



# SABCA

South Australian Bangladeshi Community Association



Happy Bangla New Year 1425







*Photo: House of Parliament, an architectural masterpiece by Louis Kahn in Dhaka, capital of Bangladesh.*

**Bangladesh**, a developing country with a market-based mixed economy, is one of the **Next Eleven-emerging markets**. Since 2010, annual GDP growth averaged 6.4%. GNI per capita increased from \$100 in 1972 to \$1,480 in 2017. Poverty has been declining, and between 1991 and 2010, the number of poor fell by 14 million, from 42 million to 28 million people.

Bangladesh has the **third-largest** South Asian economy (after India and Pakistan) and the **second-highest** foreign-exchange reserves (after India). The Bangladeshi diaspora contributed \$15.31 billion in remittances in 2015. Bangladesh Bank maintained stability in retaining foreign exchange reserves. The gross foreign exchange reserves had reached US\$33,407 million at the end of June 2017.

Bangladesh is the world's **second-largest** textile exporter, after China. The country is among the top producers of rice (**fourth**), potatoes (**seventh**), tropical fruits (**sixth**), jute (**second**), and farmed fish (**fifth**). Bangladesh has one of the world's **oldest** tea industries, and is a **major** exporter of fish and seafood. In 2005, Bangladesh was world's **20th-largest** cement producer.

Bangladesh's textile and ready-made garment industries are the country's **largest** manufacturing sector. Leather-goods manufacturing, particularly footwear, is the **second-largest** export sector. The pharmaceutical industry meets **97%** of domestic demand, and exports to many countries. Shipbuilding has grown rapidly, with exports to Europe.

The service sector accounts for **51%** of the country's GDP. Bangladesh ranks as South Asia's second-largest banking sector. Bangladesh's telecommunications industry is one of the world's fastest-growing, with 114 million cellphone subscribers in December 2013. Tourism is developing, with the beach resort of Cox's Bazar the center of the industry. The Sylhet region, home to Bangladesh's tea country, also hosts a large number of visitors. The country has three UNESCO World Heritage Sites (the Mosque City, the Buddhist Vihara and the

Sundarbans) and five tentative-list sites.

Bangladesh is very rich in culture. One of key festival in Bangla calendar is **Pohela Boishakh**, which is first day of the Bangla year. Bangla calendar was first introduced by Mughal Emperor Akbar the Great for easier tax collection matching with the harvest sessions. It is celebrated with great excitement by about 300 million Bangla speaking people irrespective of regional and religious differences living in Bangladesh, the Indian state of West Bengal, Assam, Tripura and other parts of the world. It is the occasion to welcome the New Year with new hope of peace, prosperity, happiness and success. In Bangladesh, it is a national holiday celebrated on the 14 April.

Pohela Boishakh celebrations mark a day of cultural unity without distinction between class, race, ethnicity and religious affiliations. Its festivity has the deep connection to the simple lifestyle and the rural cultures of Bangladesh. Traditionally, ladies wear white saris with red borders, while the men put on their best cloths. The day starts with a traditional breakfast of *panta bhaat* (water soaked rice) and fried Hilsa fish. Songs welcoming the New Year are sung by the singers. The day is marked by processions, jatra play, fairs, and puppet shows. Though Pohela Boishakh has a rural origin, it has now been evolved to an important national event celebrated with profound joys by the city dwellers.

Pohela Boishakh is all about bringing unity among all Bangla speaking people, spreading love and happiness, nourishing the rural culture and lifestyle and wishing each other wellbeing and prosperity.

Bengali friends greet each other by saying "*Shubho Naba Barsho!*" (Happy New Year!). In Adelaide, SABCA is celebrating Pohela Boishakh for last fourteen years in presence of a large number of culturally diversified audiences and dignitaries.

Source: <https://en.wikipedia.org/wiki/Bangladesh> (31/03/2018), *Bangladesh Economic Review 2017* by World Bank Group.





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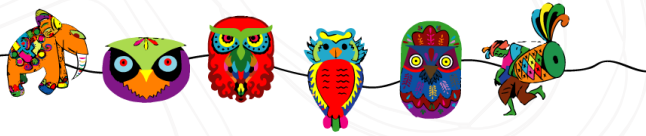
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Tanzim S Choudhury  
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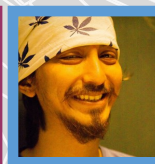
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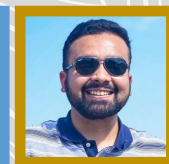
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## DTP



"Prayers and fond memories are what we have to remember our dearly departed. Our most heartfelt condolences."





## Message from Chief Editor



South Australian Bangladeshi Community Association (SABCA) is a pioneer non-profit community organisation in South Australia which is supported by number of volunteers to achieve goals and objectives of the organisation. SABCA is promoting Bangla Language and Culture in South Australia to strengthen cross-cultural bonding and to build an egalitarian and harmonious multicultural Australian Society.

This is the consecutive fifth year South Australian Bangladeshi Community Association (SABCA) is publishing Annual Magazine in celebration of Bangla New Year which is a milestone achievement for any community organisation in South Australia. SABCA Annual Magazine is not only outlook of

SABCA Activities, the article published in the magazine also helps the community to get information in various extents like art and culture, education, health issues, job market, investment opportunities and many other areas.

My heartiest thanks to SABCA Chairperson and Executive Committee to giving me opportunity to serve as Chief Editor of the Annual Magazine. This is the third time I have appointed as Chief Editor of SABCA Annual Magazine.

My very special thanks to Tanzim S Choudhury for his creative cover and graphics design and hard work. My heartfelt thanks to Mohammad Tarik and Nazmus Sadat , Editors of the Magazine for their tireless effort. My gratitude to all sponsors for their kind support by providing advertisements, without their support our dream cannot be true. My very distinctive thanks and gratitude to message givers, article writers, SABCA Members, Bangladeshi Community School (BCS) Teachers and Parents and Bangladeshi Community in South Australia.

Happy Bangla New Year 1425 শুভ নববর্ষ ১৪২৫

**Mahbub Siraz Tuhin**

## Message from Chairperson



Shuvo Nobo Borsho.

I am happy to learn that "SABCA" is bringing out it's Annual Magazine on the eve of celebration Pohela Boishakh 1425.

