab, cold drinks, canned juice, coffee and a lot more. On the other hand, healthy foods are those foods having adequate nutrients needed to sustain our body's well-being and retain energy. Healthy foods maintain or improve our overall health. Healthy foods comprise fruits, vegetables, whole grains, low-fat dairy, meat, fish, egg, milk, etc. In short, foods produced and prepared in a healthy and hygienic way are healthy foods. Junk foods look attractive and they are very delicious. But they are very harmful to our body. Due to frequent taking of junk food, fat, simple carbohydrates, processed sugar get accumulated in our body which result in obesity, cardiovascular diseases and many other chronic health problems. The resultant obesity may cause blockage in the arteries, thus laying the basis of impending heart attack. Contrarily, eating healthy foods containing the essential nutritious elements needed for body make us healthy and strong. For example, taking fish, meat, egg, beans, lentils, etc. containing protein builds up our body and leads to our growth. Fruits and



vegetables containing various mineral salts and vitamins prevent diseases and keep our body healthy. Milk, egg, etc. rich in calcium build up and protect our bones and teeth. There are some good and healthy foods which reduce our weight and keep us fit. Thus, healthy or good foods keep our body fit and enable us to enjoy a longer life. Some junk foods also contain addictive elements which harm our body, brain and nervous system in the same way as addictive drugs. Junk foods harm our digestive system, thus causing gastric ulcer, skin diseases, etc. They cause malnutrition and weaken our immune system. So, a man eating junk foods regularly gradually gets harmed in many ways. As a result, he cannot enjoy a healthy, active, strong and longer life. So, we must avoid junk foods as far as possible and instead we have to take healthy foods.

### **Technical Education and General Education**

Education shapes the foundation of a nation, and both technical and general education play vital roles in this process. While technical education focuses on practical skills and job readiness, general education emphasizes theoretical knowledge and intellectual development. Comparing these two systems highlights their unique contributions and challenges in addressing societal and individual needs. General education usually makes a man highly educated. But this type of education sometimes fails to establish a man in his life, because general education does not always make a person specialized. As a result, a number of highly educated persons remain unemployed and finally, they become the burden of the country. On the other hand, a man who has technical education, can somehow manage a job or may become self-reliant. Ours is the age of survival of the fittest. So, general education often cannot provide a man with any suitable job. Rather it produces highly educated clerks. General education may fulfill the demand of education but it cannot fulfill one's basic needs. A country, like Bangladesh needs devoted workers, which only technical education may provide. Surprisingly, it is sometimes seen that one, completing his MBBS course, serves in a bank or in any commercial institution. A moneyed man may be generally educated. He can contribute to the country and nation by his knowledge. Conversely, technical education is job-oriented. It ensures getting a job in the respective field, whereas general education increases tension and frustration. Technical education should be compulsory to all. On the contrary, general education should be only for the selected persons. Regarding our socio-economic condition, technical education is inevitable. Clerks and officials are needed, but some skilled workers are more important. We should bear in mind that there is no alternative to production and this production is possible on the part of the skilled persons. A skilled worker is preferable to a highly educated unemployed person. Both types of education are welcome as long as education and knowledge are concerned. But they should be distinguished if the question of reality and pragmatic value arises in a country like Bangladesh.

### **Causes of Failure in English and Their Remedies**

There are several causes of failure in English education in Bangladesh. Some specific causes and potential remedies are discussed here. Many schools in Bangladesh lack the resources, such as textbooks and other teaching materials, necessary to provide effective English language instruction. Providing schools with the resources they need to teach English effectively, such as textbooks and other materials, could help improve students' proficiency in the language. Many English teachers in Bangladesh have not received the training necessary to teach the language effectively. Providing teachers with training in teaching methods and curriculum development could help improve their ability to teach English effectively. English is often seen as a foreign language in Bangladesh, which the students do not use in their daily lives. Creating more opportunities for students to use English in real-life situations, such as through conversation clubs or exchange programs, could help them become more proficient in the language. Incorporating English language instruction into other subjects, such as science and mathematics, and emphasizing the practical benefits of being proficient in English, such as higher education and job opportunities, could help increase students' motivation to learn the language. Students from lower socio-economic backgrounds may not have the same level of access to resources and opportunities to improve their proficiency in English, which can also contribute to failure in English education. Government funding for education is not sufficient and it is the major barrier for the development of the education system in Bangladesh. Government needs to ensure sufficient funding for education to ensure the teacher, resources, equipment and necessary facilities are available for the students. Ultimately, it will require a multifaceted approach to address the various causes of failure in English education in Bangladesh.