

#PERSPECTIVE

PREPPING FOR THE INEVITABLE

Retirement

Retirement — a word dreaded by many. What does one do when they retire, is a thought not many ask while they are still active in service. Should one leave the inevitable of life as a postscript, or does one make serious plans so that their transition into a retired life is a smooth one?

Rosie Rashid's routine life was disrupted upon retirement from her position as a primary school teacher. Teaching was an experience she enjoyed thoroughly and she had groomed many generations of students in her career spanning over 40 years.

"All my life, I was a devoted professional and that was my primary identity. I did not plan for my retirement. And now that I have

entered a different phase of my life, I am lost," she said.

In her mid-70s, Rosie Rashid feels an emptiness in life and a void she cannot fill, even though she tries to

experience. People of Bangladesh hit retirement at the age of around 60 and most find it difficult to find future work in their fields. Although the workforce can benefit from their experience, traditionally it is uncommon to see individuals remain active once they leave their jobs.

Rosie Rashid accepted retirement as an inevitable part of life. Yet, there are



never truly leave her profession. "I have always wanted to start a poultry farm, and perhaps that is my retirement plan," she said with a smile.

Her husband, Iqbal Ali is a retired Major, and echoes Naseem Iqbal's emotions that retirement is perhaps never a part of their life's plan. The couple being horticulture enthusiasts promote the hobby of cultivating orchids, and they hope to continue to do so for the rest of their lives.

Many consider life after retirement a burden. Meet Rashid Ahmed who is leading a fulfilling life after retirement. He now spends his time on hobbies and activities, which his busy career as a Bangladesh Air Force Officer did not allow him to pursue. He keeps himself busy through physical exercise, fuels his wanderlust at every opportunity he gets, and keeps himself busy with his coin collection on days that are slow. He also maintains a good rapport with his former colleagues and spends time maintaining the old relations.

"One should prepare for retirement when they are active," believes the retired Air Commodore. "For every working person, it is inevitable that one day they must retire, and it is wise to have a sound plan for



keep herself busy with other work. She has advertised in the media looking for teaching assignments in the Uttara area of the city, but to her dismay, is yet to receive any positive response.

Rosie Rashid is not alone in her

those who refuse to consider retirement as an option. Naseem Iqbal worked in the administration department of a school her entire life, and although she had reached an age when most individuals in the country would retire, she feels she can