



Bodybuilder Awhona Rahman at the gym.



PHOTOS: MONON MUNTAKA



www.youthop.com

YOUTH OPPORTUNITIES

Centre for Governance Studies presents Bay of Bengal Conversation 2020

The Bay of Bengal Conversation hosted by the Centre for Governance Studies (CGS), Bangladesh. The dialogue will take place between 18th and 20th, April 2020 in Dhaka. The Bay of Bengal has been an interconnected and interdependent region for centuries. Trade and migrations across borders have made the littoral ports and cities culturally diverse and mutually supportive. The geo-strategic shift from Euro-Atlantic to Indo-Pacific in recent years has provided the Bay of Bengal region a renewed geopolitical prominence.

DEADLINE: April 17, 2020 | Conference



Dhaka OIC Youth Capital 2020 in Bangladesh (Fully Funded)

Applications are now invited for Dhaka OIC Youth Capital 2020 from April 12 – 15 in Dhaka and Cox's Bazar, Bangladesh. More than 150 youth representatives from 57 member states and OIC Youth Ministers will join this program. This program has been designed with thematic workshops, sessions, which will be taken by the renowned experts. This program is an excellent opportunity to learn the Bangladeshi culture as they will take you to different cultural sites in Dhaka.

DEADLINE: March 17, 2020 | Conference

UNESCO Youth Leadership Workshop 2020 in Seoul, Korea (Fully Funded)

The Asia-Pacific Centre of Education for International Understanding (APCEIU) will organize the 6th UNESCO Youth Leadership Workshop 2020 in Seoul, Korea on GCED (Global Citizenship Education) from 25 to 31 May 2020. The UNESCO/APCEIU is a Fully Funded Youth Leadership conference for one week in Korea.

DEADLINE: March 17, 2020 | Workshop

Lifting weights and expectations

MAISHA ISLAM MONAMEE

Awhona Rahman made history as the winner of the first ever Women's Bodybuilding Championship, organised by Bangladesh Bodybuilding Federation. Currently a twelfth grader at Bir Shrestha Noor Mohammad School and College, she aspires to represent Bangladesh in international platforms.

Awhona started hitting the gym shortly after her SSC exams in 2018. Over time, she developed a passion for health and fitness. "My elder brother, Rahanur Rahman, motivated me to participate in the championship," she adds. Rahanur, who runs the gym, Rayhan Fitness in Lalbagh, was the first runner-up of Mr Bangladesh. He has been into bodybuilding for the last six years. He is the only MTUT certified trainer in the country. "When I started out, I was immensely inspired by my brother's lifestyle choices and determination," asserts Awhona.

Awhona believes that bodybuilding is a tough sport that requires a strict routine. "I think the diet for bodybuilding is more



challenging than the fitness regime," she says. "Self-control is the key to success in this field."

Awhona received full support from her family in her pursuit of bodybuilding. "When I first told my parents, I expected a

discouraging response from them, since my HSC exams were to take place at that time," she says.

However, her parents were very proud of her and supported her through everything. "At the championship, my brother took on the role of my bodyguard, as he wanted to protect me from stereotypical questions and mean comments. But overall, the ambience was really welcoming," shares Awhona.

Her diet includes coffee, eggs, boiled vegetables, chicken and rice, among other things. She has five meals throughout the day, at intervals of two to three hours. For the championship, Awhona, who is an early riser, had to spend more than three hours every day in the gym. Yet, she kept up with her studies successfully.

The passionate bodybuilder further shared some tips for beginners at the gym. "Learning the proper forms for different exercises and staying consistent are crucial factors. Working out for forty minutes every day is sufficient to start with. Weightlifting is naturally challenging for women, and they should not push themselves too hard, as it may lead to injuries," concludes Awhona.

