

156TH ADVANCED COURSE
ON ADMINISTRATION
AND DEVELOPMENT

FORWARD TOGETHER



Bangladesh Public Administration Training Centre
Savar, Dhaka



Participants of the 156th ACAD with Rector and Course Management Team



156TH ADVANCED COURSE ON ADMINISTRATION AND DEVELOPMENT



**FORWARD
TOGETHER**



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Photography

Photographer of BPATC

All the participants of 156th ACAD

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Sayeed Mahbub Khan

Rector (Secretary to the Government)

Bangladesh Public Administration Training Centre

It is with a heart imbued with pride and delight that I convey my warmest greetings on the graceful unveiling of the souvenir 'Forward Together' of the 156th Advanced Course on Administration and Development (ACAD).

The Advanced Course on Administration and Development is one of the flagship training programs of Bangladesh Public Administration Training Centre (BPATC). It is designed to equip mid-level civil servants with the necessary knowledge, skills, and perspectives to effectively address the complex and emerging challenges of governance and development in Bangladesh. I am confident that the participants of the 156th ACAD have enriched themselves through rigorous academic sessions, policy dialogues, field visits, and experience-sharing opportunities. In this training, they have gathered not only knowledge, but also wisdom—the kind that breathes life into institutions and gives direction to destiny.

This souvenir is a reflection of the intellectual engagement, creativity, and dedication of the participants. It not only encapsulates their learning journey but

also showcases their insights, analytical thinking, and commitment to public service excellence. I hope that the ideas and experiences documented here will contribute to strengthening administrative capacity and promoting good governance in our country.

I would like to congratulate all the participants, course management team, faculty members, and staff for their sincere efforts in successfully completing this course and all those involved in bringing this publication to fruition. Their unwavering commitment and collaborative spirit have made this effort both meaningful and memorable.

I wish the participants every success in their future endeavors and hope they will continue to play a pivotal role in advancing the socio-economic development of Bangladesh.


Sayeed Mahbub Khan



Dr. M. Arifur Rahman

Member Directing Staff

Bangladesh Public Administration Training Centre

Course Adviser

156th ACAD

With great pleasure, I extend my warm greetings to all participants of the 156th Advanced Course on Administration and Development (ACAD) on the occasion of publishing this Souvenir. The ACAD, one of the flagship training courses of BPATC is intended to prepare mid-level bureaucrats of Bangladesh to take on higher responsibilities in public administration with competence, integrity and commitment.

Your journey in the 156th ACAD has been a meaningful experience of learning and collaboration. It has been a privilege for me to witness your dedication and sincere efforts in understanding the changing landscape of public administration. I sincerely appreciate the enthusiasm, discipline and active participation you demonstrated during the training. I firmly believe that the knowledge, skills and values acquired through this course will enable you to contribute meaningfully to developing a responsive, accountable and citizen-centric public administration in Bangladesh. I appreciate the dedicated efforts of the editorial team in publishing this Souvenir and wish you all the very best in your future endeavours. Thank you.

Dr. M. Arifur Rahman



Dr. Mohammad Rezaul Karim

Course Director
156th ACAD

It brings me immense pleasure to extend my heartfelt greetings to all distinguished participants, esteemed resource persons, facilitators, and contributors associated with the 156th Advanced Course on Administration and Development (ACAD). This souvenir is not merely a collection of individual reflections and creative expressions, but a compelling record of shared commitment to public service of the country.

The ACAD is a cornerstone of professional capacity building at BPATC, designed to equip mid-career civil servants with advanced conceptual understanding and applied competencies essential for effective governance and development administration. Through rigorous residential engagement, participants have been immersed in a curriculum that fosters analytical rigour, strategic foresight, and a nuanced appreciation for the complex interplay between policy design, institutional performance, and citizen-centric service delivery. This course, spanning from 22 February to 22 April 2026, has provided an exceptional platform for reflective learning and meaningful dialogue on contemporary public administration issues.

At BPATC, we are steadfast in our mission to cultivate a cadre of public servants who embody the highest standards of professionalism, integrity, and ethical leadership. Our learning approach integrates theoretical underpinnings with empirically grounded insights, enabling participants to navigate from understanding to application. During this course, you have interacted with distinguished academics

and seasoned practitioners whose contributions have significantly enriched your learning experience. The structured interactions have not only broadened your intellectual horizons but also deepened your appreciation for evidence-based policymaking.

This souvenir captures the diverse issues and creative talents of the participants – profiles, creative writings, and photographs that collectively narrate your journey through the ACAD. This collection bears witness to your individual aspirations and contribute meaningfully to the advancement of public administration in Bangladesh. I trust that the knowledge you have acquired and the professional bonds you have formed here at BPATC will continue to inspire your endeavours in service of the national interest.

As you return to your respective ministries and organizations, I urge you to apply the insights gained with diligence and a steadfast commitment to excellence. The challenges confronting our public institutions in an evolving global and national context demand adaptive leadership, unwavering integrity, and a profound commitment to the public good. In embracing these responsibilities, you reaffirm your role as agents of positive transformation, upholders of public trust, and architects of sustainable development.

Dr. Mohammad Rezaul Karim



Abu Kaisar Khan

President of the Souvenir Committee

156th ACAD

Bangladesh Public Administration Training Centre

It is with great pride and a deep sense of purpose that we present this souvenir, commemorating the successful participation of 156th Advance Course on Administration and Development. This publication stands as a testament to a period of learning, reflection, and professional growth—an experience that will continue to shape our roles as government servants in the days ahead.

In an era marked by rapid change, complex governance challenges, and rising public expectations, the role of mid-level officials has become increasingly critical. Positioned at the intersection of policy formulation and implementation, you are the driving force that translates vision into reality. This training course has been designed to strengthen that role—enhancing administrative competence, leadership capacity, and ethical commitment.

Throughout the course, participants have engaged in thoughtful discussions, shared diverse experiences, and explored innovative approaches to public service delivery. Beyond academic learning, this journey has fostered collaboration, mutual respect, and a renewed sense of responsibility toward the citizens we serve.

This souvenir captures those moments—of insight, camaraderie, and achievement. It

reflects not only the knowledge gained but also the bonds formed and the aspirations ignited. Each page is a reminder that effective governance is built on continuous learning, adaptability, and a steadfast commitment to integrity.

As we return to our respective responsibilities, it is our sincere hope that the lessons learned here will inspire you to lead with vision, act with accountability, and serve with empathy. The true success of this training will be measured by the positive impact you create in your workplaces and communities.

I must express my profound appreciation to all members of souvenir committee who work sincerely for publication of this souvenir. I also very much grateful to my fellow participants for their continuous support to souvenir committee,

I extend our heartfelt gratitude to the Course Management Team, faculty, resource persons and my fellow participants whose dedication made this course a success. May this souvenir remain a cherished record of our journey and a source of inspiration for our continued service to the nation.

