

ILLUSTRATION: NATASHA JAHAN



Digital Campaign 2024 Season-21

ডাবল মিলিয়ন অফার

ওয়ালটন মধ্য কিনে পেতে পারেন

২০ লক্ষ টাকা

রয়েছে কোটি কোটি টাকার নিশ্চিত উপহার

এই অফারটি চলবে ১০ অক্টোবর ২০২৪ থেকে ৩১ ডিসেম্বর ২০২৪ পর্যন্ত



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Smart Fridge

 <p>ডেপার্টমেন্ট ম্যানু এগিটরেশন, গার্লি কলারে, মেম্বারশিপ থেকে ফ্রিজ কিনতে মেলায়</p> <h3>২০ লক্ষ টাকা</h3> <p>ডেপার্টমেন্ট ম্যানু, মিতা, মেগা প্রাইভেট ইসলামিক ফার্মাসিউটিক্যাল, হাইপার, হারলী, মেম্বারশিপ</p>	 <p>ওয়ালটন ব্রান্ড, মাপসত্যক, দিনাজপুর থেকে ফ্রিজ কিনতে মেলায়</p> <h3>২০ লক্ষ টাকা</h3> <p>ডেপার্টমেন্ট ম্যানু, মিতা, মেগা প্রাইভেট ইসলামিক ফার্মাসিউটিক্যাল, হাইপার, হারলী, মেম্বারশিপ</p>	 <p>ওয়ালটন ব্রান্ড, মধ্যমেনিষ্ট থেকে ফ্রিজ কিনতে মেলায়</p> <h3>১ লক্ষ টাকা</h3> <p>ডেপার্টমেন্ট ম্যানু, মিতা, মেগা প্রাইভেট ইসলামিক ফার্মাসিউটিক্যাল, হাইপার, হারলী, মেম্বারশিপ</p>	 <p>ওয়ালটন ব্রান্ড, হারলীসহ, চৌধুরী থেকে ফ্রিজ কিনতে মেলায়</p> <h3>১ লক্ষ টাকা</h3> <p>ডেপার্টমেন্ট ম্যানু, মিতা, মেগা প্রাইভেট ইসলামিক ফার্মাসিউটিক্যাল, হাইপার, হারলী, মেম্বারশিপ</p>
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■ ANIME ■

UZUMAKI

A faithful but flawed adaptation of Junji Ito's classic manga

SABIL SADAT ZAHIR

Junji Ito's *Uzumaki* is widely regarded as one of the most iconic horror stories, not only within the realm of manga but across the entire horror genre. After years of anticipation, the long-awaited anime adaptation has finally arrived. While it largely adheres to the unsettling source material, it unfortunately carries some notable flaws.

Uzumaki follows high school student Kirie Goshima and her boyfriend, Shuichi Saito, as they witness strange and terrifying events linked to spirals consuming their small coastal town, Kurouzu-cho. As the story progresses, the pair try to survive as the town spirals, both literally and figuratively, into a Lovecraftian hellscape.

The best thing about the show is how faithfully it adapts the mangaka's iconic art style. The black-and-white aesthetic complements the eerie atmosphere, perfectly capturing the tone of the original work. It is no overstatement to say that the presentation is ripped straight from the pages of the manga. From the grotesque body horror to the unsettling environmental storytelling, the show does a great job of displaying how the simple concept of a



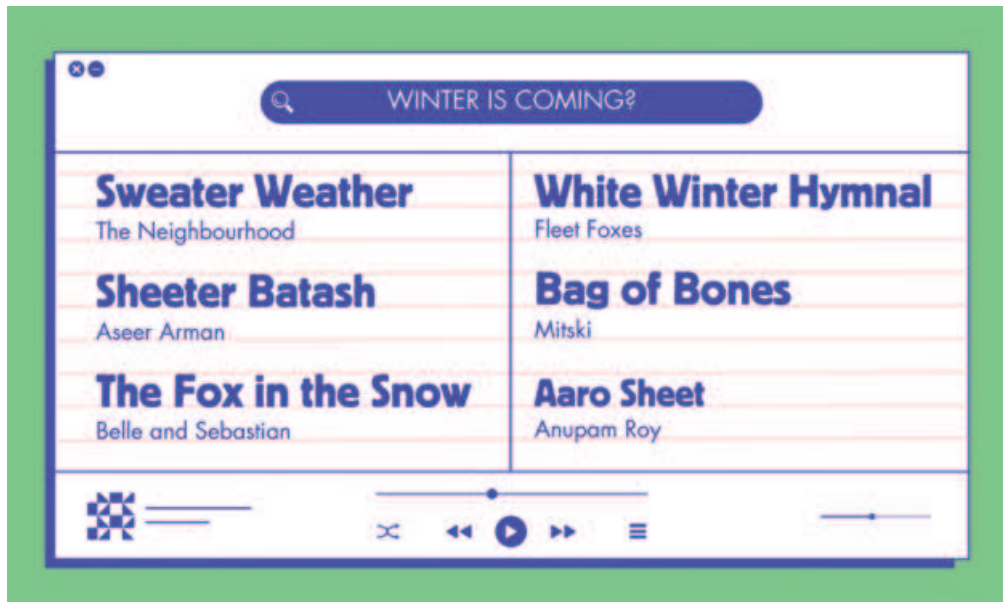
spiral can bring unexpected horrors.