The magazine will serve as a mirror reflecting the various achievements, aspirations and new initiatives of SABCA. It is immense pleasure and pride to recall that SABCA is always doing the best for the benefit of it's members and the community. SABCA is creating a landmark in the field of community engagement. This year SABCA organized different type of activities such as fundraising for Bangladeshi flood victims, Home based aged care service in collaboration with Australian Migration Resource Centre, participate in the multicultural festival and blood donation program.

I am proud to be part of this esteemed and well-reputed organization which is consist of dedicated EC members, contributing members, patrons, volunteers and well wishers. I am sure that this effort will be repeated over the coming years and this magazine will be a valuable insight for all the readers.

It is my great pleasure to inform you that SABCA now a family of more than 350 members. It is an exciting time of growth and development for SABCA ensuring organization's success. SABCA has become one of the biggest and most influential non-profit organizations in the state and it will help determine SABCA's standing in the future.

I would personally thank all those who have wholeheartedly support SABCA in all aspects. I sincerely appreciate the entire magazine team for their hard work and making it a reality in releasing the magazine on time.

Wishing you all the best.

**Abdul Mannan**  
Chairperson  
SABCA





## Message from HE Governor of South Australia



I'd like to extend my warmest wishes to all members of the South Australian Bangladeshi Community for Bangla New Year 2018.

During the past 14 years, the South Australian Bangladeshi Community Association (SABCA) has made a tremendous positive contribution to our community and to Australian society.

This has been achieved through various activities, such as observing national days of significance, as well as undertaking cultural activities and community service endeavours, such as a blood donation program.

I would like to take this opportunity to thank the Association, and the South Australian Bangladeshi community, for promoting the values of cultural diversity in our State.

I wish everyone a fantastic celebration this evening at the Dom Polski Centre.

**His Excellency the Honourable Hieu Van Le AC**  
Governor of South Australia

## Message from Honourable Premier of South Australia



It gives me great pleasure to extend my best wishes to members of the South Australian Bangladeshi community on the occasion of the 14<sup>th</sup> anniversary of the South Australian Bangladeshi Community Association's Pohela Boishakh festival.

This New Year celebration heralds a spirit of joy, goodwill and renewal to be shared among all members of the community.

I commend and congratulate the South Australian Bangladeshi Community Association for the many social, cultural and educational activities they have undertaken to maintain and share Bangladeshi customs, language and traditions with the people of our state and to contribute in so many ways to its social and economic wellbeing.

The South Australian Bangladeshi Community Association typifies the qualities that make multiculturalism so successful in our state – warmth, generosity, and a commitment to sharing cultural traditions.

On behalf of the people and Government of South Australia, I wish all members of the State's Bangladeshi community a safe, happy and prosperous New Year.

Happy Bangla New Year 1425.

**Steven Marshall**  
PREMIER





## Message from Honourable Prime Minister of Australia



PRIME MINISTER

### SOUTH AUSTRALIAN BANGLADESHI COMMUNITY ASSOCIATION (SABCA) BANGLA NEW YEAR 2018

The arrival of Pohela Boishakh is the perfect occasion for members of the SABCA to come together in celebration of shared culture and tradition.

It is also an opportunity to reflect on your achievements since the Association's foundation in 2004.

The ongoing work of SABCA is one of our nation's success stories. For 14 years, it has provided vital services to the community, and nurtured capacity, connection and opportunity.

This is multiculturalism at its very best – people of all ages and all walks of life, working together to make a positive difference.

Together you have accomplished what matters most, and reminded all Australians of what can be achieved with generosity, goodwill, and a commitment to community service.

I offer my congratulations on your 14th anniversary and hope you have a wonderful Bangla New Year.

**The Hon Malcolm Turnbull MP**  
Prime Minister of Australia  
26 March 2018

## Message from HE High Commissioner



### HIGH COMMISSION FOR THE PEOPLE'S REPUBLIC OF BANGLADESH CANBERRA

I take the privilege to congratulate the South Australian Bangladeshi Community Association (SABCA) on its 14<sup>th</sup> anniversary. I am delighted to learn that SABCA is making persistent efforts to promote Bangladeshi culture, values, language and tradition not only within Bangladeshi Community, but in the Australian Community as well. I deeply appreciate their aspiration to contribute to fostering a harmonious multicultural Australian society, as they seek to integrate with the host society and respect its values.

On this auspicious occasion, I convey my heartiest congratulation to all members of the Association and to the Bangladeshi Expatriates living in South Australia for their efforts to project a positive image of Bangladesh in Australia. I strongly believe that their hard work will complement Bangladesh Government's efforts in further strengthening and deepening bilateral relations between Australia and Bangladesh.

**Mohammad Sufiur Rahman**





## Message from Assistant Minister to the Premier of South Australia



Wishing everyone in the South Australian Bangladeshi community a joyful and prosperous Bangla New Year as you celebrate Pohela Boishakh.

How wonderful to learn that Pohela Boishakh celebrations mark a day of cultural unity without distinction between class, race, ethnicity and religious affiliations – this cultural unity resembles the hallmark of what make South Australia such a fabulous multicultural State.

I wish to personally extend my sincere congratulations to the **South Australian Bangladesh Community Association (SABCA)** for bringing the community together by hosting a grand program for the Bangla New Year celebration to be held on the 14<sup>th</sup> April 2018 at the Dom Polski Centre.

It is a great honour to be invited to celebrate traditional cultural celebrations with you. I extend my sincere thanks to SABCA for sharing your unique culture with all South Australians, and for enriching our multicultural state with your wonderful contributions.

“Shubho Naba Barsho!”

*Wishing you and SABCA every success!*

**The Honourable Jing Lee, MLC**  
 Assistant Minister to the Premier  
 Member of Parliament in the Legislative Council  
 GOVERNMENT OF SOUTH AUSTRALIA



Photos: (Below) SABCA performing at Multicultural Festival 2017. (Above) A capture from celebrations of International Mother Language Day.







## From the General Secretary



**Mohammad Tarik**  
 General Secretary  
 SABCA

Bangladesh, one of the smallest and youngest nations of the present world, however, she has nurtured some of the most ancient civilizations of its continent. Pohela Boishakh is one of them, which is now widely celebrated throughout the world where Bangla speaking people live.

**Bangla New Year or Pohela Boishakh** is an integral part of our Bangla culture and a symbol of unity and festivity, irrespective of religious, political and regional differences. **Boishakh** (first month of the Bangla calendar) is the most exciting time of the year for the Bangla speaking people

throughout the world. It has been practiced since the period of Mughal Emperor Akbar from 1584 AD. South Australian Bangladeshi Community Association (SABCA), once again, is going to organise **Pohela Boishakh** on the 14 April 2018 and publishing this magazine.