Abu Kaisar Khan

COURSE MANAGEMENT TEAM (CMT)



Dr. M. Arifur Rahman

Member Directing Staff & Course Adviser



Dr. Mohammad Rezaul Karim

Course Director



Mr. Md. Kamrul Hasan Sohag

Deputy Director & Course Coordinator



Mr. Monirul Islam

Deputy Director & Course Coordinator



Souvenir Committee

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Md Habibur Rahman	Member Secretary



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Group



Group Sangu

Roll Number	Group Member Name
101	Md Shahin Iqbal Ankhi
107	Md. Rokon-UI-Hasan
113	Md. Nasir Uddin
119	Redwan Ahmed
125	Azharul Islam



Group Chitra

Roll Number	Group Member Name
102	Russel Monzoor
108	Muhammad Humayun Kabir
114	Mamunur Rashid
120	Dr. Md. Abul Kalam Azad
126	Mohammad Abu Sayed Mollah



Group Teesta

Roll Number	Group Member Name
103	Mohammad Atul Mondal
109	Abu Kaisar Khan
115	P.K.M Enamul Karim
121	Abu Nayeem Mohammed Maruf Khan
127	Saida Akter Porag



Group Dhanshiri

Roll Number	Group Member Name
104	Ferdous Ahammad
110	Md. Jahurul Islam
116	Md Habibur Rahman
122	Md. Faisal Azam
128	Md. Nazmul Alam



Group Madhumati

Roll Number	Group Member Name
105	Dider-E-Alam Mohammad Maksud Chowdhury
111	Md. Golam Mowla
117	Mohammad Ashfaquul Haque Chowdhury
123	Kamrul Hasan
129	Amjad Hossain



Group Dhaleshwari

Roll Number	Group Member Name
106	Khandaker Yasir Arefin
112	Mohammad Abul Bashar
118	Mohammad Marufur Rashid Khan
124	Md. Khaled Hossain
130	Mohammad Mofizul Islam





Participant Profile

Md Shahin Iqbal Ankhi

Director
PPP Authority



Civil Service Batch	: 22 nd BCS (Telecom)
Service ID	: 8363
Roll Number	: 101
Official Address	: Agargaon, Dhaka
Academic Attainment	: M.Sc Business Information System, UK
Home District	: Rajshahi
Date of Birth	: 08 February 1977
Blood Group	: O+ve (Positive)
Hobby	: Gardening
Phone Number	: 01550151407
Email Address	: shahiniqbal@engineer.com



Russel Monzoor

Deputy Secretary

Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15765
Roll Number	: 102
Official Address	: Road Transport and Highway Division
Academic Attainment	: M.Sc (Chemistry) Diploma in Project Management (Singapore)
Home District	: Narail
Date of Birth	: 18 th January
Blood Group	: B+ve (Positive)
Hobby	: Social Communication
Phone Number	: 01711716096
Email Address	: monzoorrussel1979@gmail.com

Mohammad Atul Mondal

Deputy Secretary



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15771
Roll Number	: 103
Official Address	: Financial Institution Division Ministry of Finance
Academic Attainment	: MSS (Economics), MAGD, Hubert H. Humphrey Fellow
Home District	: Chapainawabganj
Date of Birth	: 20 February 1980
Blood Group	: AB+ve (Positive)
Hobby	: Watching Sports
Phone Number	: 01711977711
Email Address	: atul15771@gmail.com



Ferdous Ahammad

Deputy Secretary

Civil Service Batch	: 24 th BCS (Ansar)
Service ID	: 8302
Roll Number	: 104
Official Address	: Ministry of Science & Technology
Academic Attainment	: M.Sc (Geography)
Home District	: Kishoregonj
Date of Birth	: 01 January 1977
Blood Group	: O+ve (Positive)
Hobby	: Sports
Phone Number	: 01716269597
Email Address	: ferdous24@gmail.com

Participant Profile

Dider-E-Alam Mohammad Maksud Chowdhury

Director
Bangladesh Jute
Corporation



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15542
Roll Number	: 105
Official Address	: Adamjee Court Building (Anrex-2) Motijheel, Dhaka
Academic Attainment	: Masters in Disaster & Human Security Management
Home District	: Laskmipur
Date of Birth	: 03 January 1977
Blood Group	: AB+ve (Positive)
Hobby	: Playing
Phone Number	: 01717469009
Email Address	: sstr15542@gmail.com



Khandaker Yasir Arefin

Financial Advisor
(Deputy Secretary)

Civil Service Batch : 24th BCS (Administration)

Service ID : 15577

Roll Number : 106

Official Address : SPARRSO, Agargaon, Dhaka

Academic Attainment : M.Sc (International Development)

Home District : Tangail

Date of Birth : 01 January 1978

Blood Group : B+ve (Positive)

Hobby : N/A

Phone Number : 01714118545

Email Address : arefin15577@gmail.com

Md. Rokon-UI-Hasan

Deputy Secretary



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15677
Roll Number	: 107
Official Address	: Department of Bangladesh Haor & Wetlands Development
Academic Attainment	: Master in Public Policy and Governance
Home District	: Bogura
Date of Birth	: 02 January 1977
Blood Group	: O+ve (Positive)
Hobby	: Listening to Music, Reading Book
Phone Number	: 01827175300
Email Address	: rokon1397@gmail.com



Muhammad Humayun Kabir

Deputy Secretary

Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15687
Roll Number	: 108
Official Address	: Department of Youth Development
Academic Attainment	: M.Comm. (Accounting)
Home District	: Kishorganj
Date of Birth	: 28 November 1979
Blood Group	: B+ve (Positive)
Hobby	: Traveling
Phone Number	: 01714463340
Email Address	: humayunkabir2005@gmail.com

Participant Profile

Abu Kaisar Khan

Director
(Deputy Secretary)



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15688
Roll Number	: 109
Official Address	: Public Private Partnership Authority
Academic Attainment	: M.A, MPPM
Home District	: Dhaka
Date of Birth	: 06 October
Blood Group	: AB+ve (Positive)
Hobby	: Reading
Phone Number	: 01717167545
Email Address	: abukaisarkhan@gmail.com



Md. Jahurul Islam

Deputy Land Reforms
Commissioner

Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15567
Roll Number	: 110
Official Address	: Deputy Land Reforms Commissioner Rangpur Division
Academic Attainment	: MSS in Economics
Home District	: Dinajpur
Date of Birth	: 03 January 1978
Blood Group	: O+ ve (Positive)
Hobby	: Sports
Phone Number	: 01716229288
Email Address	: jahurul36@yahoo.com

Participant Profile

Md. Golam Mowla

Deputy Secretary



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15710
Roll Number	: 111
Official Address	: BCS Administration Academy, Shahbag, Dhaka
Academic Attainment	: Masters in English
Home District	: Kurigram
Date of Birth	: 01 December 1976
Blood Group	: O+ ve (Positive)
Hobby	: Travelling, Reading Books
Phone Number	:
Email Address	: gm15710@gmail.com



Mohammad Abul Bashar

Deputy Secretary
(Project Director
Addi. Charge)

Civil Service Batch	: 21 st BCS (Cooperative)
Service ID	: 8106
Roll Number	: 112
Official Address	: Establishment of Novotheatre, Barishal Project
Academic Attainment	: M.S.S (Social Welfare)
Home District	: Barguna
Date of Birth	: 15 February 1976
Blood Group	: B+ve (Positive)
Hobby	:
Phone Number	: 01716699468
Email Address	: baa64201@gmail.com

Participant Profile

Md. Nasir Uddin

Deputy Secretary



Civil Service Batch	: 22 nd BCS (Administration)
Service ID	: 15378
Roll Number	: 113
Official Address	: Ministry of Disaster Management and Relief
Academic Attainment	: M.Sc. (Chemistry) from Dhaka University
Home District	: Barguna
Date of Birth	: 14 June 1976
Blood Group	: O+ve (Positive)
Hobby	: Religious activities, Travelling
Phone Number	: 01712236466
Email Address	: uddinnasir274@gmail.com



Mamunur Rashid

Deputy Secretary

Civil Service Batch	: 22 nd BCS (Telecom)
Service ID	: 8364
Roll Number	: 114
Official Address	: Ministry of Water Resources
Academic Attainment	: B.Sc Engineering (EEE)
Home District	: Gopalganj
Date of Birth	: 15 October 1976
Blood Group	: O+ve (Positive)
Hobby	: Reading book
Phone Number	: 01550151410
Email Address	: mamun_358@yahoo.com

Participant Profile

P.K.M Enamul Karim

Deputy Secretary



Civil Service Batch : 24th BCS (Administration)

Service ID : 15525

Roll Number : 115

Official Address : Director, NSDA, Dhaka

Academic Attainment : LLM

Home District : Comilla

Date of Birth : 01 December 1977

Blood Group : O+ve (Positive)

Hobby : Travelling

Phone Number : 01718080804

Email Address : enam15525@gmail.com



Md Habibur Rahman

Additional Director
(Deputy Secretary)

Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15570
Roll Number	: 116
Official Address	: Bangladesh Bridge Authority, Setu Bhaban, Banani, Dhaka-1215
Academic Attainment	: MA in International Human Resource Management
Home District	: Natore
Date of Birth	: 26 December
Blood Group	: AB+ (Positive)
Hobby	: Fishing, Travelling
Phone Number	: 01711047931
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Participant Profile

Mohammad Ashfaque Haque Chowdhury

Deputy Secretary
(Estate & Law Officers)



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15591
Roll Number	: 117
Official Address	: Roads and Highway Directorate, Sorak Bhaban, Tejgaon, Dhaka
Academic Attainment	: MSS
Home District	: Sylhet
Date of Birth	: 31 January
Blood Group	: O+ve (Positive)
Hobby	: Travelling
Phone Number	: 01715128497
Email Address	: ashfaqsy@gmail.com



Mohammad Marufur Rashid Khan

Deputy Secretary

Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15769
Roll Number	: 118
Official Address	: MoPA
Academic Attainment	: Bar-At-Law (Lincoln's Inn) M.Sc (Environmental Management), UK
Home District	: Chandpur
Date of Birth	: 14 November
Blood Group	: O+ve (Positive)
Hobby	: Reading, Playing, Listening Music
Phone Number	: 01716607452
Email Address	: bappy337@gmail.com

Redwan Ahmed

Deputy Secretary



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15785
Roll Number	: 119
Official Address	: Internal Resources Division, Ministry of Finance, Bangladesh Secretariat, Dhaka
Academic Attainment	: MBA (Finance), MPA (Int. Economic Relations) MA (English Literature), BA (Hons.) (English)
Home District	: Rajbari
Date of Birth	: 25 May 1979
Blood Group	: O+ve (Positive)
Hobby	: Movies, Books, Travel etc.
Phone Number	: 01711105574
Email Address	: red.redwan@gmail.com



Dr. Md. Abul Kalam Azad

Deputy Secretary

Civil Service Batch	: 24 th BCS (Fisheries)
Service ID	: 8327
Roll Number	: 120
Official Address	: Ministry of Liberation War Affairs
Academic Attainment	: PhD in Aquaculture
Home District	: Sirajganj
Date of Birth	: 01 January
Blood Group	: O+ve (Positive)
Hobby	: Reading, Learning and Travelling
Phone Number	: 01711151872
Email Address	: akazad393@gmail.com

Abu Nayeem Mohammed Maruf Khan

General Manager
(Deputy Secretary)



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15596
Roll Number	: 121
Official Address	: Jibon Bima corporation, Motijheel, Dhaka
Academic Attainment	: Master of International and Development Economics
Home District	: Pabna
Date of Birth	: 10 th May
Blood Group	: B+ve (Positive)
Hobby	: Watching movies, listening to music
Phone Number	: N/A
Email Address	: nayeem.maruf.khan@gmail.com



Md. Faisal Azam

Deputy Secretary

Civil Service Batch : 24th BCS (Fisheries)

Service ID : 8329

Roll Number : 122

Official Address : Ministry of Textile & Jute

Academic Attainment : B.Sc in Fisheries (Hon's)

Home District : Thakurgaon

Date of Birth : 08 October 1978

Blood Group : A+ve (Positive)

Hobby : Gardening, Farming

Phone Number : 01710877591

Email Address : malcomfaisal97@gmail.com

Participant Profile

Kamrul Hasan

Deputy Secretary



Civil Service Batch	: 24 th BCS (Administration)
Service ID	: 15825
Roll Number	: 123
Official Address	: Ministry of Railways
Academic Attainment	: MSc
Home District	: Barishal
Date of Birth	: 03 August
Blood Group	: B+ve (Positive)
Hobby	: Angling, Watching Movie, Sports of any Kind
Phone Number	: 01712382470
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Md. Khaled Hossain

Deputy Secretary

Civil Service Batch	: 22 th BCS (Telecom)
Service ID	: 8362
Roll Number	: 124
Official Address	: Bridges Division, Setu Bhaban, Banani, Dhaka
Academic Attainment	: MBA (SCM), B.Sc. Engineering
Home District	: Rajshahi
Date of Birth	: 30 December
Blood Group	: A+ve (Positive)
Hobby	: Sports
Phone Number	: 01550155042
Email Address	: 9306128@gmail.com

Azharul Islam

Director
(Deputy Secretary)



Civil Service Batch	: 25 th BCS (Administration)
Service ID	: 16031
Roll Number	: 125
Official Address	: Bangladesh Sugar and Food Industries Corporation, Dhaka
Academic Attainment	: Master of Science
Home District	: Shariatpur
Date of Birth	: 15 January 1980
Blood Group	: O+ve (Positive)
Hobby	: Playing Tennis
Phone Number	: 01718262156
Email Address	: razharula@gmail.com



**Mohammad
Abu Sayed
Mollah**

Deputy Secretary

Civil Service Batch : 25th BCS (Administration)

Service ID : 15867

Roll Number : 126

Official Address : Rural Development & Cooperative Division

Academic Attainment : MSS (Social Welfare), LLB

Home District : Dhaka

Date of Birth : 11th December

Blood Group : O+ve (Positive)

Hobby : Singing, Martial Arts

Phone Number : 01773333257

Email Address : mgarif2014@gmail.com

Participant Profile

Saida Akter Porag

Deputy Secretary



Civil Service Batch	: 25 th BCS (Agriculture)
Service ID	: 8239
Roll Number	: 127
Official Address	: Ministry of Fisheries and Livestock
Academic Attainment	: MS in Genetics and Plant Breeding
Home District	: Mymensingh
Date of Birth	: 28 March
Blood Group	: B+ve (Positive)
Hobby	: Gardening
Phone Number	: 01716057888
Email Address	: saporag@gmail.com



Md. Nazmul Alam

Deputy Secretary

Civil Service Batch : 24th BCS (Administration)

Service ID : 20417

Roll Number : 128

Official Address : Ministry of Housing and Public Works

Academic Attainment : M.Sc in Environment Policy (Japan)

Home District : Jashore

Date of Birth : 13 December 1978

Blood Group : AB+ (Positive)

Hobby : Fishing, Photography

Phone Number : 01754469142

Email Address : rz1719@yahoo.com

Amjad Hossain

Deputy Secretary



Civil Service Batch	: 25 th BCS (Statistical)
Service ID	: 8224
Roll Number	: 129
Official Address	: Ministry of Land
Academic Attainment	: MPS, MBA
Home District	: Narayanganj
Date of Birth	: 01 August 1976
Blood Group	: AB+ (Positive)
Hobby	: Sports
Phone Number	: 01756555642
Email Address	: amjadh15@gmail.com