These positives aside, there are some major issues with the adaptation. The biggest problem with the anime is its pacing, as it condenses 19 chapters of the manga into only four episodes. The key to a compelling horror story lies in the gradual build-up of suspense, leading to an impactful payoff. The series, however, portrays several of the spiral events as occurring simultaneously, and thus loses that sense of suspense.

Another problem is the very noticeable dip in animation quality from the second

episode onwards. While it still does capture the essence of the art style, it is obvious that the first episode had a much bigger budget compared to the rest of the series.

Though the pacing detracts from much of the suspense, the sheer intensity of the literal spiralling events evokes a different kind of unsettling feeling. As a fan of the manga and Junji Ito's works, I still think *Uzumaki* is enjoyable and worth watching despite its glaring flaws as it remains largely faithful to the source material and serves as a solid introduction to Junji Ito's haunting universe for newcomers.



OPPORTUNITIES

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Minimum one year of experience in a relevant role is preferred

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DEADLINE: NOVEMBER 7, 2024

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DEADLINE: NOT MENTIONED

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■ SKILLS ■

NOTE TAKING METHODS

that work for you

BIPRA PRASUN DAS

Note-taking is an art that can make or break your study experience, whether you are dissecting a novel, solving maths equations, memorising historical facts, or even writing code. With so many different styles and strategies, how do you choose the right one? The key to that is understanding that different methods suit different subjects, and, even more importantly, different people.

The Cornell Method

The Cornell Method, developed by Professor Walter Pauk in the 1940s, has stood the test of time, especially for subjects that require a lot of critical thinking and review. It divides your page into three sections: a narrow left column for cues or questions, a wide right column for notes, and a bottom section for summarising key points.

This method is especially effective for Humanities subjects like History or Literature, where analysis and understanding the bigger picture are essential. Research from a study in the *Journal of Educational Psychology* shows that organising notes in this way can enhance recall and allow for easier review later on.

The Outline Method

This classic method involves using bullet points or numbers to create a structured hierarchy of information. The Outline Method is useful for lectures or reading material that naturally divides itself into clear categories or subtopics.

If your subject is well-organised and logical (think Biology or Economics), the Outline Method helps you capture the structure of the material while focusing on main ideas and supporting details. According to research published in *Learning and Instruction*, students who used outline-style note-taking for structured content performed better in exams compared to those who took linear or unorganised notes.

Mind Mapping

Mind Mapping is a visual method of note-taking where you start with a central concept and branch out into related ideas, like a tree. This method taps into both the logical and creative sides of your brain, making it a favourite among visual learners.

Mind Mapping encourages creativity and helps you see relationships between ideas. It's particularly helpful for brainstorming or for subjects that benefit from a non-linear approach, like Art, Philosophy, or even Marketing. *The Mind Map Book* authored by Tony Buzan and Barry Buzan, suggests that this method can



PHOTO: ORCHID CHAKMA

improve retention and understanding for students who struggle with more linear methods.

The Charting Method

The Charting Method organises information into a table, with headings for categories and rows for data. This approach is great for subjects that require comparing or memorising large amounts of information.

This method is ideal for dealing with data-heavy subjects like Chemistry or History, where you need to remember key dates, formulae, or figures. By organising information into a visual chart, it's easier to scan through and recall information later. A study published in the *Journal for College Science* found that students using charts for data-heavy subjects performed better in assessments and found it easier to compare and contrast information.

Sentence Method

The Sentence Method is one of the simplest note-taking techniques, where you write down every new thought, fact, or concept on a new line. It's straightforward but may require more effort when reviewing because the notes may be disorganised.