As the General Secretary of SABCA, I would like to take the opportunity to describe our activities and achievements to the wider communities, on behalf of SABCA Executive Committee (EC) 2017 -18. SABCA EC 2017 - 18 primarily focused on the following goals and has been working hard to achieve these:

- Contribution to our motherland - A little support for flood victims
- Community engagement- stronger bonding among Bangladeshi community members
- Integration of Bangladeshi community with the wider Australian society
- Organising traditional cultural events

### 1. Contribution to our motherland - A little support for flood victims

Last year Bangladesh had experienced one of the worst natural disasters where 22 districts were affected, 2.2 million people became homeless. SABCA donated \$8,015 to an organization called "Ek Takay Ahar" to support the flood victims. Thanks to all EC members, especially Mahbub Siraz Tuhin, who successfully coordinated that program, worked hard to do a very little contribution to our motherland.

### 2. Community engagement- stronger bonding among Bangladeshi community members

#### a) Annual Iftar – 18 June 2017

As a tradition, like previous years, SABCA organised the grand Annual Iftar on the 18 June 2017 at the Goodwood Primary School where more than 500 people from different community members participated. The kid's Islamic presentation was one of the highlights of that night.

#### b) Eid Reunion – Cultural Night, 17 September 2017:

This year a cultural night was organised immediately after the Eid which was open to all community members. This program promoted new artists and gave the opportunity to our kids to learn about the Eid.

#### c) Annual Picnic – A day at River Murray, 18 November 2017

Once again, SABCA organised an annual picnic for Bangladeshi community members to build up and maintain the community bonding and harmony. This year, 400 participants enjoyed a full day of fun at Sturt Reserve, Murry Bridge. This year Picnic was a package of sports, cultural events, fishing which started 8:0 am and finished at 7:0 pm.

#### d) Bijoy Mela (Victory Day Celebration) 16 December 2017

This year's Bijoy Mela (Victory Day Celebration 2017) will be remembered for a long time among the Bangladeshi community members, especially among the kids for its colourful and vibrating atmosphere, not only that, this year it was celebrated on the 16 of December, the day Bangladesh was born by a blood-spattered liberation war in 1971. This year's Bejoy Mela was celebrated in a truly multicultural environment. Not only Bangladeshi community members but also members from different communities such as the Indian, Nepalese, Bhutanese and Arabic community also presented their culture and history in front of more than five hundred people.

#### e) Bangladesh High Commission Camp:

Like previous years, this year SABCA and Bangladesh High Commission, Australia joined organised two days' camp to provide consular support to the Bangladeshi community members. Around 300 people directly benefited from this program.



**f) Justice of Peace Service**

Justice of Peace Service is important for any community, SABCA has introduced Justice of Peace service with the support of volunteer JPs from SABCA Members. Justice of Peace (JP) service is available at Bangladeshi Community School (BCS) on Sunday afternoon.

**g) New members:**

This EC has been working hard for the wider Bangladeshi community members and as a reflection of this new members' subscription has increased significantly. This year 200 new members joined SABCA which is the history of SABCA.

**h) Bengali New Year – Pohela Boishak Celebration**

As mentioned earlier, once again, this year SABCA is going to celebrate Bangla New Year on a bigger scale on 14 April 2018 at the Dom Polski Centre. All performers, especially kids are very excited to perform at the mega event and they have been working very hard over the last few months.

**3. Integration of Bangladeshi community with the wider Australian community**

**a) Multicultural Festival 2017 – 5 November 2017**

SABCA proudly participated this year Multicultural Festival and presented Bangladeshi Cultural history in front of a big audience. Our kids should feel proud for their extraordinary presentation.

**b) Australia Day Celebration 26 January 2018**

SABCA participated Australia Day Parade 2018 with a greater involvement than the previous year. A live portrait of Bangladeshi traditional village wedding with music rocked the pedestrians. More than one hundred Bangladeshi community members, including kids as young as three years old, participated this year's rally.

**c) Blood Donation Program:**

SABCA and Australian Red Cross joined organised blood donation program where 20 SABCA member

donated blood, most of them were first-time donors.

**d) Home Based Aged Care Services, SABCA and AMRC:**

SABCA in collaboration with Australian Migration Resource Centre (AMRC) introduced Home Care Program for Bangladeshi Community members to provide personal care, day to day support and loan of small equipment.

**4. SABCA and its working partners**

This year SABCA has established new working relationships with different corporate and community organisations, such as Australian Liberal Party - South Australia, Modbury GP Plus, Rahman Market, Bangla Dokan, Prospect Medical Centre, Mawson Lakes Medical Centre, Priyo Bangla Catering, Star Supermarket, GeekPlus, Ulteriorious and BDTRS. SABCA also maintained and strengthened the existing relationship with Multicultural SA, Dept. for Communities and Social Inclusion, Morphettville TerryWhite, Australian Labour Party, Bangla Bazar, BrickWorks Medical and Goodwood Primary School.

**5. My Gratitude**

Finally, I would like to thank all my EC colleagues, SABCA members, members of the Bangladeshi Community School (BCS) Management Committee members and BCS teachers, all senior members of our society, members of the Advisory Committee, Magazine Editorial Committee, Tanzim S Choudhury - IT Specialist & graphic designer of this year's magazine, and most importantly sponsors for their continuous support. It would have been impossible to carry out so many successful programs without their support and active participation.

I would feel guilty if I do not mention all the kids who worked so hard throughout the year to perform different cultural events. These lovely kids are the true inspiration for SABCA.

I would also like to thankfully acknowledge the sacrifice offered by my wife, Aysha Siddika. Special thanks to my kids, Kashfia Tarik and Tahmid Tarik, you two are always an extra motivation for the author.