Mohammad Mofizul Islam

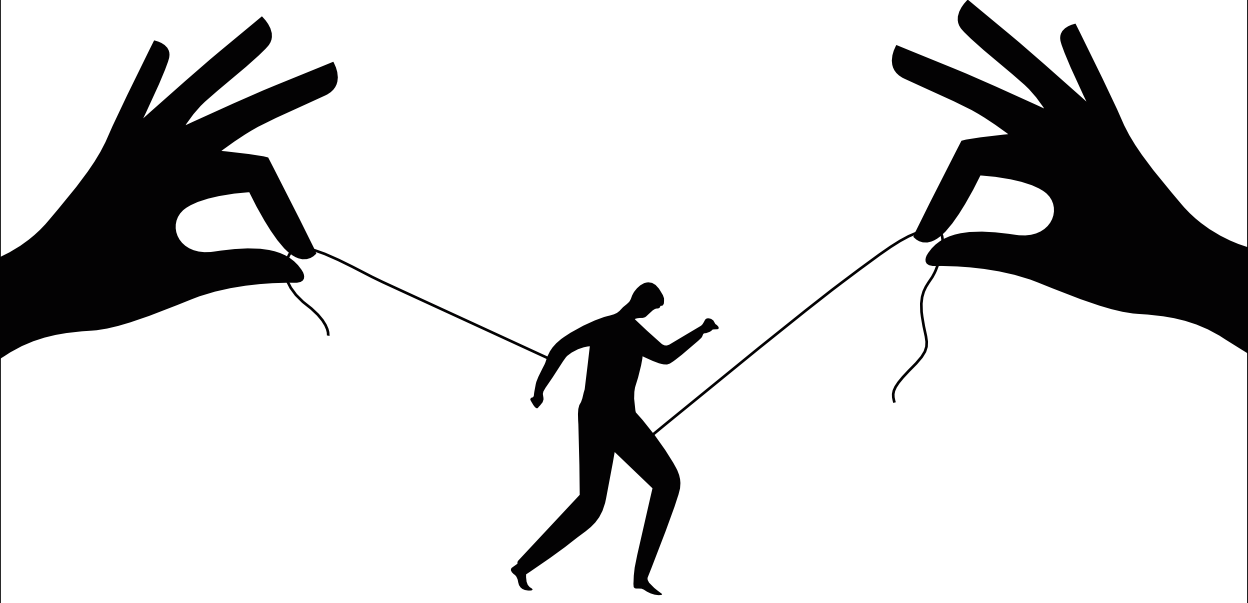
Deputy Secretary

Civil Service Batch	: 25 th BCS (Administration)
Service ID	: 15853
Roll Number	: 130
Official Address	: Ministry of Land, Bangladesh Secretariat, Dhaka
Academic Attainment	: Master in Public Policy and Governance (MPPG), B.Sc Engineer (Civil), KUET
Home District	: Brahmanbaria
Date of Birth	: 01 November 1976
Blood Group	: A+ve (Positive)
Hobby	: Singing
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Participant Writeup



সভ্যতার আঁধারে

ড. মোঃ আবুল কালাম আজাদ

কি চমৎকার সভ্যতা! কত আধুনিকতার ভান!
বুলির মাঝেই মানবাধিকার, কাজে নেই অবদান।
কথায় আছে ন্যায়ের শপথ, চোখে স্বপ্ন ডানা,
বাস্তবতায় ভিন্ন চিত্র—বর্বরতার হানা।

নারী অধিকার প্রতিষ্ঠার নামে নিত্য যাদের খিস্তি,
এপস্টেইন দেখিয়ে দিয়েছে তাদেরই অপকীর্তি।
খোলনলচে বদলাবে যারা বৈষম্যের বাড়া—
মানবতা নিপীড়নের তারাই আসল গুন্ডা।

মুখে নারীবাদ উচ্চস্বরে, ভেতরে লোভের ধান্দা,
'নারী অধিকার' বেচে খাওয়া খাম্বাস সব বান্দা।
মানবতার আড়ালে চলে ব্যবসায়িক ফাঁদ,
সহানুভূতির মোড়কে চলে স্বার্থসিদ্ধির সাধ।

সন্ত্রাস দমন অযুহাতে সন্ত্রাসে সব বন্দি,
যুদ্ধ আর ধ্বংসলীলায় অস্ত্র বেচার ফন্দি।
দিকে দিকে শুধু ক্ষমতা আর মারণাস্ত্রের শব্দ,
আইন—কানুন, বিশ্ব—বিবেক হিমাঙ্কতে শুক্ক।

যুদ্ধ নয়, যুদ্ধের নামে আধিপত্যের লড়াই—
তেল—গ্যাস যেখানে যা কিছু লুটিয়া করিছে বড়াই।
স্বাধীনতা, সার্বভৌমত্ব—কিতাবী এসব তত্ত্ব;
ক্ষমতামালায় সব সম্পদ, এটাই আসল সত্য।

শান্তিবাদী, শান্তিকামী নাটকীয়তার ছলে
লুটেরারা খোঁজে স্বার্থের ভাগ— প্রস্তুতি তলে তলে।
ঠুঁটো জগন্নাথ বিশ্বমন্ডের নেই কিছু কজ্জায়—
গণহত্যায় পার পেয়ে যায়, নেই কৈফিয়তের দায়।

হাসির আড়ালে কান্না লুকানো, সভ্যতার এ রীতি,
সত্য সে কবেই হারিয়ে গেছে—মিথ্যারই জয়গীতি।
এ সভ্যতার মুখোশখানি খুলবে কবে কে জানে?
মানবতা কি ফিরবে কখনো সত্যের সম্মানে?



নিশীথের সাথী

মোঃ হাবিবুর রহমান

তুমি আমার রাতজাগা পাখি নীরবতার গান
তোমার ভালোবাসায় ভরপুর নিঃশব্দ এই প্রাণ।
তোমার ভাবনায় হারিয়ে যাই অচেনা দেশে
স্বপ্নগুলো রঙিন হয়ে তোমার সাথে মেশে।

তোমার অনুভবে কেটে যায় অন্ধকারের ঘোর
রাত জেগে লিখে যাই ভালোবাসার নতুন ভোর।
চাঁদের আলোয় ভেসে ওঠে তোমার মিষ্টি মুখ
তারার মতো জ্বলজ্বল করে তোমার দুটি চোখ।

রাতের নিঃসঙ্গতা ভেঙে হারাই অবিরাম
মধুর সুরে ডাকতে থাকি তোমার প্রিয় নাম।
তোমার হাসিতে ভেসে যায় মনের যত ব্যাথা
তারারাও চুপিচুপি শোনে নিরব হৃদয়ের কথা।

রাতের গভীরতা বাড়ায় ভালোবাসার সীমানা
মন চায় প্রেমের আলিঙ্গনে ভেসে যাই দু'জনা।
কোমল মায়াবী স্পর্শে হাতে রেখে হাত
দূর অজানায় পৌঁছে জাগাবো নতুন প্রভাত।

জীবন

দিদারে আলম মোহাম্মদ মাকসুদ চৌধুরী



জীবন হলো গ্রীষ্মের রৌদ্রের প্রখরতা,
জীবন হলো বর্ষার অনাবিল বারিধারা,
জীবন হলো শরতের কাশবনের কোমলতা,
জীবন হলো হেমন্তের শুভ্রধারা,
জীবন হলো শীতের হিমশীতলতা,
জীবন হলো বসন্তের নতুনধারা,
জীবন হলো আসলে বৈচিত্র্যময় বর্ণাধারা,
জীবন হলো এক রহস্যময় সময়েরধারা,
জীবন হলো সফলতা – ব্যর্থতার যৌথধারা,
জীবন হলো আমৃত্যু আশাজাগানিয়া।

একাকী অমানিশা



নরসুন্দা নদীর জলজ হাওয়ার সাথে প্রচন্ড বজ্রের শব্দ চৌচির হয়ে যাওয়া আকাশে তীব্র আলোর ঝলকানি। চোখ ঝলসানো ঝিলিকের পর মৃত্যুর মতো নিকষ অমানিশার।

নিরু'র বাস দু'তলা দালানের নিচতলার উত্তর দিকের ফ্ল্যাটে। উপজেলা কোয়ার্টারগুলোর অবস্থা এমন যে, ভদ্রলোকের পক্ষে বসবাসের উপযোগী নয়। এমনিতেই দালানগুলো অনাদরে বয়সের তুলনায় একটু বেশী ন্যূজ, তার ওপর দালানের পেছনের দৈত্যাকৃতি রেইনট্রি গাছের বিশাল বপু মায়ের মমতায় দালানটিকে ছায়া দিয়ে রেখেছে, যাতে সন্তানের গায়ে রোদের আঁচ না লাগে।

ঘরে চার্জারের ব্যাটারি ফুরিয়ে গেছে। দেশলাইয়ের বারুদও রান্নাঘরের স্যাঁতসেঁতে ক্যাবিনেটে পড়ে থেকে থেকে জ্বলার ক্ষমতা হারিয়েছে। আর বিদ্যুৎ সে তো কালে ভদ্রে আসে।

