



**An Internship Report On**  
**Understanding Photography & Cinematography: Professional Experiences at**  
**Black Cat Studio.**

**Supervisor**

**Mr. Md. Rashedul Islam**

**Lecturer (Senior Scale)**

Department of Journalism, Media and Communication

Daffodil International University

**Submitted By**

MD. Sohel Ahmed

ID 152-24-494

Department of Journalism, Media and Communication

Daffodil International University

**Date of Submission: January 02, 2022**

# LETTER OF TRANSMITTAL

Date: January 02, 2022

Mr. Md. Rashedul Islam

Lecturer (Senior Scale)

Department of Journalism, Media and Communication

Daffodil International University

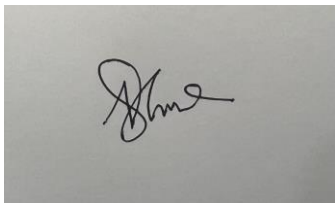
**Subject:** *Submission of internship report.*

**Dear Sir,**

This is my pleasure to submit my internship report on “**Understanding Photography and Cinematography: Professional Experiences at Black Cat Studio.** It was a great opportunity for me to acquire knowledge and experience during my internship in a renowned Production house. I believe that the gathered experiences will immensely help me in my professional life.

I have concentrated my best efforts to achieve the objectives of the practical orientation and hope that my endeavor will serve the purpose. However, I will always be happy to welcome any further clarification that you may require.

Sincerely yours,



.....

**Md. Sohel Ahmed**

**ID: 1521-24-494**

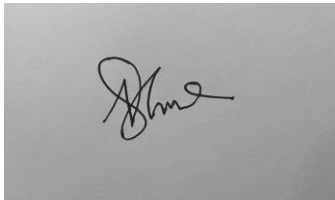
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# DISCLAIMER

I am **Md. Sohel Ahmed**, hereby declare that the presented internship report entitled “**Understanding Photography & Cinematography: Professional Experiences in Black Cat Studio**” prepared by me after completion of my internship (three month) at **Black Cat Studio**.

I also confirm that the report is prepared only for my academic requirement not for any other purpose. I declare that the report / any part of the report is not allowed to use for any purpose without permission.



.....

Md. Sohel Ahmed

ID: 152-24-494

Batch: 25<sup>th</sup>

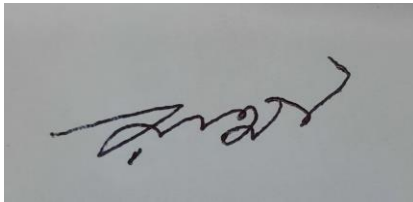
Department of Journalism, Media and Communication

Daffodil International University

## Certificate of Approval

I am gratified to certify that the report of internship which is prepared by Md. Sohel Ahmed, holding ID: 152-24-494 of Journalism, Media and Communication on her internship. His report on “**Understanding Photography & Cinematography: Professional Experiences at Black Cat Studio**” have been approved for presentation and defense. Under my inspection Md. Sohel Ahmed completed her work during the Fall-2021 semester.

I am pleased to certify that the dates, the findings presented in the report are the automatic work of Md. Sohel Ahmed. Md. Sohel Ahmed kia Sultana bears a good moral character and a very pleasing personality. It is indeed a great pleasure working with him and I wish his success in life.



.....

Mr. Md. Rashedul Islam

Lecturer (Senior Scale)

Department of Journalism, Media and Communication

Faculty of Humanities and Social Science

Daffodil International University

## **Acknowledgement**

It was a great pleasure for preparing Internship report on the “**Understanding Photography & Cinematography: Professional Experiences in Black Cat Studio**”. I would like to thank and convey my gratitude to the Department of Journalism, Media and Communication at Daffodil International University and all my respected teachers.

My gratitude goes to my honorable Supervisor, **Mr. Md. Rashedul Islam**, Department of ‘Journalism, Media and Communication’, Faculty of Humanities and Social Science, Daffodil International University for letting me to prepare this report and I would also like to express my sincere appreciation to him for his wholehearted support and guidance.

I am also grateful to the management of **Black Cat Studio** for offering me the Internship training. My special thanks to **Chandan Roy Chowdhury, C.E.O. at BLACK CAT Studio; Sorowar Rana, Assistant Director At BLACK CAT Studio** and other staffs who have given me the practical knowledge about Filmmaking.