This method is great for subjects like Philosophy or

Psychology, where lectures are full of important ideas but don't always follow a clear structure. Studies have shown that while the Sentence Method may not be the most efficient for review, it's an excellent choice for people who prefer to focus on capturing as much information as possible during lectures.

Tailoring the methods to your needs

Ultimately, the best note-taking method for you depends on your personal learning style and the subjects you're tackling. Visual learners might thrive with mind maps, while verbal learners might find success in the Cornell Method. Research also suggests that no single method works for everyone.

A famous 2014 study published in *Psychological Science* found that while students using laptops typed more notes, those who took handwritten notes (using various methods) generally had a better grasp of the material afterward. This suggests that taking the time to experiment with different methods can help you discover which one truly works for you.

Bipra Prasun Das is an undergraduate student at North South University.



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ILLUSTRATION: ABIR HOSSAIN

CAREER

Addressing the career struggles for WOMEN IN STEM

Female entrepreneurs in STEM face additional challenges. According to the Mastercard Index of Women Entrepreneurs 2021, Bangladesh ranks at the bottom among 65 countries, partly due to constraints in funding and higher-level education.



ALLIN MOHANA BISWAS

Women in science, technology, engineering and mathematics (STEM) face numerous challenges in their early careers which often have long-lasting impacts on their professional journeys. Despite progress in education, a clear gap remains in both opportunity and representation, leaving many women in STEM grappling with barriers, biases, and isolation. According to the World Bank's Bangladesh Country Gender Assessment 2021, women only made up 14 percent of all STEM professionals as of 2019.

Entering a male-dominated field often means working with people who are biased from the get-go. Afifa Tajrin, an Energy and Environmental, Social, and Governance (ESG) consultant, and founder of Regear, reflects on her early experiences, "Getting oriented in a male-dominated workplace was difficult for me at the beginning of my career. I had to cope with the biased outlooks of my co-workers as they perceived women to be

less competent."

Anika Tasnim Shamonty, a product analyst at a renowned ride-sharing company in Bangladesh, has observed similar biases in the workplace. Anika shares, "I have always seen a bias against females in almost all sectors as men are preferred in the STEM workforce. Although hiring has become more inclusive than before, there's still a huge disparity in the number of female employees."



"I assume it is common for all working women to work two or three times as hard as men but still struggle to gain the same recognition. Throughout my career, I've had to put in extra effort just to prove myself. What impacted me the most was

that no matter how hard I worked, my shortcomings were highlighted instead of my achievements. I really struggled to keep myself motivated," Afifa added.

The barriers women face not only affect their current roles but also limit their chances of career growth, leading

to fewer leadership roles and missed advancement opportunities. Hussna Jalal Ruthila, quality control and support engineer at Hatim Group of Industries finds advancing her career to be more challenging than her male counterparts. "Implicit biases and fewer networking opportunities make it harder for women in STEM," she said. "Many ideas from my female colleagues are often overlooked and dismissed. We are also often assigned less challenging tasks, and opportunities for fieldwork have also been denied due to perceived difficulties in accommodating women's needs."

Networking is crucial in any field, but it is particularly important in male-dominated industries. "The corporate landscape remains largely male-dominated, but my skills and expertise have allowed me to stand out in my role. Learning from others and staying connected can help access new opportunities. Having a strong support system and building strong professional relationships can increase your visibility and career prospects," says Ananya Praminik, project control manager at Huawei Bangladesh for whom such connections and learning opportunities have been instrumental in her career growth.

Leadership programmes like Shoktikonna and the WePower Women in Energy & Power Sector Network South Asia have provided invaluable platforms for networking and career development, helping women find peers and mentors in STEM fields. Yet, as Shababa Hossain, co-founder of Dark Kak – a tech startup – points out, accessing these networks isn't always easy for women. "One of the most persistent challenges is the lack of access to valuable networks. With so few women in tech, it's harder for us to connect with mentors, investors, or peers who can help us grow," she says.

Female entrepreneurs in STEM face additional challenges. According to the Mastercard Index of Women Entrepreneurs 2021, Bangladesh ranks at the bottom among 65 countries, partly due to constraints in funding and higher-level education. Shababa shares, "Women entrepreneurs must prove themselves to access more opportunities, yet the restrictions make it difficult to demonstrate their capabilities." She highlights that even when women do connect with investors, they often have to put up with biases that perceive them as less reliable.

Anika believes that the industry should actively work on creating a more inclusive culture. "The industry should introduce and include more female-centric programmes. Adding female mentors could be a great inclusion, and policies dedicated solely to the participation of women would make a significant impact," she suggests.