# Executive Committee for 2017-2018



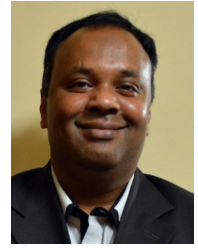
**Abdul Mannan**  
SABCA President



**Mokaddes Ali Sikder (Anik)**  
Vice Chairperson



**Mohammad Tarik**  
General Secretary



**Nazmus Sadat**  
Assistant General Secretary



**Mohammed Towhidul Islam**  
Finance Secretary



**Maherina Z Sayeem**  
Cultural Affairs Secretary



**Riffat Nazneen**  
Assistant Cultural Affairs Secretary



**A K M Tazammol Hossain**  
Public Relations Secretary



**Md. Asaduzzaman**  
Student Affairs Secretary



**Mahub Siraz Tuhin**  
Executive Member



**Dr. Nasir Uddin Rumon**  
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## From the Principal of Bangladeshi Community School



**Sayeeda Sultana Shathi**  
Principal  
Bangladeshi Community School

*Photo: Dance celebrating Pohela Falgun (Bangla Spring Festival) by students of Bangladeshi Community School.*

**Bangladeshi Community School** was established with a view to keep and uphold Bangla language, the heritage of Bangladeshi culture alive in our future generation especially Australian born Bangladeshi or newly arrived Bangladeshi in South Australia. A very enthusiastic team of teachers are voluntarily giving time to teach and guide young students with compassion. Every Sunday afternoon we attend Bangla language classes along with other cultural activities. Our students are bilingual in true sense... It is not their weakness but their strength. I believe it is our duty to find out inner strength of our students and open a new world of diversified Bangla culture.



*Photo: BCS Teachers and Committee: (From Left) Toma Ghosh, Teacher, Riffat Nazneen, Teacher, Farhana Mahmood, Secretary, Sayeeda Sultana Shathi, Principal, Rajenul Alam, Finance Secretary, Nasima Rahman Aziz, Teacher, Munira Husain Rakhi, Teacher & Executive Member. (Single photo on left) Fatema Sultana, Executive Member*

All the year around Bangladeshi Community School has organized and performed in various events. Those events are significantly related with Bangladeshi history and culture which includes International language day, Bangla Spring Festival (Pohela Falgun), Independence Day celebration etc. These programs were arranged, decorated, managed and performed by BCS teachers and students. To reflect the thought of these programs we wore different coloured attires in all those events. In addition to that BCS arranged Art and Essay writing completion in Bijoy Utshav organized by SABCA among all different age groups of students. We received huge encouragement from parents and community people. Every year our students wait to perform in Pohela Boishakh - the biggest event organized by SABCA, this year is not exceptional, they are working hard to excel on stage.



*Photo: Students of Bangladeshi Community School celebrated Ethnic School Children's Day.*

BSC plays a key role to bridge gap between Bangladeshi and Australian history and culture. By keeping that view in mind, we participated Ethnic Schools Children's Day concert organized by ESASA. Our students showcased beauty of Bangladesh





through their performance followed by Parade. Students with the help of their teachers arranged a surprised Father's Day party as well. Which was much appreciated. Migration and Multi-culturalism is the true essence of South Australia which is well documented and preserved in Migration Museum of South Australia. A fulfilled guided tour was arranged for our young students and I can assure you that each of our students enjoyed that educational excursion. Mother's day and sports day will surely be our upcoming event.

ESASA has commissioned to review of its educational program. Therefore, a full day seminar was held for teachers in ethnic schools as ESASA commence with changes. This year for the first time DECS held Principal and Teachers Conference 2018. The seminar was titled: "Language learning in ethnic schools: contemporary orientations" This is the first step as ESASA and Ethnic schools work toward changes in curriculum and professional development. This year we specially focused on to establish Bangla Curriculum with the help of ESASA.

I believe we have a very supportive, friendly and dedicated bunch of teachers with a vision to enlighten and enrich our students with Bangla language and culture. A quote rightly said by Mariam Wright Edelman:

"Education is for improving the life of others and for leaving your community and world better than you found it."



Photo: (Above) New management committee of Bangladeshi Community School posing with some of patrons of the school. (Below) Students of Bangladeshi Community School went for an excursion to the Migration Museum.







## The Plateau Phenomenon – and How to Overcome It

*Sue Ellson BBus MIML MAHRI CDAA (Assoc) ASA MPC*

*Securing a new career or enterprise opportunity in Australia can be challenging. Many newcomers lose hope quickly and plateau in a job that does not match their skill set. Read on to learn the best techniques for moving forward in Australia.*

When you first moved to your new location, did you have high hopes? Did you think that with all of your skills and qualifications that surely, there would be an amazing job just waiting for you here in Australia?

Did you tidy up your resume (to your previous location standards) and start applying for jobs listed online? Did you send hundreds of applications and get no response? Did you slowly lose hope and start thinking that ‘any job is better than no job and I can’t afford to keep using my savings?’

Then, did you accept one of those lower level jobs and start to get comfortable? Did you start to say to yourself, ‘it isn’t so bad, after all, I am happy to be living in Australia and I am with my family.’

Believe it or not, you are not alone. There are many other people who find that they have reached a plateau in their career and as they are ‘comfortable enough,’ they have decided to stay there (but are often live a life of silent desperation).

I have been working with newcomers to Australia since 2001 and I have met hundreds of people who have unfortunately, never learnt the skills to secure the right job or enterprise opportunity. Consequently, they lose confidence in their abilities and become ‘desperate’ for an income and then do whatever it takes to get any form of income.

Firstly, if this has happened to you or someone you love, don’t worry. In the end, no time is ever wasted – but if you would like to consider some new options for the future, read on.

### **Acknowledge what has been achieved**

If you have earned enough money to survive – well done! You have gained some local Australian experience, met new people and started building a network. If you have children, they may be settled in to school or work and starting out on the wonderful journey you had planned for them. You are now living in a multicultural society (that still has some way to go before becoming truly cohesive), but you can set a good example by your behaviour and hopefully you understand that a life in Australia involves both rights and responsibilities (one of which is offering to volunteer in some way).

### **Source reliable information about future opportunities**

If you are working in your field of expertise, well done – these suggestions may help you move up the ranks. If you are trying to move into your area of expertise, you need to do some research. You will need to find out accurate information on the availability of positions in the industry or profession (not rely on anecdotes from other migrants) and find some people to talk to – a possible career mentor, an already established leader or someone who is well networked and knows a lot of people. Collect information from at least three different sources. If there are not many positions available, you either need to create an outstanding medium term job search strategy or consider what transferable skills you have that could be used elsewhere (and repackage them).

### **Learn job search skills (or enterprise marketing skills)**

Did you know that up to 90% of jobs are never advertised? Did you also know that up to 85% of business is sourced by referral? Did you know that a referral can have a conversion rate of up to 95%? Did you know that around 75% of people will ‘Google’ you before offering you a job interview and 95% will ‘Google’ you before offering you the job?

