

# SELF-DEFENCE

## Serving multidimensional purpose



PHOTO: AKEB ABDULLAH

**AFSANA AZIZ NITOL**

When we hear the word 'self-defence', our ideas revolve around two things - defending and hitting. However, it is more than that.

Whereas self-defence, serving a multidimensional purpose, should be beneficial to everyone, women in our country in particular need it more. Warrior Women Bangladesh (WWB) is one of the initiatives in the country to offer women basic self-defence course.

Instructor Sensei Abdullah Mohammad Hossain wishes that he did not have to picture a society where self-defence would be so important for women. Unfortunately women need it now more than ever and they should be encouraged to take self-defence lessons.

However, self-defence is not only about techniques of defending oneself. A lot of things are involved, for example, increasing physical fitness, endurance level, improving reflex, etc. Hence, 'self-



defence' can also be a great alternative for someone who wants to get in shape and improve their health.

For example, one of the members of Warrior Women Bangladesh says she realises she needs to increase her stamina. On the other hand, Josepha Elizabeth, another member of WWB, does not have

trouble with stamina. But, she is facing difficulties with stretching. She also says that, after taking self-defence classes, confidence level increases too.

Now, if the focus is shifted from health to defending oneself, Sensei Abdullah Mohammad Hossain says, "Be vigilant all the time. At any position if you feel you

are threatened, do not wait to see what happens next. Immediately, either you move from that place or take actions."

In order to take actions, one needs to be prepared. Therefore, it is better to take help from a professional, especially in the beginning. Not only one gets acquainted with the techniques, but also, one gets stronger too. It might be difficult in the beginning but, it is important that you do not give up.

After sixteen classes, WWB women have managed to master the art of breaking wood, which shows how impactful self-defence training can be on both physical and mental health. It can work as a stress-reliever as well.

Hence, we need to get out of our generalised idea of self-defence and stop treating it as a part of masculinity. It can be helpful in many ways and we should take it positively.

If anyone is looking for a place to get started, you can contact - facebook.com/KOFSGulshan

# ISCEA NIGHT AND CERTIFICATE CEREMONY 2017

**MIND MAPPER BANGLADESH**

ISCEA (International Supply Chain Education Alliance) Bangladesh proudly organised its 7th "ISCEA Night and Certificate Ceremony" at Radisson Blu Water Garden hotel in Dhaka on December 9, 2017. IPDC Finance joined this gala event as the title sponsor. This unique ceremony marks the achievement of the ISCEA students and celebrates their success in their professional lives.

The ceremony commenced with a video message from IISB (ISCEA International Standards Board) President Mike Sheahan. Mike congratulated all the certificate recipients of the programme and praised the performance of the Bangladeshi nationals participating in different programmes of ISCEA throughout the year.

Ejazur Rahman, CEO, ISCEA (Asia) and Mominul Islam, Managing Director, IPDC Finance, also recognised the achievements of all the internationally certified graduates in their speeches. The participants in the auditorium were moved by their words of wisdom.

A panel discussion arranged on "Career opportunities and necessary skill



PHOTO: COURTESY

requirements of supply chain management in Bangladesh and global market" was participated by Md Nabeul Islam Khan, Supply Chain Director, Coats Bangladesh Ltd.; Mahmud Hasan Khan, Cluster Supply Chain Director (Bangladesh and Sri Lanka), Reckitt Benckiser; Naquib Khan, Corporate Affairs Director, Nestle Bangladesh; Shahriar Malik, Head of Supply Chain, Avery Dennison Bangladesh; Ejazur Rahman, CEO, ISCEA (Asia); and Mominul Islam, Managing Director, IPDC Finance.

The supply chain industry experts were present in the ceremony to encourage the future supply chain leaders.

There were 325 recipients' awardees who completed different programmes of

ISCEA. Among the certificate recipients were students and professionals who competed their CSCA (Certified Supply Chain Analyst), CSCM (Certified Supply Chain Manager) or PGDSCM (Post Graduate Diploma in Supply Chain) from ISCEA. Every year, such certificate recipients create extreme level of encouragement for other aspirants in the country who wish to take up leadership roles in the supply chain arena by enhancing their knowledge through these global programmes.

Emphasising on education on supply chain management, Ejazur Rahman says, "At a time when supply chain talent crisis is at its peak globally, students and young professionals must grab every

possible opportunity to develop their knowledge on modern supply chain concepts and processes."

The world leader in supply chain certification and recognition programmes, ISCEA, (headquartered in Ohio, USA) was founded in 2003 by a group of business professionals and academia, with the belief that a more comprehensive education and certification programme composed of multiple topics would better serve the global supply chain market. With a healthy dose of entrepreneurial spirit and academic focus, the ISCEA has spread across the globe with offices in North America, Latin America, Asia, North Africa, Middle East and Europe.

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**The Global Ambassadors Programme 2018 at New York**



The Global Ambassadors Programme (GAP) is designed for women entrepreneurs (providing mentorship, training and a network of support) to help grow their business and personal development. The programme includes one-on-one mentoring sessions and strategic workshops, focused on building organisational management, financial acumen, and leadership skills.  
Deadline: January 12, 2018 | Miscellaneous

**World Press Institute Fellowship 2018 in USA**



Fellows with the World Press Institute have been travelling around the United States since August. Their visit has coincided with major hurricanes, mounting tensions with North Korea and the deadliest mass shooting in modern American history.  
Deadline: February 16, 2018 | Fellowship

**Paid Internship Opportunity at The Ministry**



Young Bangla is inviting applications for the internship at the Ministry of Power, Energy and Mineral Resources. Qualified candidates are encouraged to apply. Minimum requirements will be flexible for the winners or finalists of Joy Bangla Youth Award 2015 and 2017.  
Deadline: December 25, 2017 | Internship



PHOTO: STAR

Renowned photographer Prito Reza conducted a workshop on December 10, 2017, for top 20 participants of "SnapShoot", a mobile photography and videography contest organised by The Daily Star & Huawei Nova 2i. The topic of last month's contest was 'Food' and there were more than 2000 submissions. From the top 20 submissions, the best photographer received a Huawei Nova 2i handset. Prito Reza handed over the certificates to the participants along with Tajdin Hassan, Head of Marketing of The Daily Star.