Join 'Malaysia Education Lead Meet 2020'

YOUTH DESK

Fast Track Education Services Ltd is arranging the 'Malaysia Education Lead Meet' from 3:30 pm to 8:30 pm on March 20 and 21 at Zizzi Hall, Platinum Grand Hotel, Plot-52, Road-11, Banani. This flagship event has been highly appraised by students and parents since its inception in 2015. "The event actually brought me close to my dream universities, and helped me to communicate with the university representatives that I really wished to meet," said a student who attended a previous session of 'Malaysia Education Lead Meet'.

"We have come here because we can get campuses of renowned universities in Malaysia that is so close to our home, and the tuition fees and living expenses are comparable to our country," said a parent. The students and parents can also learn about the visa regulations, student life, and other facilities in Malaysia at the event.

This year, the Malaysia campuses of three Australian universities, Monash University, Swinburne University of Technology, University of Wollongong Malaysia KDU, a British university, The University of Nottingham, and two top Malaysian International universities, Sunway University and Taylor's University are attending

the event.

The entry to the event is free of charge, but interested students will need to register at <http://shorturl.at/dtBHN>

Star Youth, The Daily Star, is the youth engagement partner of this event. To learn more about the event, visit their Facebook page at <https://www.facebook.com/ftes.ltd>

For more information on the event, please contact
FAST TRACK EDUCATION SERVICES LTD,
44/12 West Panthapath, Dhaka.
Mobile- + 88 01946109160
Email: info@feducation-bd.com
www.feducation-bd.com

AUXILIO: INTERACTING WITH A COMPUTER DIFFERENTLY

SADIA TAHSIN

Auxilio (meaning "to assist" in Latin) is a head mounted wireless device, created by a group of youngsters, as an alternative means for controlling a computer mouse. With this device, users can move the cursor by rotating their head in different directions, and implement clicks by their eye blinks. "The default setting is left wink for left click and right wink for right click, but the user can swap clicks between eyes, based on their preferences," says Ridwan Kabir, Lecturer, CSE, IUT, and one of the founders of Auxilio. The other founders include his students Ishrak Abedin, Rizvi Ahmed and Saad Bin Ashraf.

Auxilio also has a provision for adjusting the mouse cursor sensitivity. For disabling the head mouse the user has to look down (30°) and wink two eyes together. For enabling it again, the user has to look up (30°) and wink two eyes together.

Team Auxilio has been working on their passion project for over a year. "Growing up as a fan of Iron Man from the Marvel comics, I always wanted to develop something that would enable people to



Auxilio lets users use their heads and eyes to control a computer mouse.

PHOTOS: PIYAS BISWAS

interact with a computer differently," says Ridwan. "My students had developed an alternative mouse controlling method using hand gestures as a part of their semester project. But we could not find any uniqueness or research perspective from it, as there are devices in the market already that use the same

concept for controlling a mouse. Auxilio is different because we can use our heads and eyes to control a mouse, and so, we put our ideas and skills into it."

With Auxilio and a virtual keyboard, users can carry out document-related jobs in MS Office. Freelancing has become a major source of income for many. Whereas, people with disabilities or paralysed limbs are lagging behind, which in turn, is impacting our national revenue. Auxilio can assist people with special needs to succeed," asserts Ridwan. Auxilio aims to give individuals with special needs a degree of freedom so that they do not feel deprived. Rather, they can showcase their skills and knowledge to their full potential with the assistance of this device. Moreover, it is a fun tool to use for children has many prospects in virtual reality, simulation, and other fields.

Auxilio is still in its prototype phase and its prospects are still being researched. As of now, the device consists of an adjustable helmet and glasses, a fairly bulky setup. The prototype costed about BDT 4,220. The makers intend to bring the entire setup down to the size of a wearable glass and reduce its production cost, once it is officially launched.

At the BASIS Soft Expo 2020, Team Auxilio stood out as the champions of the project showcasing round. Different NGOs and businesses have already approached the team to discuss the impacts of Auxilio and its target audience. Auxilio does not require any Bluetooth or Wi-Fi connection to be set up with a computer. It works solely in the 2.4GHz band of commercially available radio-controlled toys, which makes it a low-cost and simple assistive tool.



The founders of Auxilio.