I am also owed to each person who I bothered inside and outside and helping me to carrying out this report.

## **Preface**

It is considered that internship provides the opportunity for exploring professional skills for newly university graduates. Being a student of Journalism & Mass Communication, I have gained a better understanding of How Photography & Cinematography functions as mass communication tool.

Apart from institutional learning, I have tried to reveal the concept 'Filmmaking, Cinematography & Photography based on practical & professional grounds throughout this report.

Drawing attention on Cinematography, I have tried to design the chapters chronologically how a Video Production house& its personnel function like Black Cat Studio.

Introducing the Video Production house, I tried to spell out my personal and professional experiences as an intern. Thus, the report shows my professional learning opportunities and limitations during my internship.

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# **CHAPTER ONE**

## **INTRODUCTION**

## **1.1. Background of the Internship**

Included in Necessity I needed to perform my intern to finish my graduation. I decided to do it when I had an opportunity to begin my internship in fall 2021 and there are motives for it.

Camera operate are crucial. It Is a mind complicated work of art. There is an amazing mixture of arts that are numerous. Audio and picture and articles are the basic. There is narrative writing, acting, light and shifting.

Visuals are imperative on the reasons it to describe a public's manner of life is the ideal medium. Photography can be informative. Cinematography could be persuasive. A change can be achieved by visuals from the eye or in people' psyches. Films make us sense pride, distress, distinct and excitement things. We believe what the characters feel and we all know why the characters do what they do on the camera. Visuals transfer our own and reveal the creative power of somebody.

Photography that are realistic help us understand that the behavior that is human. Subjective Photography push us. Lifestyle Photography help us to remember the background.

Cinematography aren't all creation. The frame seemed moved in actualities and truth. Interesting actualities participate us and appear in visual.

That's why I chose to combine a Drama Generation and to meet my cherished Want to begin my own career.

## **1.2. What is Internship and why Internship is important?**

An Internship is a Job Learning history for understudies experience on term disciplines that are associated. Internship gives experience gain or to research the info. Intern students works to get a interval that could be again four months or three. Places that are unpaid are normal however there and here we see minimum paid place.

We understand that having A University degree might inadequate to property position. Students should have ability. Following our lengthy learning, Internship provides us the opportunity to profit in the manner, which provides us the sort of training from connected. So we can state that Internship is your speculation for our future that place livelihood the institution.

During Internship we need to operate this way, with people in office and field we connected with people of phoning and dimension, and also our system with various callings has grown step by step. Those Networks secure place openings that are new in future and will help people.

Through Internship work we gain expertise and information on work that will enable us to produce a resume. We realize that it is rather tricky to have a place in work. Organizations are likely intrigued to employ a person who has employment knowledge that is past.

During academic Assignments normally period to complete our homework, as information ought to be distributed yet life times are limited. We recognize that in this interval that is each news and information spread the world over inside very moment. We should have the Ability to comprehend the estimation of Information that is continuing we have to have the ability. Internship helps to comprehend the value of time management.

### **1.3. Background of the Black Cat Studio**

Black Cat Studio is a well known production house that is famous. The C.E.O of Black Cat Studio is Chandan Roy Chowdhury. This is a good platform for visionary new and young creation.

The team is dedicated to providing impartial and accurate dedication with the intention. Black Cat Studio is a manufacturing company focused with a new strategy on concepts.

This team's knowledge covers music videos, commercials, feature films, short films, OVC, TVC and Brand Photography. This production house is still a provider of post production services to beauty, offering qualitative, visual effects, online, firms, motion images, and color correction.

## Organizational Profile in Brief :

<b>Organization</b>	Black Cat Studio
<b>Address</b>	Gulshan, Niketan, Dhaka.
<b>Phone</b>	01711 345722
<b>Nature of business</b>	Video Production House
<b>Logo</b>	 The logo for Black Cat Studio features a black silhouette of a cat in a pouncing position above the word "BLACK" in green, "eAT" in black, and "STUDIO" in black text stacked vertically to the right.

