

## NOTICE BOARD

# The benefits of swimming for children

**AMINUL ISLAM**

According to a study by Osaka University, increasing outdoor activities can reduce the harmful effects of screen time on daily living skills by nearly 20 percent. Swimming, as an outdoor activity, can be a fun way to harness energy while improving children's physical development. Children are naturally active. Thus, swimming would be a great option as a therapy for them to keep modern-day illnesses, such as bad posture and depression, at bay.

Swimming is an aerobic activity involving rhythmic movements that increase the heart rate and strengthen the heart muscle, lowering the risk of heart disease. Moreover, swimming burns calories and can aid those children who may be at risk of obesity. The deep and controlled breathing in swimming allows children to have better lung function and increased oxygen intake, essential for overall health.



As kids become expert swimmers, they gain confidence in their physical abilities. Confidence can help children with numerous activities and help them foster a positive self-image and independence.

According to the World Health Organization (WHO), drowning is the third leading cause of death by unintentional injury globally, and according to UNICEF, it is the second leading cause of death for children in

Bangladesh. Teaching children how to swim will prepare them for dangerous situations.

Besides all these benefits, swimming can be an outstanding sport for children. And it's the only sport an individual can do from the cradle to the grave. Several schools in Dhaka, including DPS STS School Dhaka, have pool access, enabling the children to learn how to swim. Recently, our students won 5 gold, 14 silver, and 21 bronze medals at a swimming competition.

Letting children learn to swim is one of the best gifts a parent can give to their kids, especially in modern times when more screen time creates adverse effects on them. Swimming is a fun activity that builds confidence and social skills, reduces stress, improves motor skills and coordination, and is also great for cardiovascular and lung health.

*Aminul Islam is the Head of Sports at Delhi Public School Dhaka.*

## Inauguration ceremony of 8th Bangladesh Qualifying Rounds of the Philip C. Jessup International Law Moot Court Competition held at AIUB

The inauguration ceremony of the Eighth Bangladesh Qualifying Rounds of the Philip C. Jessup International Law Moot Court Competition 2024 took place on February 1 at American International University-Bangladesh (AIUB). Salman F Rahman, Advisor to the Prime Minister of the country, graced the occasion as the chief guest, joined by Peter D Haas, the US Ambassador in Bangladesh, as the special guest. Nadia Anwar, Founder Member and Vice Chairman of the Board of Trustees (BoT), and Christopher Howard, Resident Legal Advisor, US Embassy, Dhaka, were also present at the ceremony.

Salman F Rahman expressed his expectations that competitions of this nature would kindle the interest and insight of young law students in tackling complex legal problems. He highlighted the competition as a breeding ground for nurturing and developing minds to handle real-life challenges within the evolving international legal order.

Peter Haas emphasised gender equality in all spheres of social life, recalling the success of female participants in previous Jessup Moot Court Competitions.



Nadia Anwar extended her sincere gratitude to the dignitaries, the International Law Student Association (ILSA) Bangladesh Chapters, and Jessup Bangladesh for allowing AIUB to partner in this event. She commended the participants for their passion in pursuing legal knowledge and advocacy. The event also featured speeches by the National Administrator of Jessup Bangladesh, Washik Muhammad Istiaq Ezaz, and the Founding National Administrator of Jessup Bangladesh and ILSA Coordinator Nuran Choudhury.

Dr Hasanul A Hasan, Founder Member, BoT, AIUB and Dr Carmen Z Lamagna, Member, BoT, AIUB were also present on

the occasion along with the Registrar, Proctor, faculty members, officials, students, and participants from AIUB and other institutions.

The Philip C. Jessup International Law Moot Court Competition, organised by the International Law Students Association, is recognised globally as the "World Cup of Moot", involving over 850 law schools from almost 100 countries. The Bangladesh Qualifying Round, organised by Jessup Bangladesh in association with the US Department of Justice, Office of Overseas Prosecutorial Development Assistance and Training, and International Law Students Association (ILSA), is hosted and sponsored by AIUB this year.

## Advancing knowledge through symbiosis: ULAB & ABT signs MoU



University of Liberal Arts Bangladesh's Center for Innovation and Technology (CIT) and Alo Bhubon Trust (ABT) have formalised a strategic partnership through a memorandum of understanding (MoU), focusing on joint initiatives for the next five years.

Initiatives include a three-month certificate course and curricular development for Medical Physics and Biomedical Engineering, joint research, and the co-supervision of theses. The collaboration also extends to the exchange of academic materials and engagement in health, education, and renewable energy projects.

Dr M Mofazzal Hossain, Dean, School of Science and Engineering, ULAB, penned the agreement with Prof. Golam Abu Zakaria, Founder Chairman, Alo Bhubon Trust, at the ULAB campus. Prof. Imran Rahman, Vice-Chancellor, ULAB, Dr Jude William Genilo, Pro-VC, ULAB, Dr Hasin Anupama of ABT, and other distinguished guests from both organisations were present at the event.