I have found that the three best ways for new arrivals to secure work are through networking, referrals and volunteer work. However, there are many different ways to find work (just ask everyone you know how they got their job). It may also be a good idea to source pay-per-hour assistance from a



Career Development Practitioner <https://www.cdaa.org.au/find-a-practitioner>

### Improve your English and Australian culture skills

It is never too late to improve your ability to communicate clearly in English if you are living and working in Australia. The Business of English is an excellent video series worth watching <https://www.youtube.com/watch?v=qRO38UQGH7A> – and consider improving your English pronunciation with expert coach Sue Davis <http://www.speakingenglish.com.au>.

To learn more about Australian culture, you need to mix with many different people from different backgrounds and I encourage you to participate in local events including the Welcome Dinner Project <https://www.joiningthedots.org/the-welcome-dinner-project> (even if you have been in Australia for more than three years). You will find that there will be both similarities and differences with your own culture – and conversation is a great way to learn.

### Develop your online brand, in particular your LinkedIn Profile

If you are 'Googled' and no information appears, it can make it more difficult to secure a career or enterprise opportunity. A LinkedIn Profile will also help you build your network (and

maintain it) as there is no such thing as job security. If you haven't already, change your LinkedIn Public Profile URL to your own name (or your own name with a dash between words) at <https://www.linkedin.com/public-profile/settings>. Include a nice smiling photo and as much information as you can in as many sections as possible, including your achievements. Lots more tips online at <https://sueellson.com>.

Also consider how you can help other people with Recommendations, online reviews and general tips on what has worked for you.

Finally, there is a lot more free information on the Newcomers Network website <https://newcomersnetwork.com>, and in particular, check out the Seven Best Settlement Techniques and for anyone planning a move to Australia, the Pre Departure Jobs Kit.

My best tip though is to smile more – it is a universal language that everyone understands!

If you would like personalised professional assistance, you are welcome to contact me directly [sueellson@sueellson.com](mailto:sueellson@sueellson.com) or +61 402 243 271. You can also connect with me on LinkedIn <https://www.linkedin.com/in/sueellson>



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# Importance of VITAMIN D for Human Body

**Dr. Naquibul Islam, Specialist GP, Modbury GP Plus Super Clinic**

levels of ultraviolet (UV) radiation that increase your risk of skin cancer.

### What happens if I don't have enough vitamin D?

Moderate to severe vitamin D deficiency can lead to rickets (soft bones) in infants and children.

Low vitamin D levels can lead to osteoporosis and increase your risk of falls and fractures (broken bones) if you are over 50. Osteoporosis occurs when your bones lose calcium and other minerals, making them fragile and more likely to break. Vitamin D helps your body to absorb calcium, while not having enough can increase your risk of developing osteoporosis.

People with very low levels of vitamin D (moderate to severe deficiency) are the most at risk of developing health problems.

A number of diseases have been linked to low vitamin D levels such as increased risk of death from cardiovascular disease, cognitive impairment in older adults, severe asthma in children and cancer. Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance and multiple sclerosis.

### Who is at risk of vitamin D deficiency?

You may be at risk of vitamin D deficiency if you:

- stay mostly indoors for health, work or other reasons
- have naturally dark skin
- cover your body for religious or cultural reasons
- avoid the sun for skin protection or due to medical reasons
- are obese
- have a health condition that affects vitamin D absorption from your diet
- take medicines that cause vitamin D to break down
- are a baby of a vitamin D deficient mother.

### Do I need a vitamin D test?

You may need a vitamin D test if you are at risk of vitamin D deficiency.

A vitamin D test is a simple blood test that measures the vitamin D level. This test is usually only done in people at risk of osteoporosis and needs an assessment and routine check level during pregnancy, referral by a doctor.

Talk to your doctor if you think you need a vitamin D test.

### How is vitamin D deficiency treated?

If you have a mild deficiency then your doctor may recommend a few simple things such as:

- increasing your sun exposure
- increasing dietary calcium
- increasing physical activity
- taking a vitamin D supplement

If you have a moderate to severe deficiency then you might need to take a high-dose supplement and repeat the blood test in three months' time. Your doctor will discuss this course of treatment with you.

Some children and teenagers may need to be tested every year if they are identified as having a high risk of deficiency.

### Vitamin D supplements

Vitamin D supplements are available over the counter and in different forms, including capsules, tablets, soluble tablets, chewable tablets, powder and liquids. Your doctor or pharmacist can advise you on the best one for you based on the strength of the medicine, the number and type of active ingredients it contains and your reason for taking it.

You can find more information on vitamin D supplements on the NPS MedicineWise website.

#### Sources:

Osteoporosis Australia (*Vitamin D*), Cancer Council Australia (*How much sun is enough?*), NPS MedicineWise (*NPS Vitamin D Fact Sheet - PDF document, What are vitamin D supplements?*), Choosing Wisely Australia (*Vitamin D tests*), WebMD (*Vitamin D deficiency*), Osteoporosis Australia (*Vitamin D consumer guide*), Nutrition Australia (*Osteoporosis*)  
 Last reviewed: October 2016

**Dr. Naquibul Islam** is a Specialised General Practitioner with total 20 years of extensive experience in Australia and Bangladesh. Dr. Islam has a special interest in Asthma, Chronic Disease Management, Diabetes, General Health & Wellbeing and Travel Medicine.

Vitamin D helps your body absorb the calcium it needs to keep your bones and muscles strong and healthy.

### Sources of vitamin D

Most people get their vitamin D when they expose bare skin to ultraviolet B (UVB) light from the sun.

Food alone cannot provide an adequate amount of vitamin D and most people are reliant on sun exposure to reach recommended levels. Foods that contain small amounts of vitamin D include fatty fish (such as salmon, mackerel and herring), liver, eggs, margarines and some milk products. Infant formula is fortified with vitamin D in Australia.

### Sun exposure and vitamin D

The amount of time you need in the sun depends on several things, including where you live, season, time of day, your skin colour and amount of skin exposed. However, during summer, most people can get adequate vitamin D from just 5-10 minutes outside. It's important to avoid the high UV times, so mid-morning or mid afternoon is best. Always follow safe sun guidelines because too much sun can increase risk of skin cancer.