উপজেলা পরিষদ কোয়ার্টার ক্যাম্পাসের একেবারে দক্ষিণ পাশের প্রাচীর ঘেঁষে দালানটির অবস্থান। প্রাচীরের ওপারে বিস্তৃত জলাভূমি। একটু আগে শ'খানেক সোনাব্যাঙ গলা ফুলিয়ে ঘ্যাঙর ঘ্যাঙর ডাকে এলাকা মাথায় তুলেছিল। বজ্রের সাথে প্রতিযোগিতায় না পেয়ে এখন তারা নিশ্চুপ।

দু'দিন পর কোরবানির ঈদ। উপজেলার কোয়ার্টারের প্রায় সব স্টাফ পরিবার নিয়ে ঈদের ছুটি কাটাতে বাড়ি গেছে। নিরু যে দালানটিতে বসবাস করে সেটাতে নিরু ছাড়া আরো একটি পরিবারের বাস। বাকি দুটো ফ্ল্যাট ফাঁকা পড়ে আছে। আজ অবশ্য নিরুই দালানের একমাত্র মনুষ্য প্রতিনিধি। আজ কেউ নেই –আছে শুধু এক নিঃসীম, রক্তহিম করা অন্ধকার আর তার বুক চিরে ফেটে পড়া বজ্রের গর্জন।



নিরু তার শোবার ঘরের বিছানার উপর স্থির হয়ে বসে আছে। চারপাশে এক অপার্থিব শূন্যতা আর সেই শূন্যতায় জমাট বাঁধা ভয়। সময় থেমে গেছে। অনন্তকাল ধরে চলছে তাড়না। এ অমানিশা বুঝি আর শেষ হবে না।

মাঝে মাঝে ভীত পাখিদের চিৎকার আর ডানা ঝাপটানোর ভয়ানক শব্দ। অদৃশ্য কোনো আতংক থেকে বাঁচতে এমন অস্থির তারা।

ভয় কাটানোর জন্য নিরু অতীতের আনন্দঘন মুহূর্তগুলো মনে করতে চাইলো। রজত। হ্যাঁ, এই নামটিই ছিলো তার। শুধু ঘুমিয়ে থাকা সময়টুকু ওরা একে অপরকে ছেড়ে থাকতো। কত কবিতা, কত গান আর গল্পে ভালোলাগায় সময়গুলো কাটতো। মুহূর্তের বিচ্ছেদও সহ্য করতে পারতো না দু'জন। নিরু কেবল ক্লাস নাইন তখন আর রজত ইউনিভার্সিটির শেষবর্ষে। নিরুর বয়স কম হওয়ায় তার অস্থি ছিলো বেশি। রজতই নিরুকে একটি মোবাইল ফোন কিনে দিয়েছিল। ওটিই যোগাযোগের একমাত্র মাধ্যম তখন।

নিরু বনেদি পরিবারের ছোট মেয়ে। মামা চাচা ছাড়া ওদের বাসায় প্রবেশাধিকার কারো ছিলো না। শুধু একদিন বান্ধবীদের সাথে ইউনিভার্সিটি ক্যাম্পাসে বেড়াতে গিয়ে দু'জনের মধ্যে দেখা। হাঁটতে হাঁটতে বান্ধবীরা ক্লান্ত হয়ে ইউনিভার্সিটি ক্যান্টিনে নাস্তা খেতে যাওয়াটিই ছিলো ঘটনার সূত্রপাত। ওরা সমুচা আর চা এর অর্ডার করেছিলো। রজত তার বন্ধুদের সাথে চা আর সিগারেটের আড্ডায় মশগুল। নিরু সিগারেট একেবারে সহ্য করতে পারে না। সে সিগারেট নেভানোর জন্য অনুরোধ করতে গিয়েছিলো। সাথে সাথে রজত নিভিয়েও ছিলো। রজত বন্ধু মহলে বাকপটু, হলের মেয়েদের প্রতি বিশেষভাবে নরম ও শ্রদ্ধাশীল ছিলো। এই যে নিরুর কথায় সিগারেট

নিভিয়ে ছিলো এটা নিরুর দারুণ ভালো লেগে গেলো। কারণ বাসায় সবার ছোট হওয়ায় কেউ তার কথা পাত্তা দিতো না। আর রজত ছিলো অসম্ভব সুন্দর, কঠিন ভরাট আর ধীর স্বভাবের।

সারাক্ষণ মোবাইলে যুক্ত থাকতো দু'জন। কালেভদ্রে ক্ষণিকের সাক্ষাত। বড়জোর কফিশপে বসে দু'কাপ চা বা কফি। নিরুর পরিবার বড়বেশী রক্ষণশীল। নিরুর বাবার কাছে এ খবর গেলে কুরুক্ষেত্র না বেঁধে যায় বরং সব শীতল রবফ হয়ে যাবে।

এই অল্প বয়সী চঞ্চল তরুণীটিকে আত্মবিশ্বাসী রজতের প্রথম দেখাতেই খুব আপন মনে হয়েছিল। তার ভিতর নাকি এই মেসেজ ছিলো যে, একেই আমি আজীবন খুঁজেছি।

নিরু নিজেকে পৃথিবীর সবচেয়ে সুখি মানুষ মনে করতো। রজত একেবারে তার মনের মতো। সকল বিবেচনায় নিরুর কাছে রজত ছিলো জগৎ শ্রেষ্ঠ পুরুষ। এতো ভালো গান, কবিতা আবৃত্তি আর পরিশীলিত তার শব্দ চয়ন। কখনও তার কণ্ঠে অশ্লীল কোনো শব্দ উচ্চারিত হয়নি। তারপর নরসুন্দার অনেক জল গড়িয়ে গেছে।

হঠাৎ বাড় এলো সকল কিছু লভভন্ড করে দিয়ে পৃথিবী শান্ত হলো। কিন্তু নিরু আর কখনো হাসলো না, আর কাঁদলো না।

তারপর আছে শুধু একাকী বেঁচে থাকার দীর্ঘ লড়াই। নিরু কল্পনা থেকে বাস্তবে ফিরলো।

ঝড় থেমে গেছে কখন কে জানে। দূরে কোথাও থেকে আজানের ধ্বনি ভেসে আসছে।

নিরু ধীরে উঠে দাঁড়ায়।

বাইরে আলো ফুটছে। এক নতুন দিনের সূচনা।

প্রতিদিনের মতো আজও নিরু দরজা খুলে বাইরে পা রাখো। নরসুন্দা নদীর দক্ষিণ তীর ধরে সরু পিচঢালা পথটা এগিয়ে গেছে দূরে বহু দূরে।

সে হেঁটে চলে নতুন দিনের দিকে...

লেখক: পরাগ

Wild Musings

Mohammad Marufur Rashid Khan

O Earth, be like a moon
Bright and cool
Round and full.
May you bring forth light around
Delight with joy filled sounds.
May you cause the cereus' bloom
To open up from closed cocoon;
To reveal buds and anthers glues
Make viewers sound their 'oohs'.
May you stir up the Oceans
Burst forth new life;
As creatures once deep
Now come to light.
May you shine forever
Like this daily light
Unwavering consistency
For these heavenly sight.
O mother earth!
Bright and dreary,
A dreamy haze that came
Now fading away gradually.

The Importance of Lifelong Learning for Continuous Self-Development



Lifelong learning nurtures creativity and innovation by exposing individuals to diverse ideas and perspectives. When people continuously learn, they develop the ability to think critically and approach problems from different angles. This is particularly important in today's knowledge-based economy where innovation drives progress. Continuous learning encourages curiosity and experimentation which are essential for generating new ideas and solutions.

Introduction

In today's fast-changing world, learning is no longer confined to classrooms or a specific stage of life. It has become a continuous journey from childhood to old age. Lifelong learning is not just an academic concept but a practical necessity for self-development, involving the ongoing acquisition of knowledge, skills, values and experiences that help individuals grow, adapt and improve in everyday life.