Despite many shortcomings in the professional realm, an inadequate focus on practical skills and industry exposure in educational institutions also create barriers for women. Kariba Hasan, an executive at the National Solar Help Desk, says, "Although my education provided me with a strong foundation, there were some gaps, especially in terms of practical skills and industry exposure, which I had to address on my own through internships and self-study."

This lack of hands-on experience



is echoed by recent data from a SheSTEM study involving insights from 700 STEM students in Bangladesh, which found that 58 percent of the respondents of the study also believe that practical learning experiences are important.

Tarunnyamoye Kundu, an independent researcher specialising in machine learning and smart cities, recalls how this impacted her journey. "I wasn't allowed to stay in my university's computer lab after sunset for coding, though my male peers were," she shares. "Being forced to leave the lab felt unfair and frustrating, especially when I was trying to put in the same

supportive managers, emphasises that mentorship can make a profound difference. She advises young women to seek out mentors actively and remain confident in their abilities. Hussna highlights the importance of such environments, "Supportive and inclusive work environments for sure can make a big difference for women in STEM."

With proper support, women can focus on their strengths and progress in their careers without the added pressure of having to overcome stereotypes. For women considering a career in STEM, Afsana Mini, a research consultant at the Center for Environmental and Geographic Information Services (CEGIS), advises to be resilient and curious. "Stay curious and be clear about what really attracts you to STEM. Find mentors and don't shy away from difficult subjects," she encourages.

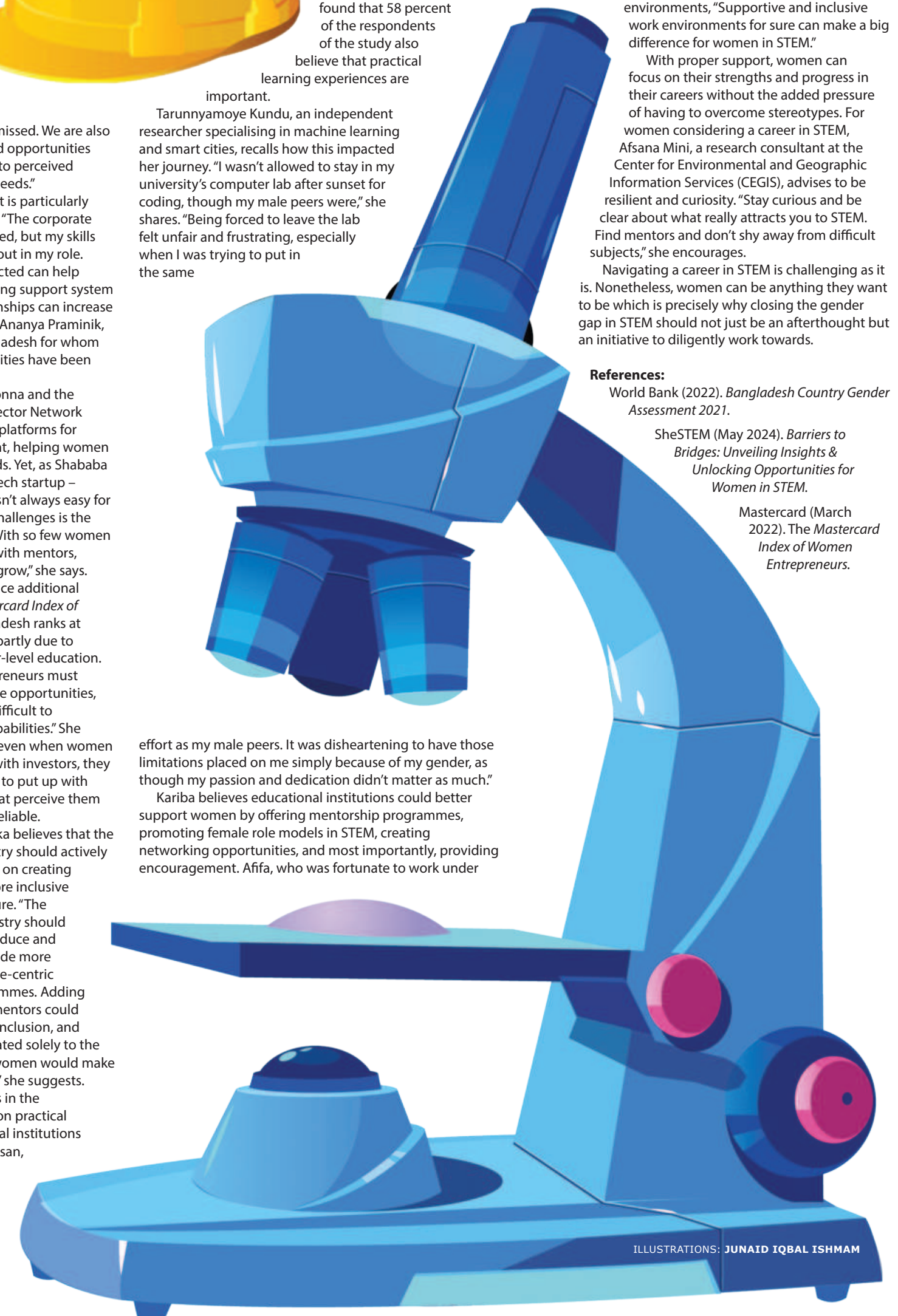
Navigating a career in STEM is challenging as it is. Nonetheless, women can be anything they want to be which is precisely why closing the gender gap in STEM should not just be an afterthought but an initiative to diligently work towards.