Never use a solarium to boost vitamin D levels because they emit dangerous





**Services**

Services provided at the Smart Road site of the Modbury GP Plus Super Clinic include:

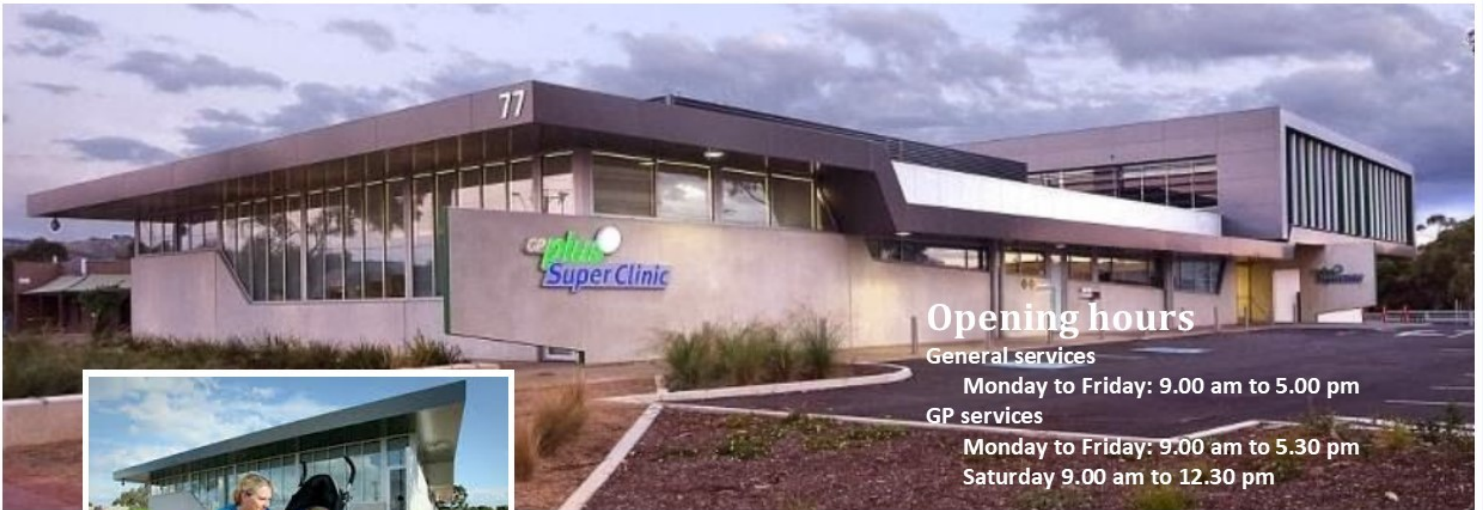
- Rx** Private GP services including services for minor ailments and health conditions which will assist to ease the demand on hospital emergency departments.
- Rx** SA Dental Service - public dental services for adults and children.
- Rx** Chronic disease management and specialist clinical services for diabetes, wounds, chronic disease management, heart failure, respiratory and orthopaedic health issues.
- Rx** Public Allied Health - diabetes nurse education, dietetics and social work.
- Rx** Private Services - exercise physiology, physiotherapy, podiatry, cardiovascular prevention and rehabilitation and psychology.
- Rx** Education and training - general practitioner, medical, nursing and allied health.

**Specialists Doctors**

**DR NAQUIBUL ISLAM**

**DR KHADIZA KUBRA**

**DR BELA REDZEPAGIC**



**Opening hours**

General services

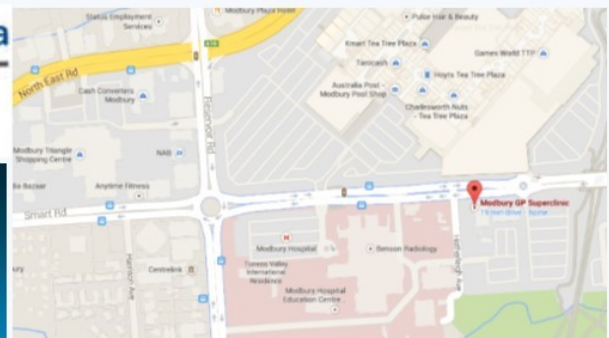
Monday to Friday: 9.00 am to 5.00 pm

GP services

Monday to Friday: 9.00 am to 5.30 pm

Saturday 9.00 am to 12.30 pm

For all enquiries:  
**Modbury GP Plus Super Clinic**  
**Telephone: (08) 7425 8700**  
**Street address: 77 Smart Road Modbury**





## মহাশক্তি তুমি

এ মহাবিশ্বের তুমি এক মহা কারিগর,  
ইশারায় করেছ এ জগৎসৃষ্টি তুমি মহা জাদুগর।  
বিশ্বশিশু হয়ে তুমি খেলো সৃষ্টি ও ধ্বংস নিয়ে,  
পৃথিবীকে গড় ও ভাঙ তোমার অদৃশ্য শক্তি দিয়ে।  
দিয়েছো সূর্য, নক্ষত্র আর দিগন্ত নীলাকাশ,  
পানিতে ভরা নদী, সমুদ্র আর জীবনের তরে বা-  
তাস।  
গড়েছ পাহাড় আর মাটি বিচরনের তবে,  
সাজিয়েছ সবুজে শ্যামলে পৃথিবীর বুক ভরে।

করেছ বিচিত্র জীবের সৃষ্টি তোমার জগতে,  
সাজিয়েছো মনরম দৃশ্যে তোমার পৃথিবীতে।

ঋতু বৈচিত্রে ভরা জগতের সময় কালে,  
প্রতিটি জীবরের রেখেছ সীমিত সময় বাঁধা  
জীবনকালে।

### রোজী হোসেন

সব সৃষ্টির রেখেছ যেন বিপরীত ধর্ম,  
বিস্ময়ে ভাবি কি অলৌকিক তোমার কর্ম।  
দিনের আলোয় তোমার ভুবন বলমল করে,  
দিন শেষে ক্লান্ত পৃথিবী ঢাকো রাতের আঁধারে।

কখনও দিয়েছ বরফ আর তুষারের ঝড়,  
আবার অবোর বর্ষায় ভরাও নদী ও সাগর।

রোজী হোসেন প্রায় দুই যুগেরও বেশী সময় ধরে এই  
অ্যাডেলেইড শহরে বসবাস করছেন পরিবার নিয়ে। স্বামী  
ডঃ আবুল হোসেন। দেশে উদ্ভিদ বিজ্ঞানের শিক্ষক হিসাবে  
সরকারী কলেজে কর্মরত ছিলেন। তিনি বাংলাকে একান্ত  
মনের গভীরে লালন করেন। তাই শত ব্যস্ততার মাঝেও  
তিনি বাংলাতে কবিতা লিখে চলেছেন। উনার বেশ



Photo (above): A student of Bangladeshi Community School offering his tribute to the martyrs of Language movement in 1952.