We engage in learning daily, often without realizing it. For example, a person learning a new mobile application, using digital payment systems or accessing online services practices lifelong learning. Similarly, a professional upgrading skills through online courses or a student exploring areas beyond textbooks reflects the same continuous process.

Lifelong learning is also closely linked to social life. Every day we learn to communicate better, understand others and maintain relationships. Resolving misunderstandings teaches empathy, participating in community programs builds teamwork and interacting with diverse people enhances cultural awareness. Even managing conflicts or supporting others provides valuable lessons. Learning extends beyond formal education, embedded in both personal and social experiences. The ability to learn from surroundings is essential. Lifelong learning enables individuals to remain adaptable, confident and socially responsible, ensuring continuous growth and meaningful participation in society.

Enhancing Adaptability in a Changing World

One of the most significant benefits of lifelong learning is its ability to enhance adaptability. In today's fast-changing world,

knowledge and skills can quickly become outdated due to technological advancement and evolving job requirements. Continuous learning allows individuals to stay relevant by acquiring new skills and updating existing ones. For example, office employees have adapted to remote work by learning video conferencing tools, cloud-based collaboration platforms and digital project management software. Similarly, small business owners have embraced e-commerce, digital marketing and online payment systems to maintain competitiveness.

According to the Organisation for Economic Co-operation and Development, lifelong learning is crucial for responding to labor market changes and sustaining employability (OECD, 2019). By viewing learning as an ongoing process, individuals can confidently navigate change, seize new opportunities and remain resilient in uncertain circumstances. Lifelong learners are better equipped not only for professional growth but also for adapting to everyday technological and societal shifts.

Improving Cognitive Abilities and Mental Health

Lifelong learning also supports cognitive development and mental well-being. Activities such as reading, problem-solving or learning new skills keep the brain active, improving memory, focus and analytical thinking. For instance, older





adults who learn to use smartphones, participate in online courses or engage in community education programs often experience sharper cognition and greater independence. Young learners exploring creative skills—like coding, music or foreign languages—develop critical thinking and problem-solving abilities.

The World Health Organization emphasizes that continuous mental stimulation reduces cognitive decline and promotes healthy aging (WHO, 2020). Beyond intellectual benefits, mastering new skills also boosts confidence and emotional well-being, demonstrating that lifelong learning is essential for a sharp, resilient and balanced mind.

Building Confidence and Personal Empowerment

Continuous learning enhances self-confidence and empowers individuals. As people gain new knowledge and develop skills, they experience a sense of achievement that boosts their self-esteem. The UNESCO emphasizes that lifelong learning enables individuals to make informed decisions and actively participate in society (UNESCO, 2015). This empowerment encourages individuals to take initiative, face challenges and contribute positively to their communities.

Fostering Creativity and Innovation

Lifelong learning nurtures creativity and innovation by exposing individuals to diverse ideas and perspectives. When people continuously learn, they develop the ability to think critically and approach problems from different angles. This is particularly important in today's knowledge-based economy where innovation drives progress. Continuous learning encourages curiosity and experimentation which are essential for generating new ideas and solutions.

Promoting Social Inclusion and Cultural Awareness

Another important aspect of lifelong learning is its role in promoting social inclusion and cultural understanding. Education helps reduce inequalities by providing individuals with opportunities to improve their socio-economic status. It also fosters tolerance and respect by exposing learners to different cultures and viewpoints. Lifelong learning, therefore, contributes to building inclusive societies where individuals can coexist harmoniously and collaborate effectively.

Supporting Emotional and Psychological Growth

Lifelong learning also plays a vital role in emotional and psychological development. It provides individuals with a sense of purpose and fulfillment, especially during transitional phases of life such as career changes or retirement. Continuous learning promotes a growth mindset, encouraging individuals to view challenges as opportunities for improvement rather than obstacles. This mindset enhances resilience and helps individuals cope with life's uncertainties.

Enhancing Career Development and Employability

In the modern workforce, lifelong learning is essential for career growth and sustainability. Employers increasingly seek individuals who are willing to learn and adapt. Continuous skill development improves productivity and opens doors to new career opportunities. According to the World Economic Forum, many existing jobs will undergo significant transformation, making reskilling and up skilling crucial for future employment (WEF, 2020). Lifelong learners are better equipped to meet these demands and succeed in competitive environments.

Role of Technology in Lifelong Learning

Advancements in technology have made lifelong learning more accessible than ever before. Online courses, digital platforms and open educational resources allow individuals to learn anytime and anywhere. These tools provide flexibility and enable learners to pursue knowledge according to their interests and pace. Technology has thus transformed learning into a more inclusive and convenient process, encouraging more people to engage in continuous self-development.

Individual Responsibility and Learning Culture

While institutions and governments play a vital role in promoting lifelong learning, individuals must also take responsibility for their own development. Cultivating habits such as reading, critical thinking and self-reflection can significantly enhance personal growth. Developing a culture of

curiosity and continuous improvement is essential for making lifelong learning a meaningful and effective practice.

Conclusion

In conclusion, lifelong learning drives continuous self-development, enabling individuals to adapt, grow and thrive in a constantly evolving world. It strengthens cognitive abilities, emotional resilience and creativity, while also shaping identity and purpose. Continuous learning enhances personal branding, helping individuals showcase skills, values and uniqueness and positioning them as competent, adaptable and forward-thinking. Rooted in a growth mindset, it signals a willingness to evolve and embrace challenges. Beyond knowledge acquisition, lifelong learning empowers individuals to unlock their potential, achieve success and make meaningful contributions to society.

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Writer: Md Habibur Rahman

Designing Sustainability: A Story from the Campus



The morning sun rose gently over the vast greenery of Bangladesh Public Administration Training Centre, casting soft golden light across the quiet campus. For Shopnil, a young civil service trainee, this place felt different from anywhere he had studied before. It was not just an institution—it was an experience.

Shopnil had arrived with ambition, like many others, eager to learn the mechanics of governance. But as he walked along the tree-lined paths on his first day, he sensed that BPATC was trying to teach him something deeper.

The campus was calm and spacious, surrounded by nature. Birds moved freely between tall trees, and a gentle breeze carried the scent of fresh leaves. Yet, behind this peaceful setting, Shopnil soon discovered, lay a bigger question—how could such a beautiful place evolve to meet the demands of a rapidly changing world?

One afternoon, during a lecture on sustainable development, his instructor posed a challenge:

“Development is not just about building more. It is about planning better. If you were to redesign this campus, what would you do?”

The question stayed with Shopnil

That evening, he wandered toward a quiet water body at the edge of the campus. Sitting there, he began to imagine a future version of BPATC—one where every space had a purpose.

He pictured clearly defined green zones, areas dedicated to conservation where biodiversity could thrive undisturbed. He imagined tree plantation belts that would not only beautify the campus but also act as natural climate regulators. In his vision, the scattered greenery transformed into organized ecological zones, carefully protected and thoughtfully planned.

As he walked further, a new idea formed.

What if all parts of the campus were connected through green corridors? Shaded pathways lined with trees, where

trainees could walk from classrooms to dormitories without ever losing touch with nature. These corridors would not only reduce heat and improve air quality but also make movement easier and more pleasant.

The next day, Shopnil shared his thoughts with his classmates. Some added new ideas—cycle paths instead of busy roads, pedestrian-only zones, and quiet outdoor learning spaces under the shade of trees.

But the discussion did not stop at nature.

“What about modern facilities?” one of his friends asked.

Shopnil paused. He knew that sustainability was not only about preserving greenery—it was also about preparing for the future.

He imagined compact clusters of buildings—classrooms, digital labs, and research centers grouped together within walking distance. No unnecessary sprawl, no wasted land. Each structure would be smartly designed, using natural light and ventilation to reduce energy consumption.

Instead of spreading outward endlessly, the campus would grow intelligently, preserving its open spaces while accommodating advanced training needs.

Slowly, a bigger picture began to emerge in Shopnil’s mind.