References:

World Bank (2022). *Bangladesh Country Gender Assessment 2021*.

SheSTEM (May 2024). *Barriers to Bridges: Unveiling Insights & Unlocking Opportunities for Women in STEM*.

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ILLUSTRATIONS: JUNAID IQBAL ISHAMMAM

effort as my male peers. It was disheartening to have those limitations placed on me simply because of my gender, as though my passion and dedication didn't matter as much."

Kariba believes educational institutions could better support women by offering mentorship programmes, promoting female role models in STEM, creating networking opportunities, and most importantly, providing encouragement. Afifa, who was fortunate to work under

NOTICE BOARD

BRAC University hosts “Fifth Jessup Workshop” on mooting and advocacy



The School of Law at BRAC University, in partnership with Jessup Bangladesh, the International Law Students Association (ILSA), Hearth Bangladesh, and the US Department of Justice’s Office of Overseas Prosecutorial Development, Assistance, and Training (DOJ-OPDAT), proudly inaugurated a two-day Jessup workshop on mooting and advocacy titled “May It Please the Court: Unlocking the Essentials of Mooting and Advocacy” on November 1.

Hosted at BRAC University’s Merul Badda campus, the workshop welcomed Law students from 35 universities across Bangladesh, providing them with essential skills training in advocacy and international-standard mooting. The Jessup workshop was a two-day intensive training programme designed for Law students interested in participating in

the Philip C. Jessup International Law Moot Court Competition.

The opening ceremony featured esteemed Chief Guest Adilur Rahman Khan, the Advisor for the Ministry of Housing and Public Works and Ministry of Industry, People’s Republic of Bangladesh. Notable guests included Syed Mahfuzul Aziz, Pro Vice-Chancellor of BRAC University, Rahul Kale, Resident Legal Advisor at the US Embassy, Dhaka, and Prof. K Shamsuddin Mahmood, Dean of the School of Law at BRAC University.

Joining them were key figures from supporting organisations: Porob Naser Siddique, Director of Hearth Bangladesh, Arifa Chowdhury, National Administrator of the Jessup Bangladesh Qualifying Rounds 2025, and Nuran Choudhury, National Coordinator of ILSA Chapters.

In his address, Syed Mahfuzul Aziz

urged students to pursue their legal careers with unwavering integrity and responsibility, underscoring that success in advocacy is rooted in a strong ethical foundation. He said, “As future leaders of Bangladesh, you must resist compromising your principles. The true impact of your work depends on honesty and dedication to justice.”

Adilur Rahman Khan also spoke, reflecting on the pivotal role of young leaders in the country’s development. He said, “Bangladesh stands at a critical point in its journey, and it is our youth who must lead the way to progress. Mooting and advocacy are not only skills but tools to establish the justice required to build the Bangladesh of our dreams.”

The workshop presented students with an exceptional chance to learn from veteran legal practitioners, refining their mooting techniques and deepening their understanding of advocacy and legal analysis. Through international collaboration, BRAC University remains committed to elevating legal education in Bangladesh, shaping future lawyers capable of excelling on the global stage.

The closing ceremony of the workshop was held on November 2, 2024. The event was graced by Md Asaduzzaman, Attorney General of Bangladesh, as the Chief Guest, with Eric Geelan, Political and Economic Advisor at the US Embassy in Dhaka, as the Guest of Honour.