## 1.4. Supervisor at the Black Cat Studio



While I was interning at Black Cat Studio, my supervisor was Chandan Roy Chowdhury, who is the C.E.O. of the Black Cat Studio, he simultaneously works as a Director of Photography. He is one of the most prolific Cinematographer in Visual production; he has directed more than 10 TVC, 30 music video and 30 Brand Photography.

## **1.5. Duration of Internship**

My internship at Black Cat Studio begins at ..... Also it formally ended at ..... 2021.

**CHAPTER TWO**

**ACTIVITIES DURING**

**INTERNSHIP**



## 2.1. List of weekly activities

### First Week

- Got instructions from Sorowar Rana (Chief Assistant Director of the Black Cat Studio)
- Introduced to other members of production house.
- Organized my work place.



## Second Week

- Got Basic idea about Camera.
- Checked earlier output (Music Video, TVC & OVC).
- Observed how a group produced a production.



## Third Week

- Practiced how to develop camera work.
- Checked the all things like memory card, charger etc. which is necessary backup.
- Discussed with other members about how to run a production house.
- Gathered knowledge on helping technical equipment's.
- Going to outside for shooting a Music Video.



## Fourth Week

- Practiced how to write a proper screen play.
- Practiced continuity management in sequence to sequence.
- To co-ordinate with others for basic uses of camera.
- Tried to captured behind the scene.



## Fifth Week

- Practiced how to plan a shooting day.
- Practiced how to captured from different angle.
- Gathered Information about shooting Location for background.
- Verified and ensured the sincerity of the camera equipment and lights.



## Sixth Week

- Observed how to light for a proper shot.
- Introduced with shot division formula.
- Gathered Information about Artist and Co-artist.
- Verified and ensure the sincerity of call time by Artist.
- tried to handle the second camera.



## Seventh Week

- Practiced how to shoot outside by 4k camera.
- Checked screenplay and props.
- Attended to the team meeting.
- Got a chance to take few shots.



## Eighth Week

- Gathered knowledge about background light.
- Discussed with whole team about costumes.
- Discussed with team to maintain the house.
- Gathered knowledge about indoor shooting.





## Ninth Week

- behind the scene photography.
- Gathered Information about Artist and Co-artist.
- continuity management.



## Tenth Week

- Re checked recent production (Music Video, TVC & OVC).
- Created Post production work frame.
- To co-ordinate with others for creative treatment of editing.
- Tried to Gathering knowledge on after effects.



**CHAPTER THREE**  
**LEARNING AND**  
**EXPERIENCE**

### **3.1. Knowledge gathering/ learning**

During my internship at Black Cat Studio, I gathered the knowledge from my Director and also I became the Cinematographer for Music video and TVC. In those separate section I had gathered knowledge on various aspects of Model and Brand Photography.

#### **Earn Knowledge about Photography & Cinematography**

During internship at the Black Cat Studio, I came to know about the fundamental aspects of Camera. Visual is nothing but illusion of the reality. I gathered information about 'shot' or image size (extreme close, big close up, two-shot, over the shoulder, composite shot, crowd shot, long shot, extreme long shot etc).

It was my duty to maintain camera height (eye level, low angle, worms view, high angle, top shot, bird eye, Ariel etc) which thing make more realistic and beautiful. While I was working on the set, I had to check the Lighting (high key light, low key light, harsh light, shadow light etc).

The lesson was

“Cinematography is painting with Framing.”

While I was working on Mise-en-scene (camera-character-props arrangement) for couple of production. I had to know about Montage (metric, rhythmic, tonal, over tonal and intellectual) for making healthy visual to my supervisor to ensure its accuracy. I Discussed about short theory of Camera work and that is ABC (action, bad & chase).

During my internship I talked about learning on camera with my director. Understanding Cinematography is nothing but solid treatment of actuality. Photography may have pre-condition, commitment, responsibilities to fulfill the target.

### **3.2. Tools and technologies Used**

During my internship at the Black Cat Studio, I used several equipment's and camera for capturing Photo and visual works. While I followed my duty from second camera. I used different software at editing panel for post-production editing.

### **3.3. Special experience**

I am a final semester student of Journalism, Media and Communication, Daffodil International University. But during my four years of academic education I wasn't worked on any commercial video production house. After joining Black Cat Studio, I gathered knowledge about television commercial making and for the first time, I captured too many photo jor many journals.



