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Bangladeshi teen captures silver and bronze at World Powerlifting Championship

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AKHLAKUR RAHMAN

Raiyan Rahman, a Bangladeshi teen has been honoured at the “World Powerlifting Championship 2022”, placing fourth. The event took place this August in Istanbul.

Powerlifting is relatively a young sport in Bangladesh, that has slowly been gaining popularity amongst the people. Powerlifting comprises of three activities: squats, bench press and deadlifts. In the championship event, Raiyan was able to capture the silver medal in squats, a bronze medal in the deadlifts, and was ranked sixth worldwide in bench press.



of my homeland on my back and I gave it my all.”

The athlete was greatly surprised by the difference in equipment at the World Powerlifting Championship, which left an adverse impact on his results. “Most of the equipment in Bangladeshi gyms are not up to the international standards,” noted Raiyan. “This was my first time

using international-standard equipment, which made the competition quite a bit more difficult for me.”

“The training equipment I had used so far gave me much more support, which was non-existent at the championship,” continued Raiyan. “If I had access to international-standard equipment during my training, I could have done much better.”

“Powerlifting is a new sport in this nation, and is yet to be included into the list of government recognised sports in Bangladesh,” said Mostafizur Rahman, Raiyan’s father. “So, Raiyan lacked much support from Bangladesh that he deserved as an athlete representing the nation.”

“I believe Raiyan and the kids who are going towards physical sports like powerlifting should be appreciated as it helps them keep fit and away from ill influences,” added Mostafizur.

“I am glad that I didn’t let my nation down on the international stage. However, I do believe I can do better and will strive forward to take Bangladesh to the top of the international powerlifting stage,” concluded Raiyan.



In a candid interview, the athlete shared his experience at the World Powerlifting Championship.

“Staring at the screen of phones and computers or playing video games has never quite attracted my attention,” said Raiyan. “I always felt the need to do something more physical and substantial. I believe that’s why powerlifting became a passion for me rather than just a new sport.”

“At the World Powerlifting Championship, I was participating in an event that all powerlifters dream

of,” added Raiyan. “I could feel the adrenaline rush with every heartbeat as I stepped into the venue.”

Raiyan Rahman competed in the sub-junior category (59kg weight limit) of the World Powerlifting Championship 2022.

“On stage, I was immensely nervous, especially about the fact that I was representing Bangladesh at the championship,” mentioned the athlete. “It was like I could feel the gaze

FIGHTING FOR WOMEN Amimul Ehsan Khan’s journey as a young changemaker

LABIBA ANJUMI KABIR

The Diana Award is a prestigious accolade, supported by Princess Diana’s sons, Prince William and Prince Harry. It is given out to nominees aged between 9 and 25, who are carrying out humanitarian activities for at least a year. This year, eight young changemakers from Bangladesh received the award. Amimul Ehsan Khan was one of these recipients. After knowing Amimul in a professional capacity for over three years, Shomy Hasan Chowdhury, the co-chair of Awareness 360, nominated Amimul for the Diana Award. Awareness 360 is a youth-led, non-profit organisation that empowers youngsters around the globe to do community service projects in line with the United Nations Sustainable Development Goals (SDGs). Over its short tenure, the organisation has been recognised by international platforms like Forbes, The Diana Award, Global Citizen, Global Changemakers, United Nations, Samsung Global, The US State Department, The Commonwealth Youth Programme, and many more. This year, Amimul Ehsan Khan received The Diana Award as Senior Regional Officer of Awareness 360.

Growing up in a male-dominated society and having experienced patriarchal oppression first-hand, Amimul started questioning the discriminatory social norms. After losing his mother in the 5th grade, he started noticing the struggles of women in society even more. His changemaking concepts began when he started sharing these things with his home tutor. But it became official when he joined Awareness 360 in 2018.

Amimul got to know about Awareness 360 from an Instagram story of Priyanka Chopra, where she introduced the co-founder, Shomy Hasan Chowdhury. This sparked his interest in the organisation and he started looking for opportunities. Later on, he joined Awareness 360 as a volunteer and after reaching certain milestones, he

has now been promoted as senior regional officer.

Over this period, Amimul has organised over 30 women’s empowerment workshops, menstrual equity projects, and WASH awareness campaigns, overcoming initial distrust from both men and women in his community to directly benefit more than 2,500 people.

Amimul started off with water, sanitation, and hygiene, later on, he took over other SDGs. Some of his projects with Awareness 360 are Project Pads for Her, WASH Project, Menstrual Hygiene Awareness Project, Global Handwashing Day 2022, Introduction of SDGs 2022. Among these, the last two projects were implemented in Japan.

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Currently, Amimul is pursuing his undergrad in IR from Tokyo International University. “As a feminist and an advocate in gender equality, I want to pursue my studies in development studies after undergrad. And I want to bring changes in the world going forward as a part of the Awareness 360 team.”

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PHOTO: COLLECTED

Bangladesh’s success at IEO 2022

MAISHA ISLAM MONAMEE

International Economics Olympiad (IEO) is an annual competition for high school students that intends to stimulate their interest in the field of economics, business, and finance through a creative problem-solving approach. This year, more than 200 students from 43 teams participated in the prestigious event.

The competition was hosted by China and team Bangladesh bagged two medals. Riz Mohammed Hossain Khan, from SFX Greenherald International School, won the first silver medal for Bangladesh while Farhan Mashrur, from Mastermind School, won a bronze. The team also included Muhammed Arham Chowdhury, from International Hope School of Bangladesh, and Ariyen Islam and Samah Ayana Kabir from Scholastica School.

IEO consists of a financial literacy game, an economics exam and a business case. The game asks contestants to survive through 30 turns by carefully growing their capital, using basic financial tools.

Participants need to account and manage personal money flow, keep a check on expenses, pursue a financial goal, save money and make strategic investment choices. The economics exam assesses the participants’ knowledge of fundamental economic theories and models, as well as their analytical abilities and interest in the subject. Finally, the business case segment is a team competition that ends with a presentation round.

The national team for IEO was chosen by the Bangladesh Economics Olympiad (BDEO) after three rounds of rigorous selection. The team also completed a month-long training for the international tournament, and was led by Md Al-Amin Parvez, President, BDEO and Akhtar Ahmed, Coach, BDEO.

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