# Bangla Bazar

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বিদেশী মাছ কেনে  
খাই?





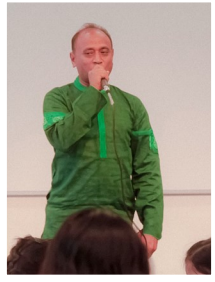
Like every year, in the holy month of Ramadan, SABCA hosted Iftar Party for its members. This was the first event organized by the Executive Committee for 2017-2018 after they took office.







The **Language Movement** was a political movement in former East Bengal (currently Bangladesh) advocating the recognition of the Bengali language as an official language of the then-Dominion of Pakistan in order to allow its use in government affairs, the continuation of its use as a medium of education, its use in media, currency and stamps, and to maintain its writing in the Bengali script. In 1999, UNESCO declared 21 February as **International Mother Language Day**, in tribute to the Language Movement and the ethno-linguistic rights of people around the world. Like previous years, SABCA observed the day with due respect.



The **Independence Day** of Bangladesh, taking place on 26 March, commemorates the Bangladesh's declaration of independence from Pakistan in the late hours of 25 March 1971. BCS celebrated the event with excitement and enthusiasm.







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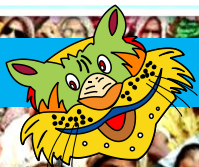
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We are located in a medical centre with general practitioners, physiotherapist and podiatrist for your convenience. We stock range of giftware to suit different occasions.







SABCA hosted an awareness raising event presented by Australian Red Cross, and fund raiser to help flood victims in Bangladesh.

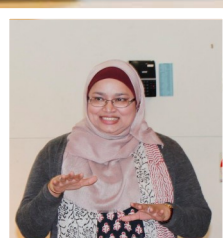


**FUND RAISING TEA PARTY**  
DATE : SUNDAY, 27 AUGUST 2017, 4PM-6PM  
LOCATION - BANGLADESI COMMUNITY SCHOOL, 140 GOODWOOD ROAD, GOODWOOD, SA 5034

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Please transfer your donation to:  
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Westpac Bank  
Please write "Flood Donation" description Box

**Steve Georganas MP**  
Federal Member for Hindmarsh



*With Compliments*

Office: 2/670 Anzac Highway Glenelg East SA 5045  
Phone: (08) 8376 8000 Fax: (08) 8376 7888  
Email: Steve.Georganas.MP@aph.gov.au



Australia Day, 26 January, is the day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge history. Like every year, SABCA represented the Bangladeshi Community living in South Australia with colourful participation in the Australia Day 2018 celebrations.





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SABCA hosted Annual Picnic 2017 at Sturt Reserve, Murray Bridge.







Eid is one of the major religious festival in Bangladesh. This year, SABCA organized a cultural night. The event was open to all community members. This program promoted new artists and gave the opportunity to our kids to learn about the Eid.



**BDTRS**

**IATA**

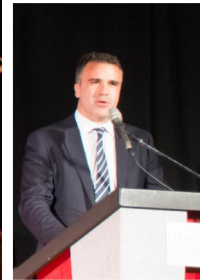
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TIDS APPROVED

[info@bdtrs.com.au](mailto:info@bdtrs.com.au)

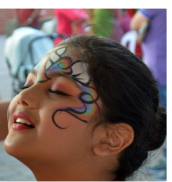




**Bangla New Year or Pohela Boishakh** is an integral part of our Bangla culture and a symbol of unity and festivity, irrespective of religious, political and regional differences. It has been celebrated since the period of Mughal Emperor Akbar from 1584 AD. South Australian Bangladeshi Community Association (SABCA), celebrates **Pohela Boishak** on the 14 April every year.











*Showvonick Datta* is the Chief Executive Officer of Centre for Accounting Policy and Capital Market Research (CAPCMR). He has an academic career span of almost a decade and does consultancy for financial and education sectors. Currently, Mr. Datta is working at Flinders International Student Center, under Flinders University.

## Two sides of a coin: Risks and Rewards in Investment in South Australia

*Showvonick Datta*

Investment is a complex process that poses two major questions regarding the unknown future: when to invest and where to invest? Investment might be relevant to investing in a location and/or investing in a specific area such as real estate, stock, bonds, etc. This article will try to highlight the

Three universities have 96,000 students (including 23,000 international students) enrolled at South Australian universities and higher education institutions. South Australia is also involved in the manufacturing the defence projects. Over the next 20 years, South Australia will be home to the largest share of Australia's total in-country defence material spend, with Adelaide the headquarters for the majority of the nation's defence manufacturing and technology research, development and investment. South Australia has been announced as the location of the A\$50 billion Future Submarines Project - Australia's largest ever defence investment and one of the world's biggest military contracts.

possible opportunities and potential areas for investment in South Australia.

Australia is the 13<sup>th</sup> biggest economy in the world with a population of 24,385,635 that includes a total number of households of 9,241,497. South Australia is the fifth biggest state in terms of Gross State Product (GSP) with a population of 1,716,966 (7% of total population) and with Number of Households 701,538 (7.59%). Despite having a land size of nearly 1 million square Kilometre around 77% people and 77% Household are located in greater Adelaide region. Total population of Greater Adelaide is 1,326,354 with a number of Households 537,361 in a land area of 9,000 square kilo meter (excluding the city of Murray Bridge). It shows 90% land are occupied by 23% people.

GSP of 2015-16 of six states and two territories are given below. This chart demonstrates the comparison of the GSP per capita with other Australian regions. Apart from Tasmania, all other territories and states have higher productivity per employee and GSP per capita.

South Australia follows a different trend in terms of exports compared to the other Australian states, as its major exports come from agricultural products like alcoholic beverages, wheat, and meat. South Australia produces more than 80% premium wines, and exports 60% of its total production. But top exports do not include any service sectors although Australia's 3<sup>rd</sup> biggest export is education related travel services.

Location	GSP (A\$ bn)	GSP per capita (A\$)	GSP per employee (A\$)
SA	101.1	59,371	123,642
NSW	531.3	69,266	138,676
VIC	373.6	62,308	119,211
QLD	314.6	65,416	131,987
WA	255.2	98,012	188,371
TAS	26.0	50,327	106,829
NT	23.6	96,906	167,930
ACT	36.2	92,173	167,437

Source: ABS

### Gross State Product (2015-16)

Australia had a total export of 330 billion in year 2016, and South Australia contributed \$13.6 billion which is less than 5%.