**CHAPTER**  
**FOUR**  
**EVALUATION OF LEARNING**

#### **4.1. Academic learning and practical work**

To learn something on class room and learn something on field or work place is totally different thing. Internship may be the best way to acquiring knowledge on something specific because there we can use both of our practical and theoretical aspects of learning. To be master on a work, one should have the experience of both practical work and academic learning. Those two things go hand in hand and each has their own importance. As a student of Journalism and Mass Communication, I have gained lots of academic knowledge in last four years with lot of fieldwork experience. But the practical working situation and environment is quite different from academic learning. During our academic practicing, we do not need to think much about time. Our teachers have given us enough time to complete our course assignment. But in our professional life, punctuality should be maintained. We know that in this digital era every news and information spread around the world within very short time. We must have the ability to realize the value of real time. So it is easily understandable that there is several distinctions between the professional and academic life. We have learnt many rules and methods for understanding Film making & cinematography. And standards of Journalism, all those are same in both academic learning and practical work.

#### **4.2. Expectation and outcome**

As a student of Journalism, Media, Communication, working as an Intern at Black Cat Studio, is one of the newest Production house of Bangladesh, I got many support from my academic lessons. Although classroom and professional fields are totally different things.

Finally I gained my expectation by Chandan Roy Chowdhury, who is the C.E.O. of the Black Cat Studio.

### **4.3. Skills developed during my internship**

During my internship at Black Cat Studio, in earlier of the joining I was responsible as an Intern assistant and co-operative on camera management. Later I worked as a cinematographer for few visual productions like music video, TVC, OVC. I had acquired various photography skills.

Skills those I had developed during my internship are listed below.

- Cinematography.
- Camera Work.
- Photography.
- Production Planning.
- Brand Photography.
- Professionalism and confidence.
- Music video shoots.
- Creative treatment of Technical support.
- Communication.
- Leadership.
- Practical work.
- Photo knowledge.

### **4.4. Experience and future career**

Having a certificate may not be good for candidates to get job in today's market. Students must have some extra skills to prove themselves. After four years of academic education, internship gives us the opportunity to learn from hand on hand, which gives us the flavor of real exam experience. So we can say, Internship is the root for our future which set the foundation for success. During internship I have to work with various people in outdoor and office like producer, artist, musician, script writer, film maker and others thus I communicated with new people of different passion and profession, and my network with various professions has grown day by day.



# CHAPTER FIVE Conclusion

My internship at the Black Cat Studio had pure work environment. I'm rather happy to have the Black Cat Studio is produced many of output in Bangladesh since my starting day at this studio. About the challenges, It was growing knowledge in every minute. I understand my passion and maybe not all students are going to be journalist. because media means lots and its already opened too many sector to work.

I need to also mentioned other members and production boy. They're a lively and well behaved group member, willing to assist me and always welcoming. I am blessed to be in Pre-production, on production and post production equally with them. By the bottom of my heart I would like to give thanks to the University authority and my all beloved teachers.

## **5.1. SWOT Analysis**

### **Strengths:**

- Always using new technology.
- Group work and organized.
- Well time management and working environment.
- Networking with media persons that is fantastic.

### **Weaknesses:**

- Not enough Man power.
- Post production delay.
- Deficiency of editing Panel.

**Opportunities:**

- Young and energetic team members.
- Using Updated camera could provide opportunities.
- Scope to engage more people Social networking platform.

**Threats:**

- Purchasing expensive camera and other equipment.
- Growing too many Production house with different technique.

### **Recommendations**

I have done my internship program in the one of the best production house of country. The environment is nice at Black Cat Studio. I must state I have got the proper monitoring from my supervisor and other seniors. But the time limit of this internship program (three weeks) is not enough to enhance a student's knowledge and expertise. After finding the issues, I'd like to point out these things as my recommendations.

Daffodil International University should Extend the length of the internship program so that the students may gain Experience and knowledge of field work properly.

The Authority of the university could extend the application of internship as six months Rather than three months.