ISD partners with SAJIDA Foundation to tackle malnutrition nationwide

To improve the nationwide malnutrition situation, International School Dhaka (ISD) has collaborated with SAJIDA Foundation to create a vertical garden and provide vegetable plants to underprivileged families. The school has created the garden within its campus to grow nutritious vegetables and donate them to families across Bangladesh.

This initiative was launched during the Service Saturday event. Afwaza Rahman Dristy, Senior Coordinator, Urban Poverty Alleviation Program, SAJIDA Foundation, provided hands-on guidance in plant care and emphasised the long-term benefits of sustainable practices. ISD students, along with staff, have planted multiple nutritional vegetables like spinach, mustard greens,



tomatoes, eggplants, and chillis in their vertical garden.

The primary mission of the initiative is to combat malnutrition and raise awareness about climate change, especially in vulnerable areas. At the initial stage, ISD students donated vegetable plants to 30 families in the Malibagh slum supported by SAJIDA Foundation’s SUDIN programme. In the coming months, both ISD and SAJIDA Foundation plan to donate those nutritional plants to 100 families, and in the coming year, they will contribute to more than 250 families across Bangladesh.

Charles Gumba, Head of Science, CAS Coordinator, ISD, said, “Our students have exemplified a strong understanding of the problem with malnutrition in Bangladesh and the understanding of economic and nutritional realities of the nation.”

Farhin Ahmed Twinkle, Coordinator, Partnerships & Fundraising, SAJIDA Foundation, added, “As per icddr,b, around 35 percent of the population tackles food insecurity, and severe acute malnutrition affects nearly 600,000 children. It is critical for all of us to work towards strengthening the infrastructure of the nation to support human development. We feel proud to partner with ISD in such a unique and meaningful initiative.”

Two-day “Sunnah Conference Bangladesh 2024” begins at Daffodil International University

The two-day “Sunnah Conference Bangladesh 2024” began on November 3 under the joint initiative of Daffodil Islamic Center of Daffodil International University (DIU) and Kulliyatul Quranil Kareem Waddirsatil Islamiyah. Religious Advisor Dr A F M Khalid Hossain inaugurated the “Sunnah Conference Bangladesh 2024” as the Chief Guest at the International Conference Room of the university at Daffodil Smart City, Birulia, Savar, Dhaka.

Ziad Hamad, Deputy Head of Palestine Embassy to Bangladesh; Prof. Dr Nakeeb Mohammad Nasrullah, Vice Chancellor, Kushtia Islamic University; Prof. Dr Mohammad Shamsul Alam, Vice Chancellor, Islamic Arabic University; Prof. Dr Lutfur Rahman, Vice Chancellor, DIU; and Prof. Dr S M Mahabub UI Haque Mazumder, Pro Vice Chancellor of DIU were present as the Special Guests.

The conference was presided over by Dr Mohammad Manzoor Elahi, Chairman, Conference Organising Committee. The programme was also addressed by Md Safiullah, Deputy Director, Daffodil Islamic Center and Md Mostafa Amir Faisal Member, Conference Organising Committee.

In this two-day conference, various topics including the interrelationship between *Quran* and *Hadith*, various aspects of the authenticity of *sunnah*, authenticity of *sunnah* from *Quran*, analysis and review of *sunnah* as a source of *shariat* were discussed. In the conference, more than two hundred registered dedicated participants from all over the country took part in various sessions. A F M Khalid Hossain said, “There is no alternative to following the *sunnah* of Prophet Muhammad (SM). It is very important to live according to *sunnah* in our personal, social, and state life. We have to strive throughout our lives to keep the *sunnah* alive.



If the *sunnah* is alive, *bay’dat* will be destroyed. If *tawheed* can be established, *shirk* will be destroyed. Khalid Hossain also said, “In our society, in the name of *sunnah*, *shirk* is going on in the name of *tawheed*. Although the enemies of Islam are united, the Muslim world cannot yet forget its differences. Because of this, Muslim brothers and sisters are being tortured all over the world. Therefore, we have to regularly research various aspects of Islam and conduct our lives according to the *sunnah* of the Holy Prophet (SM). This wonderful event will make us forget our differences and awaken new thoughts, Inshallah,” he added.

OFF CAMPUS

How 19-year-old Mariya from Rangpur became Bangladesh's first female Ironman 70.3

AYMAN ANIKA

"I didn't have money to afford professional gym equipment, and so, I trained with whatever I could find – water gallons for weightlifting, YouTube tutorials for guidance, and the strategies I learned at BKSP," says Ferdousi Akter Mariya, who, at only 19 years of age, became the first Bangladeshi woman to complete Ironman 70.3 race and subsequently, secured the second position.

