

BOLD AND STRONG

That's how women are

This is the story of Samira Syed, a Bangladeshi powerlifter, fashion and fitness model. Yes, you read it right; she is all three and much more. Her passion, often associated as a man's profession, didn't seem to put her down. Instead, it encouraged her to be adamant and more focused on achieving her best: to be number one in her field of athletics.

"Even two years back, I was just a fitness enthusiast just like any normal person. I would regularly go to the gym and eat healthy food whenever possible. But as I religiously worked out, my gym instructor (I call him coach) noticed my intense dedication towards weightlifting and also how I excelled in it. This is when he got the idea to introduce me to powerlifting. And then, there was no turning back for me," confessed a smiling Samira.

Since she started, she has taken part in five contests, including Deadlift 2020, where Samira secured the fourth position in a 63KG weight class distinction.

"My journey took a massive lift after winning the accolade and I don't think I can ever turn around. This field gave me a separate identity and I was almost reborn. And having gained enormous amount of confidence, after proving to the world that everything and anything was achievable by the women of today, I decided to encourage other women onto the journey of fitness or even powerlifting for that matter."

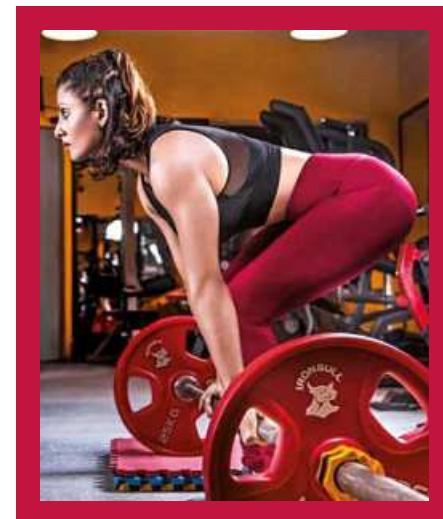
Samira runs her own fitness page by the name 'Burn It with Samira S' on Facebook, which has gained popularity since day one of its establishment.

"I hope my knowledge and experience will help people to become both physically and mentally fit," said Samira.

Until now, everything sounded effortless and uncomplicated, as if powerlifting had always been Samira's calling and she achieved greatness within a few days of workout. According to the athlete, it's actually on the contrary.

"Only if I could express how difficult this journey had been for me! Transformation wasn't easy at all. I sacrificed many things in life, from an active social life to enjoying restaurant made food. I stopped having my favourite dishes, survived through days of sleepless nights, suffered reactions from supplements, felt stressed, jittery, cried my heart out and almost everything else that could break a person. And yet, I was adamant in my goals. I wanted to be a powerlifter and there was no alternate to that.

"People reading my story up until now may feel a bit jittery and become discouraged to start an athletic journey of their own, but let me also assure them that the pain I suffered from had been nothing compared to the joy I achieved from being a proud female powerlifter of our country,



breaking down barriers for all the women in the society," stated Samira.

But her journey had not been solo, there were many people supporting her to achieve the pinnacle of success, and mostly, Samira credits the Bangladesh Powerlifting Association (BPA), her parents and coach Zico Zaman for her achievements.

"If it wasn't for them, my journey would have been tougher and laid with additional obstacles," stated the athlete.

2021 has encouraged Samira on hypertrophy workout and willing to participate in more contests.

Aside from her identity as an athlete, Samira has also kept herself busy with modelling stints in the local fashion industry.

"Maybe I am workaholic, I don't know, but I love working in many professions and modelling is my other passion," she said.

Here's wishing more accolades to the athlete, and may she be able to take powerlifting across national borders and make us prouder every day.

After all – women can do everything they set their mind to.

By Mehrin Mubdi Chowdhury
Photo: Samira Sayed

Essentials:

Facebook page: "Burn it with Samira S"
Instagram: burn_itwith_sams

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Don't jeopardize your health. Understand both arguments before taking sides. Abrupt changes in your profession are evident. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)

Try to be understanding. Avoid saying too much to colleagues. Put your place in order. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

Your dramatic appeal will unleash itself at social functions. Your partner will feel ignored this week. Making amends. Your lucky day this week will be Saturday.



CANCER
(JUN. 22-JUL. 22)

Your partner will disappoint you. Your passionate mood will be well-received. Sidestep the eccentrics. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

Don't make rash decisions. Consider starting a small part-time business. Don't let others make unreasonable demands. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Don't say something you'll regret later. Have fun with your partner. Don't get involved in joint financial ventures. Your lucky day this week will be Saturday.



LIBRA
(SEP. 24-OCT. 23)

Plan physical activities. Deal with problems before it's too late. Get involved in a moneymaking venture. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Your partner won't be accommodating this week. Check into art objects. You can do well in group endeavours. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Be extra careful with your valuables. Help children with their projects. Get involved in real estate deals. Your lucky day this week will be Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Co-workers may not be on your side. Ask for pertinent information when necessary. Don't be misunderstood. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21-FEB. 19)

Outcomes will be favourable. Past partners may try to come back. Overindulgence is not a cure. Your lucky day this week will be Friday.



PISCES
(FEB. 20-MAR. 20)

Inspire confidence in others. Make some changes this week. You will be a spendthrift this week. Your lucky day this week will be Friday.