# ANNEX

Here is some work of Black Cat Studio



Music - Re Arrangement	:	Imran Mahmudul
Original Singer	:	Andrew kishore & Sabina Yasmin
Original Tune & Music	:	Alam khan
Film	:	Priyjon
Label	:	Anupam Recording Media
Edit & VFX	:	Chandan Roy Chowdhury
Color Grading	:	Imran Khan
Post-Production	:	Black Cat Studio
Chief Assistant Director	:	Sorowar Rana
Assistant Director	:	Sohel Ahmed





Dhruba Music Station Presents



জিসান খান শুভ 'ত

# শুন শোকা

Director/Editor/Color: Chandan Roy Chowdhury

Lyric ,tune & Vocal :Jisan Khan Shuvo. Music: Torik

ASST. DIRECTOR : SOHEL AHMED



উৎসব

## মণ্ডপে মণ্ডপে

শরৎ বললেই চোখে আসে সাদা কাশফুল  
আর নীল আকাশ। সামনেই পূজা। বাতাসে  
পূজার সুবাস। শারদীয় এ উৎসব নির্দিষ্ট  
ধর্মের মধ্যে আটকে নেই। বাঙালির উৎসবে  
পরিণত হয়েছে। দলবেঁধে এ সময়ে বেরিয়ে  
পড়া, মণ্ডপে মণ্ডপে ঘোরাতুরি, পূজার খাবার  
আর মিষ্টির স্বাদে মন ফারানো, আলো  
জ্বলজ্বল শহরে হৈচৈ। গতি ছাড়িয়েছে এসব  
আয়োজন। বছরের এ সময়টা তাই  
আনন্দের, ভালোলাগা আর মিলনের।  
পিছেছেন আফসানা স্বর্ণা; ছবি তুলেছেন  
সোহেল আহমেদ

• পৃষ্ঠা ১০ = ১১ পৃষ্ঠা

ছবি: বিশ্ব ও মনোহা, পোশাক: শারৎ, ফোকাল: পিঁপা

সাধারণ Dishwash Bar বার বার,

১০০ গ্রাম ও ৩২৫ গ্রাম  
সাইজে পাওয়া যাচ্ছে

৩০০ গ্রাম  
৪৪ প্যাকেট  
২৫ গ্রাম  
এটা

Just একবার...

KOHINOOR CHEMICAL





**কৌতুক**

শালিগ্রামিন হোমস্টার একদিন বাসার থেকে নিজের পরিবারের জন্য খেতে তার টুকরো ইলিশ কিনে বাড়ি ফিরছিলেন। হঠাৎ পেছন থেকে একটা কাক এসে হেঁা খেয়ে ইলিশের পোঁচটা নিয়ে গেল। শিরশায় হোমস্টার কাকটির নিকে তাকিয়ে হেসে বললেন, 'তুই মাঝ নিজে কী করলি? রজা তো আর করতে পারবি না।' কাকও হেসে উত্তর দিল, 'শখার ইলিশ- এত ছান বে, রজা না করেও তা খাওয়া যায়!'

# ইলিশের রকমারি

বাঙালির বসবাস বিখের নানা দেশে। ইলিশের চাহিদাও তাই সবখানে। সামান্য দিশকে অনেকেই বিদেশের ইলিশ বলে সাধোখান করেন। দেশের ডিরলিশের ছাদের বাহিরের রেপিপি দিয়েছেন শালিয়া ফারহানা। ছবি তুলেছেন সোহেল আহমেদ



শালিয়া ফারহানা  
রচনপটী

## থাই স্টাইল ষ্টিম হিলসা

**উপকরণ :** মাছ ইলিশ ১০০ গ্রামের একটি, মাছ ঝালের কোড়া ৪-৫টি, ছোল কুচি ২ টেবিল চামচ, মাছ কাঁচাবড়ির ৪-৫টি, মিল মল মাছা কাল, মলমল মাছা, মেল মাছা কাল, উমেটো মল মাছা কাল, মল মল মিলি মাল, খেঁচোক কুচি ২ কাপ, আদা-রুমে বাটা ২ টেবিল চামচ, কলশা মরিচ ওটা মাছা ৩০ গ্রাম, খোলশিচের ওটা মিলি ৩০ গ্রাম। এছাড়া লেমন জাস কুচি পরিমাণমতো।