In October 2024, Mariya stood at the starting line of the Ironman 70.3 Malaysia, her heart pounding with anticipation. The 1.2-mile ocean swim, the 56-mile bike ride, and the 13.1-mile run ahead were daunting, but Mariya was ready.

Her journey is not only remarkable for her personal achievement but also for how she has defied societal expectations and broken through barriers, particularly as a young woman coming from a conservative family.

Mariya's story begins in Pirganj upazila, Rangpur, where sports were far from the norm for young girls. However, from a young age, Mariya defied expectations. "I have been playing football since I was in class two," she shares.

marathons – a suggestion that would change her life.

What began as a way to stay fit turned into a passion. Mariya participated in her first half-marathon at the Bangabandhu Marathon in 2024, completing the 21.1 km distance. "Since then, I've run in 9-10 half-marathons, placing in the top three in seven or eight of them," she says proudly.

But even as she excelled at running, the world of triathlons was still uncharted territory for Mariya. She knew how to ride a bicycle but swimming was a different challenge entirely.

"I had never even seen the ocean before, and I couldn't swim," Mariya admits. Despite this, she made the bold decision to register for Ironman 70.3 Malaysia, setting in

motion a series of life-altering events.

With only months to prepare, she began learning to swim under the guidance of sports officer, Ferdous Alam, and trainers, Mizanur Rahman and Taufiq. "I only started swimming lessons last March, but I was determined to master it," she says.

Her resilience paid off. Supported by mentors and friends like Dr Md A Salam, who helped with the registration process, and triathlete, Dr Saklayen Russel, who encouraged her to push her limits, Mariya found a network that believed in her.

Her cousin, Akterul Islam also played a crucial role in motivating her. Jaya Chakma, her coach at BKSP, inspired Mariya to move forward despite the obstacles.

She also expressed her gratitude to Mohammad Hedaytul Hasan Philip who helped her get the passport. She was sponsored by Baraka Group, Active Plus, Aariz Foundation, and Cycle 365, which provided her with the bicycle she needed for the race.

The total journey was a test of endurance and faith in herself. Now, with her sights set on the Ironman World Championship in Spain and the Olympic triathlon qualifiers in Thailand, Mariya is more determined than ever.

"I want to do it all – Bangla Channel, English Channel swimming, Ironman, and the Olympics," she says, adding, "The path ahead would become easier for me if I can get enough sponsorships."

As Mariya continues to push boundaries, she remains a source of inspiration not only for young athletes in Bangladesh but for anyone facing obstacles in pursuit of their dreams.

Her story is a reminder that with grit, resilience, and a supportive community, even the most challenging goals are within reach.



Her love for sports led her to join the prestigious Bangladesh Krira Shikkha Protishtan (BKSP) in 2018, despite initial opposition from her family. She laughs as she remembers convincing them with a cheeky line: "I told them that if I didn't enrol, the police would come and take you away!"

While her family was initially concerned about her future, especially after she cut her hair short in a "boyish" style, they eventually supported her dreams, allowing her to pursue her passion.

This tenacity would define her journey, but the road was not easy.

After completing her HSC exam, Mariya moved to Dhaka to prepare for university admissions. She noticed her fitness slipping and knew she needed to change. Seeking guidance from a mentor, she was advised to start running

PHOTOS: COURTESY

■ OFF CAMPUS ■

Doctors' safety in Bangladesh A PRESSING CONCERN

AHNAF TAHMEED PURNA AND MEHRAB JAMEE

25-year-old Ahsanul Islam was injured in a traffic accident on his way from the airport to Mirpur on August 30, 2024. Initially taken to Combined Military Hospital (CMH), Kurmitola, he was later transferred to Dhaka Medical College Hospital (DMCH), where he allegedly died due to negligence. Following his death, Ahsanul's classmates and relatives rushed to DMCH and accused the doctors of medical negligence. Chaos ensued. The emergency department saw vandalism and brutal assaults on physicians, with doctors being dragged from surgery rooms and physically attacked. The director of DMCH, Brigadier General Md Asaduzzaman, confirmed that Ahsanul had sustained severe injuries and denied any negligence in his treatment.

A similar event unfolded at Cox's Bazar District Sadar Hospital on September 10, 2024, when a young man named Aziz, admitted to the ICU, also allegedly died due to medical negligence. His relatives claimed his death occurred after he was administered a painkiller injection, prompting them to attack Dr Kazi Sajib, the

revealed that delayed treatment (26.8 percent) and power dynamics (26.1 percent) were the leading causes of violence, especially in under-resourced primary healthcare centres.