At the heart of the campus, he envisioned a “green spine”—a central stretch of interconnected open space that would link every major facility. Around it, modern buildings would stand—not as barriers to nature, but as extensions of it. Open courtyards, water-sensitive designs, and shaded walkways would ensure that no one ever felt disconnected from the environment.

In this imagined campus, sustainability was not a subject taught in classrooms. It was something lived every day.

Weeks passed, and the idea evolved into a group project. What started as a simple reflection turned into a detailed plan—a vision of spatial transformation. Their proposal was not about adding more buildings, but about organizing space intelligently, ensuring that every corner of the campus served both people and the environment.

On the final presentation day, Shopnil stood before his instructors and spoke with quiet confidence.

“This campus already has everything it needs,” he said. “Nature, space, and purpose. What it needs now is thoughtful planning—where green and modern are not separate, but one.”

There was a moment of silence after he finished.

Then his instructor smiled.

“Remember this,” he said. “The future of governance begins with how you think about space. If you can design a campus like this, you can design a nation.”

As Shopnil walked out of the hall that day, he looked around the campus once more. The trees, the open fields, the distant buildings—they all seemed different now.

He no longer saw them as they were.

He saw what they could become.

And in that vision, he realized, lay the true meaning of sustainable development.

Writer: Mohammad Ashfaquul Haque Chowdhury

Our Food Habits and Health Risks during Ramadan



Ramadan is the ninth month of the Islamic calendar and is observed by Muslims around the world as a period of fasting, prayer and spiritual reflection. During this month, Muslims fast from dawn to sunset, refraining from food and drink. The daily fast is broken at sunset with a meal called Iftar, while a pre-dawn meal known as Sehri (Suhoor) is taken before the fast begins. Although fasting has several spiritual and health benefits, certain eating habits during Ramadan may create health risks if not managed properly.

One common eating habit during Ramadan is the consumption of large amounts of fried and high-fat foods at Iftar. Foods such as Samosa, Pakora, Beguni, Jilapi, Fried meat items and sweet desserts are popular in many cultures. As a result, Health Risks Increases due to intake the above food

i.e Indigestion and acidity, Weight gain, Increased cholesterol, Higher risk of heart disease.

While these foods are tasty and traditional, excessive intake can lead to digestive problems, weight gain and increased cholesterol levels. Overeating immediately after a long day of fasting can also cause stomach discomfort, bloating and indigestion.

Another unhealthy habit is the consumption of sugary drinks and desserts, Sweet sharbat, Soft drinks, Jilapi, Firni, Cakes and sweets. Many people drink sweet beverages or soft drinks to quickly regain energy after fasting. However, too much sugar can raise blood glucose levels and increase the risk of obesity and diabetes, especially for individuals who already have health issues.



Better Alternatives may be Start with dates and water, Eat fruits, soup or salad first, Limit fried items to small portions, Lemon water, Coconut water, Fresh fruit juice (without added sugar).

Skipping Sehri is another problem during Ramadan. Some people avoid the pre-dawn meal because of sleep or lack of appetite. This can lead to fatigue, dehydration, headaches, Kidney problems, Constipation and low energy levels during the day. Sehri is important because it provides the body with the necessary nutrients and energy to sustain the fast. Healthy Sehri foods may be Oats or whole grains, Eggs, Fruits, Yogurt, Plenty of water.

Dehydration is also a common health risk during Ramadan because people cannot drink water for many hours. If individuals do not drink enough water between Iftar and Sehri, they may experience headaches, weakness and difficulty concentrating.

Everybody should follow the Healthy food habits in Ramadan:

- Breakfast with dates and water
- Eat balanced meals (carbohydrates, protein, vegetables)

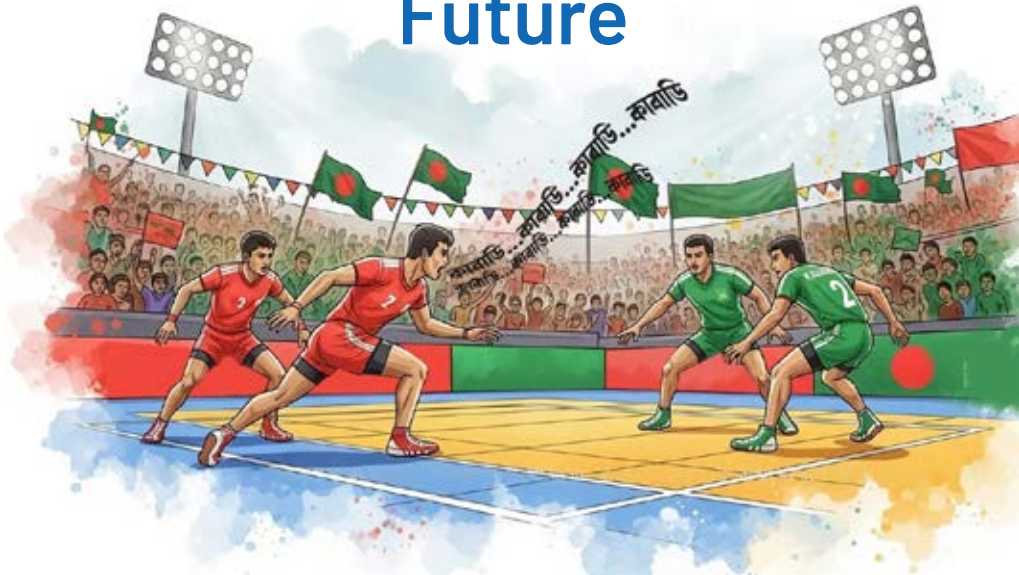
- Avoid excessive fried and sugary foods
- Drink enough water (8-10 glasses of water between Iftar and Sehri)
- Do light physical activity like walking after Iftar



In conclusion, Ramadan fasting can be beneficial for both spiritual growth and physical health if proper eating habits are followed. Eating balanced meals, avoiding excessive fried and sugary foods, drinking enough water and not skipping Sehri can help reduce health risks and ensure a healthy and meaningful Ramadan.

Writer: Amjad Hossain

The Rise of Sports and Cricket in Bangladesh: Potential, Achievements and Future



Bangladesh is a country with a young population. A large portion of the country's population is young, whose energy, enthusiasm and creativity are one of the driving forces of the country's development. The role of sports is very important in keeping this young society healthy, disciplined and involved in positive activities. Sports are not just a means of entertainment ; they are a symbol of a nation's health, discipline, unity and international identity. The sports arena of Bangladesh has achieved significant progress in the last few decades, of which cricket is particularly notable.

Sports tradition of Bangladesh

The history of sports in Bangladesh is very old. In rural Bengal, sports such as Hadudu, Kabaddi, Lathikhela, Boat Race, Gollachoot, Dariabandha etc. were once very popular. These sports were not only a means of entertainment, but also played an important role in strengthening social bonds. These sports were organized in various festivals and fairs of rural Bengal and the local people participated in them with enthusiasm.

After independence, a new wave of organized sports began in Bangladesh. Various sports federations (53) were formed and competitions were organized at the national level. Gradually, Bangladesh's presence began to be visible in the international sports arena.

Popular sports in Bangladesh

Although there are various types of sports in Bangladesh, the most popular sport today is cricket. Cricket is a symbol of passion and pride for the people of Bangladesh today. Cricket is very popular among the children and teenagers of the country, including the young people. From city fields to open spaces in villages, cricket can be seen playing everywhere.

Football is also a traditional and popular sport in Bangladesh. Bangladeshi football was once a very strong sport in South Asia. Bangladesh is gradually strengthening its position in many other sports including

hockey, athletics, shooting, archery, kabaddi, chess and badminton. Bangladeshi players have achieved significant success in the international arena, especially in archery and shooting.

The rise of Bangladeshi cricket

The history of Bangladesh cricket has been a story of remarkable progress over the past few decades. Bangladesh established a strong position in world cricket for the first time by winning the ICC Trophy in 1997. This victory is considered a historic milestone in the country's cricket history. As a result, Bangladesh got the opportunity to participate in the 1999 Cricket World Cup.