**প্রস্তুতি :** মাছের ইলিশ মাছ পরিষ্কার করে গুয়ে দিয়ে ধুয়ে 'মাছ আড় লাগবে। একটি মল মাছের মাছ ইলিশ মাছ মাছ ও লাটা মাছা নিয়ে মাছের নিচে রাখতে হবে। এছাড়া এতে মেল, মল, মাছা কুচি, কুচনের কোড়া ও মাছ কাঁচাবড়ি নিয়ে চিমে মাছের মাছা নিয়ে রাখা করতে হবে। এছাড়া বাটাটা ষ্টিমের বাটার ষ্টিম নিয়ে হবে। মাছের মাছের খোলশিচ রাখতে হবে ষ্টিমের মাছ ষ্টিমের মাছের মাছ ষ্টিম। মাছ তড়িয়ে পেলে মাছের পুঁজি নিয়ে হবে। ছোল মেল ১ পটা কোড়া মল, মেল মিলি রাখতে হবে। মাছ পেলে মাছের মাছ মাছ পরিবেশন করতে হবে।



## বেকড হিলসা উইথ সতে ভেজিটেবল

**উপকরণ :** ইলিশ মাছ টুকরা ৪০০ গ্রাম, ডিমের শটভাট ১ টা চামচ, পানির শটভাট ২ টা চামচ, কলিশ পানির ২ টা চামচ, পানির ২ টা চামচ, লেমন জাস ২ টা চামচ, মল মাছা কাল, মাছ পেলে মরিচ ওটা পরিমাণমতো, কলিশ মরিচ ১ টেবিল চামচ এবং লেগু মল ২ টেবিল চামচ।

**সতে ভেজিটেবলের উপকরণ :** একে একে সবটি ২ কাপ। (কুমড়া, আলু, সুঁট পট্টো), অতিরিক্ত পরিমাণমতো, মাছ খোলশিচ ওটা পরিমাণমতো, মল পরিমাণমতো ও পট্টো মাছা টেবিল চামচ।

**প্রস্তুতি :** মাছের টুকরাগুলোকে মেরে করে গুয়ে মল উপকরণ নিয়ে মাছেরে প্রস্তুত করা হবে। এম এম মাছা ওলেফলস তিনে নিয়ে এর উপর মাছের টুকরা লেগে প্রস্তুত দিন। এছাড়া গুয়েফলস টুকরা মাছের পেছন দিয়ে একে মিল মাছ জি-টি রাখতে ১০-১৫ মিনিটে বেক করুন ৩০-৩৫ মিনিট। এছাড়া মাছ সবজি মিলিত করে বেক করে দিন। এছাড়া মাছের মাছের নিয়ে মাছের মাছের নিয়ে টেস করে নিয়ে হবে। এছাড়া মাছ মাছ পরিবেশন করতে হবে। মাছ মাছ মাছ মাছ হিলসা উইথ সতে ভেজিটেবল।



উৎসব

## আনন্দ যাপনে

পোশাকে পাশ্চাত্য আর দেশীয়  
মিশ্রণের ট্রেন্ড জনপ্রিয়। আবার  
রঙের দেখা যাচ্ছে প্যাট্রিস আর  
উজ্জ্বলের মেলবন্ধন। উৎসবকে  
মিঠে আরামদায়ক ফ্যাশনের  
চাহিদা বেড়েছে। বিস্তারিত  
দিখোছেন মেহজাবিন তুলি

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▶ শৃঙ্খ ১৩ পৃষ্ঠায়

সময়ের সাথে বদলে যায় কতকিছু কিন্তু কিছু জিনিস বদলায় না  
যেমন দেশ, মা ও তিব্বত বল সাবান...



