

Naseef Rahman

He represented Bangladesh at 'Mister Global', an international male beauty pageant held in Thailand. Naseef Rahman has earned quite a name for himself both locally and internationally and has been quite popular in the national bodybuilding scene for a while now as a bright prospect. Having recently ventured into acting, Naseef talks to Star Showbiz about his journey, difficulties and future plans.

Tell us how you got selected to compete in "Mister Global". How was the experience?

Before the commencement of the event, there was a national competition held called 'Super Model Bangladesh'. After I won that, I qualified to represent Bangladesh at Mister Global. The event went on from 10th to 20th May. There were competitors from 30 different countries, and it was an amazing experience getting to share the spotlight with them. Brazil won the competition and South Africa was the first runner-up. Aside from the grand prize, there were many special prizes which included 'Best Body', which I was hoping to win but unfortunately couldn't. Nevertheless, it was really an honor representing my country.

What kind of preparation did you have going into the competition?

As much as it hurts to admit, I had little to no preparation for this. After I won the initial 'Super Model Bangladesh' competition, I was supposed to receive the \$500 license fee and the air ticket fee from the management of the event. Unfortunately, I got none of those and had to pay for the entire thing myself. All the other competitors were either sponsored by their government or other organizations, and were training for months prior to the event. I would like to give a shoutout to O2, who were kind enough to give me two suits that I wore in the competition.

Do you think you could have done better with help from the government?

Definitely, I am confident that I could even win it if given the proper grooming prior to the event. After 'Super Model Bangladesh' ended on 7th April, I had a month to train for it but obviously could not adequately prepare without professional help. I don't have regrets though; I am proud that I was able to represent my beloved country.

Tell us about your acting ventures.

As you probably know, I have my own YouTube channel where I post fitness videos. Since the videos got very popular among fitness enthusiasts, I started to get noticed by the media. I starred in a Bangalink ad, which got popular because of the inspirational message behind it. Besides that, I starred in a serial alongside Mithila named "Hridkhan". I was her trainer in it, and she fell sick trying to get fit. It was a nice experience.

What do you plan to do in the future?

I plan to go to the US for my Masters as of now. When I come back, I want to continue acting and modeling. I will keep posting fitness videos on YouTube, because that is what made me what I am today. I am definitely looking forward to starring in more serials and films, if given the opportunity.

.....

Interviewed by Sadi Mohammad Shahnewaz



Dove



Enjoy your special moments
without hairfall worries.

Unilever

Experience up to 98% less hairfall** with Dove.

Hairfall is a sign of damage. Dove with Nutrilock Actives nourishes damaged hair from roots up, strengthens it and reduces hairfall by up to 98%. Choose Dove and make your special moments even more beautiful.