Bangladesh made a splash in world cricket by defeating a powerful team like Pakistan in the 1999 World Cup. This victory was not just a match win; it was a symbol of Bangladesh's confidence and potential.

Bangladesh gained Test status in 2000, which was a huge achievement for the country's cricket. Since then, Bangladesh has been participating regularly in international cricket and has gradually established itself as a strong team.

World Cup and international success

One of the most glorious chapters of Bangladeshi cricket is their success in the World Cup. Bangladesh shocked the world by defeating the mighty India in the 2007 World Cup. This victory has become



an unforgettable moment for the country's cricket fans.

Later, Bangladesh also achieved memorable victories against strong teams like England, South Africa and Australia. In the 2015 World Cup, Bangladesh reached the quarter-finals, which is a significant achievement in the country's cricket history.

These successes have not only increased Bangladesh's status in the international arena, but have also further inspired the country's young generation towards cricket.

The role of government and sports organizations

The government is playing an important role in the development of sports in Bangladesh. The Ministry of Youth and Sports and the National Sports Council are implementing various programs for the development of sports in the country. Stadiums, Gymnasiums and Training Centers have been established in different districts of the country.

Youth are being encouraged to participate in sports by organizing sports competitions at school, college and university levels. Various sports federations are also creating opportunities for players to train and participate in international competitions.

Youth and Sports

Sports are a very effective means to guide the young society in a healthy and positive direction. Through sports, young people learn discipline, leadership qualities, teamwork and tolerance. In addition, sports ensure their physical and mental well-being.

In this technology-dependent era, many young people are spending excessive time on mobile phones and the internet. In this situation, sports can lead young people to an active and healthy lifestyle.

Challenges for sports in Bangladesh

Although Bangladesh has great potential in sports, there are also some challenges. Lack of adequate infrastructure, limitations in modern training facilities, and lack of long-term planning often hinder the progress of sports.

There are many talented players in rural and remote areas, but due to lack of adequate opportunities, they do not get the opportunity to develop their talents. It is very important to find these talents and bring them under training.

Future prospects

The future of sports in Bangladesh is very promising. The country's young population growing sports infrastructure, and international experience can take sports in Bangladesh to new heights.

The popularity of cricket in particular has further strengthened the country's sports culture. With a planned talent search, modern training systems, and the development of international-standard infrastructure, Bangladesh will be able to achieve greater success in the world sports arena in the future.

Some recommendations for the development of sports in Bangladesh

Some effective initiatives need to be taken to strengthen and elevate Bangladesh's sports sector to international standards. Below are some important recommendations :

1. Talent search at the grassroots level

There are many talented players in the remote and rural areas of the country. To find them, it is necessary to organize competitions and conduct talent search programs at the school and upazila levels regularly.

2. Development of modern sports infrastructure

Modern stadiums, training centers and gymnasiums should establish in every district and upazila. Improved infrastructure will make the training and preparation of players more effective.

3. Development of skilled trainers and training systems

We need to hire international-standard coaches and provide advanced training to local coaches. If the skills of the coaches improve, the performance of the players will also improve.

4. Promotion of sports in schools and educational institutions

At school, college and university levels and encourage students to participate in sports. This will create interest in sports from an early age.

5. Financial and social security of players

Job opportunities and medical facilities need to be ensured for players who achieve success at the national and international levels. This will encourage players to take up sports as a profession.

6. Increase in domestic leagues and competition

It is necessary to organize regular national and regional leagues in various sports. This will increase the opportunities for developing new players and create a competitive environment.

7. Increasing participation of female athletes

Special initiatives are needed to increase women's participation in sports. Training facilities, a safe environment, and sponsorship must be ensured for female players.

8. Increasing private sector participation

Sponsorship from corporate and non-governmental organizations can play an important role in the development of sports. Sponsorship and investment can create new possibilities in the field of sports.

9. Gaining international experience

Players should be given more opportunities to participate in international competitions and training. Matches and training camps with foreign teams will enhance the skills of players.

10. Implementation of long-term sports policy

For the development of sports, it is necessary to implement an effective and long-term national sports policy. It is possible to elevate Bangladesh's sports to a world-class level through planned and coordinated initiatives.

Conclusion

Sports are a symbol of the strength, unity and pride of a nation. The sports arena of Bangladesh has already achieved significant progress and has the potential to achieve even greater success in the future. Cricket in particular has become the focus of passion and pride of the people of Bangladesh.

Of the government, sports institutions, coaches and players, Bangladeshi sports can shine brighter on the world stage. If we can take sports forward by harnessing the power of the young society, then one day Bangladesh will achieve a stronger position in the international sports arena – this expectation is our inspiration.

Writer: Muhammad Humayun Kabir

Vision Creates Hope

Bangladesh Perspective

“Vision creates hope” is a powerful weapon that reflects how a nation’s long-term planning and development strategy can inspire progress and optimism among its people. In the context of Bangladesh, this vision is clearly embodied in its socio-economic transformation over the past decades. Through strategic policies, development planning and commitment to global goals, Bangladesh has made remarkable progress in key contemporary development indices such as the Human Development Index (HDI), Sustainable Development Goals (SDGs) and economic growth indicators. One of the most important indicators of development is the Human Development Index (HDI), which measures progress in health, education and income. Bangladesh’s HDI score increased to 0.685 in 2023, ranking 130th out of 193 countries, placing it in the “medium human development” category (The Daily Star & Daily Sun). This steady improvement reflects significant gains in life expectancy, education and living standards. For instance, life expectancy in Bangladesh has reached around 74–75 years, indicating improvements in healthcare and living conditions (Daily Sun & World Bank Open Data; Bangladesh Data). Such progress demonstrates how a clear national vision—focused on human welfare—creates hope for a better future.



Another important framework is the Sustainable Development Goals (SDGs). Bangladesh has shown notable progress, achieving an SDG Index score of 63.9 and ranking 114th globally (Sustainable Development Report:2025/ dashboards. sdgindex.org). The country has made achievements in poverty reduction, access to electricity, sanitation and financial inclusion. Poverty has declined significantly, with the extreme poverty rate falling to around 5.9% in recent years. These achievements highlight how targeted policies and inclusive growth strategies (World Bank Open Data: Bangladesh Data) translate vision into real outcomes.

Economic development is another pillar of Bangladesh’s progress. The country’s GDP

has grown steadily, reaching approximately \$450 billion in 2024, making it one of the fastest-growing economies in South Asia (World Bank Open Data:Bangladesh |Data). This growth has been driven by strong export performance, especially in the ready-made garments sector, along with remittance inflows and infrastructure development. Large-scale projects such as bridges, metro rail and power plants reflect the government's long-term vision for economic transformation.

However, despite these achievements, challenges remain. Bangladesh is still in the "medium human development" category and progress in education has been relatively slower compared to health and income (The Business Standard-Human dev.Index:Bangladesh up a notch but still in 'medium' category). Inequality, unemployment, climate vulnerability and pressure on urban infrastructure are ongoing concerns. Moreover, with the upcoming graduation from Least Developed Country (LDC) status, Bangladesh will face new economic challenges, including reduced access to concessional financing and trade benefits. Nevertheless, the vision of becoming a

developed nation by 2041 continues to inspire hope. Initiatives such as "Digital Bangladesh" and investments in human capital, technology and infrastructure demonstrate a forward-looking strategy. The steady improvement in development indices shows that Bangladesh is on a positive trajectory.

In a word, Bangladesh's experience clearly illustrates that vision creates hope. Through strategic planning, policy commitment and resilience, the country has achieved significant progress in human development and economic growth. While challenges remain, the continuous improvement in development indicators reflects a hopeful future where Bangladesh can achieve sustainable and inclusive development.

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Writer: Dider-E-Alam Mohammad Maksud Chowdhury







Tributes at National Martyrs' Monument



Independence and National Day 2026





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Class





Sports









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