In a coordinated healthcare system, doctors aren't the only healthcare providers. Paramedics, medical assistants, nurses, and ward staff play a vital role in a patient's care and counselling. But, due to staff shortages, doctors are compelled to be the only healthcare professionals in many primary or even higher centres. In case of any treatment failure, be it for an iatrogenic cause or a divine one, doctors are the ones who have to face the rage of the patient's loved ones. Within the current medical and dental syllabi, little emphasis is given to practical training on counselling patients. Even if this is included in academia, there is still a lack of counselling rooms for patients' relatives, human resource officials to handle such delicate situations, and security personnel in our facilities.

Due to inadequate and ill-equipped security, mid-level or intern doctors often have no choice but to call in their juniors or medical students as

news of their loved one passing away is delivered so they can process the information. The situation in most of our facilities is quite the contrary.

CCTV footage from Cox's Bazar District Sadar Hospital, widely circulated on social media platforms as well as numerous news outlets, recorded Dr Sajib doing everything by the book. He performed cardiopulmonary resuscitation (CPR) on the patient for several minutes and tried to revive him when he flatlined. Unfortunately, the patient didn't make it. Thereafter, the footage also captured multiple relatives being given access to the ICU.

Upon witnessing the death of the patient, the relatives assaulted the doctor, dragging him down an elevation ramp, all the while pounding him with punches and kicks. In the end, Dr Sajib is seen lying down on his face, beaten unconscious. Protests and strikes from doctors following the two incidents were met with consolation and assurances — a meagre band-aid on a profusely bleeding wound.

The problem here is: *How did unaccustomed civilians get access to a controlled environment like the ICU?* Medical professionals are trained to handle such life-and-death situations. But, in our hospitals, civilians often get access to these places, become overwhelmed, and assault healthcare workers. Entry into these vulnerable environments should be controlled much more carefully.

To discourage malpractice from doctors and ensure justice for patients, malpractice courts need to be strengthened and streamlined so cases don't pile up. Doctors and other healthcare professionals must also be given thorough training in patient counselling. Additionally, security staff need to be briefed about the scenarios they might face in a hospital setting.

All of these individual steps should be made coherent through additions or reformations in the existing laws and policies that do exist. At present, under Section 353 of the Penal Code, assaulting a government doctor, nurse, or staff causes a fine or three years of jail time. Non-government healthcare workers, however, can only file a civilian assault case. Yet, their profession puts them in dangerous situations with a genuine risk of being assaulted. Separate laws are necessary here. An expert committee should be formed to help combat the risks healthcare workers are exposed to. The inclusion of junior and mid-level doctors, who are often on the front lines and are subjected to most of these assaults, is essential to the efficacy of this committee. Otherwise, the changes required won't be properly addressed; it'll remain at risk of being reduced to bureaucratic jargon.

As doctors, we take the Hippocratic Oath and swear to put our patients' needs above all else. However, the ongoing brutality against doctors and other medical professionals is demoralising for both medical personnel as well as the newer generation who wish to enter the healthcare field. If we, as a society, fail to save the lives of our doctors, then who will be left to save our lives?

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PHOTO: ORCHID CHAKMA

physician on call. The two incidents occurred within ten days of each other, underscoring the alarming frequency of such instances of violent outbursts and mob justice.

When asked about such incidents, Taim Ahmed Shaan, an intern doctor at Mugda Medical College Hospital, stated, "The actual rate of workplace violence against doctors is very high. There are hardly any cases where patients are admitted, and their relatives don't threaten the doctors. Sometimes, doctors defend themselves, but they often fall victim to these attacks, particularly in primary care settings where resources are limited. I firmly believe we need police protection, just as other areas like the railway do." A study titled *Workplace Violence in Healthcare Settings in Bangladesh*

reinforcement. At the time of writing this article, I (Mehrab) received a call from one of my seniors, an intern doctor who said that a patient's condition had been deteriorating in the emergency department. Despite counselling the family, they kept threatening the doctors. He instructed me to inform the others and be prepared. Unfortunately, phone calls like this have become too common across medical campuses.

An upsetting truth about the intensive care unit (ICU)/emergency department is that even when doctors follow protocol and do everything in their power, patients can still expire. The patients are often brought in too late with little or no first aid provided. The survival rate in emergency and casualty departments is, therefore, very low. Yet, for the family of the deceased, it's their loved one who has passed away. The trauma of losing a family member is understandably overwhelming. The family deserves to be in a private setting when the