ROHINOOR  
CHEMICAL

রবীন্দ্রসংগীত

# HE SORHA



## Rabindra Sangeet (Medley)

DIRECTOR & DOP  
**CHANDAN ROY CHOWDHURY**

SINGER : KISHORE DAS, KESHOB ROY CHOWDHURY, SHITHI SASHA COMPOSITION: KISHORE DAS

ASST. DIRECTOR : SOHEL AHMED EDIT & COLOR : CHANDAN ROY CHOWDHURY

POST PRODUCTION : BLACK CAT STUDIO LABEL : DHURABA MUSIC

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লি



BLACK CAT STUDIO



ফটো: মীরজিলা ও মায়নিস। স্টাইলিং: অরুণ। ডিজাইনিং: সিন্ধিয়া। ছবি: বেবেলে অরুণ

শত ৬ ০ ৭ পৃষ্ঠা







## রসুইঘরের উপাদানে

### ► শেষ পৃষ্ঠার পর

ইতিমধ্যে বুক বেশ শুষ্ক হয়েছিল। হকের আর্দ্রতা ধরে রাখার জন্য অনেক কিছু ব্যবহার করে ফল তো হুঁশিলাই না, বরং হকের সেন্সিটিভিটির জন্য নানা কেমিক্যাল রিঅ্যাকশন শুরু হয়ে যায়। তেজস্কি কিছু উপাদান যত্নেভাঙলে ব্যবহার করে তবেই ভালো ফল পান। রুমমাসের সময়টাে ঠিক ইতির মতো নয়। পাগিগে যাওয়ার মতো সমতা করে উঠতে পারেন না, আবার পাগিগে ঠিক কী ব্যবহার করে তা নিজেও ইন্দনী। শত্রুপনিকোর ছাপা খবর নিয়ে বেশ শঙ্কিত তিনি। রুমমাস বা ইতির মতো সমস্যায় ভুগলে অনেকেই। যদি শারিগে যাওয়ার মতো সমতা বা ইচ্ছা না থাকে, তাহলে ঘরে বসেও নিজের ঘর নিতে পারেন। উপকারিতার যেমন পারেন, তেমনই আবার কিছু সমস্যাও বেড়ে যাবে। যত্নেভাঙা উপাদানে কী করে রপ্তাটা করা যায়, তা নিয়ে জানতে চেয়েছিলাম রুপ বিশেষজ্ঞ সোনিয়া খানের কাছে। তিনি বলেন, 'নিজের বুক কেমন, তা জানা সবচেয়ে গুরুত্বপূর্ণ। নতুন্য আপনি বুঝতেই পারবেন না যে ঠিক কোন উপাদানটি আপনায় হকের জন্য মানসম্পন্ন। তাই প্রথমেই নিশ্চিত হয়ে নিন নিজের হকের শরন সম্পর্কে।' বাগাসির রাসায়ন মনেই নানা ধরনের উপকরণের সমাহার। সবকিছু থেকে মসলা, সবখানেই বৈচিত্র্য। রসনাথিলাগী বাগাসির রসুইঘরের উপাদানের শুল্লীক কথা তো আমরা জানি। সঙ্গে এটাও জেনে নিন, এদের রয়েছে রুপের বাহার বাড়িয়ে

তোলার রুপ। খাবার টেবিলে সালাদ নিয়মিত থাকে অনেকের বাসাতেই। তার বাইরেও শসা থেকে পছন্দ করেন অনেকে। ডিলে তাই শসা থাকেই। এই আশপাশ থেকে ডিইইউপনের হাত থেকে রক্ষা পাওয়ার জন্য শসা খুই উপকারী। আবার হকের মরা ভাল কম্বাতে একে সবেজ রাখার জন্য শসা খুই নেই। তোমের নিজের কপিল দুত করার জন্য শসা টাইস করে কেটে তোমের পাতার রুপ রোধে ১০ মিনিটে রাখুন। রুগার রুপ-রঙ অনেকটাই নির্ভর করে রুপের রুপ। বরং বরং আগে থেকেই রুপের উপাদান হিসেবে ব্যবহার হয়ে আসছে এই হলুদ। বিশেষ করে বুক উজ্জ্বল করার জন্য এটি একটি অন্যতম উপাদান। নিয়মিত ব্যবহারে কোনো ক্ষতি নেই, বরং রুগেতে উপকার। ঘরের ঘরে কমলার রুপিয়িতা বেশ। হকের ঘরে কমলার খোসার রুপ ব্যবহার করা যায়। হকে রুট করে উলটান ভাল আসবে আর উজ্জ্বলতা বাড়ানোর জন্য এর জুটি নেই। বাগাসি এখন কিনতেই শালগা যায়। আবার চাইলে কমলার খোসা রোডে একিটে রুপা করে নিতে পারেন। টমেটো ছান বুঝি করে। আবার টমেটো সবকি হিসেবে খেতে যেমন সবল, তেমনই এর চেতরে থাকে ভিটামিন হকের মরা ভাল কম্বাতে নেই। কোনো কিছু ছাড়াই কেবল মুখে নিয়মিত









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