Top five exports of Australia in 2016 were	South Australia Exports, 2016 Top 5 Exports
Iron ores and concentrates (\$53.8b)	Alcoholic beverages (\$1.45b)
Coal (\$42.3)	Copper (\$1.13b)
Education-related travel services (\$22b) (including student expenditure on tuition fees and living expenses)	Wheat (\$1.04b)
Gold (\$18.8b)	Copper ores and concentrates (\$731m)
Natural gas (\$17.9b)	Meat (excl. beef) (\$690m)

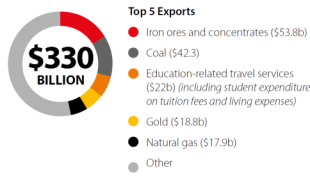
The trend is similar in terms of import of \$12.2 billion out of \$342 billion.



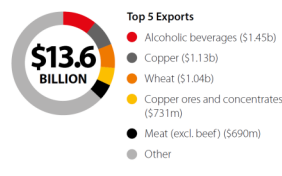


Trade (2016)

Australia Exports, 2016



South Australia Exports, 2016



Source: Source: Department of Foreign Affairs and Trade, "Australia's Trade by State and Territory" and Department of Foreign Affairs and Trade, "Australia's trade in goods and services 2016"

Australia's top industry sector is Services with a output of 1,015 billion, which is 61.1%, and Agriculture is 36.7 billion that is 2.2% of GDP.

Output and employment by industry, 2015–16

Industry	Output (\$ billion)	Share of GDP (per)	Employment (million)	Share of all industry (per cent)
Services	1,015.1	61.1	9.4	79.2
Mining	114.9	6.9	0.2	1.9
Construction	134.2	8.1	1.1	8.8
Manufacturing	99.4	6.0	0.9	7.4
Agriculture	36.7	2.2	0.3	2.7
All industries	1,400	84.3	11.9	100

Notes: Output calculations use original, chain volume measures data. Employment data uses original data and is an average of all quarters in 2015–16. Source: ABS cat. no. 5204.0, table 05; ABS cat. no. 6291.0.55.003, table 04

Different statistics and trends show South Australia offers lower cost of living, lower rent and offers good earnings from agriculture and similar sources though the statistics shows lower than average Australian wages rate and earnings.

Some changes are expected in South Australia to match the growth of other states, but the questions remain when that might actually occur. Besides, the natural and geographical advantages of South Australia with the supply of renewable energy are likely to boost the mining industry in near future. In that case, the growth is more necessary in regional areas than greater Adelaide region.

Apart from the macro economical point of view, the next question is where to invest idle funds if any is available. Some possibilities are the stock market, bond market, cash market and residential property market.

Stock Market:

Since 1900, the Australian share market has returned an average of 13.22% per annum. Out of these negative years were 22 (19%), and positive growth years were 95 (81%). Hence, investing in stock market may provide a return better

than the return from cash. However, investing in stock market requires knowledge regarding the individual stocks as the average are calculated by considering both the profitable stocks and negative stocks. It can be noted that average return from the stock market in last 10 years (2005-2015) is around 5.5%.

Residential Property:

Average return from residential property is 8% in last 10 years, 10.5% in last 20 years, and 7.25% in last 30 years. It is evident that the price growth varies in different locations and in different time periods.

Australian Bond Market:

Australian bond market enjoyed a growth of 6.2% in last decade, which is higher than the share market growth but lower than the Residential Property Market growth. This growth was 6.8% in last two decades.

Return from Cash:

Cash return average is 3.1% from 2005 till 2015, and 3.4% in last 20 years.

Overall, the residential property market and share market dominates the return although the trend was different in last decade where residential market and bond market dominated. Other areas of growth are investment in global stock market, global bond market, listed property, etc. Return from Cash is comparatively lower despite its liquidity advantages.

Apart from this investments sectors other factors to consider are output and employment by industry. Mining is a dominating sector and South Australia may enjoy huge growth in the near future. If any sector grows than other industries are likely to grow. If South Australia can attract more people, then a good growth is expected, and this eventually will help people to invest more in various sectors and generate a higher return. Overall South Australia might be a good place to invest in near future with a good diversification among various industry.

Sources:

- 2016 Long term investing report by ASX.
- ABS Catalogue 3101.0, Australian Demographic Statistics, Dec 2016
- ABS Catalogue 5220.0 - Australian National Accounts: State Accounts, 2015-16 and ABS Catalogue 6202.0 – Labour Force, Australia, May 2017
- Australian Stock Exchange (ASX)
- Department of industry, innovation and science (<https://industry.gov.au/Office-of-the-Chief-Economist/Publications/Pages/Australian-Industry-Report.aspx>)
- Long-run Trends in Housing Price Growth by Marion Kohler and Michelle van der Merwe\*
- South Australia Investment (<https://invest.sa.gov.au>)





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## Inspiration and Encouragement for Yr 12 Exam Preparation

**Maherina Z Sayeem**

Our children are growing in this first world country with their excellent achievement in learning. Yes, I am talking about our children, who are growing up before us and becoming role model for young kids. In last seven years in Adelaide, I am volunteering in South Australian Bangladeshi Community Association with so many kids, who are now smart young people – our STARS.

Here I am presenting some of the views of our STARS who have given their valuable time, opinion and guideline for upcoming year 12 students. Their excellent achievements in learning can encourage others to take the challenge in a comparative way.

**Maherina Z Sayeem** is Currently working as Exam Supervisor at Federation University, She completed B.Sc. (Hons) in Computing and Information Systems from London Metropolitan University, UK, now Studying Masters in Applied Project Management at University of Adelaide.

workload if your school will allow it. Some schools may also offer 'bonus' points to boost your final ATAR up, however I am currently unaware of which schools are eligible right now. I would advise you to do your own research in this field.

difficult phase of everyone's life and certainly one that requires the most amounts of attention and effort. In order to do the best at exams/assignments, it is important to find out your study style and trying to stick to it during the last year of your high school. I have found it particularly helpful to handwrite all my notes and add more information as the year progressed so during exam times I could use my notes as a textbook to prepare for the exams.

**Q. What kind of support, a year 12 student will take to get an excellent result?**



**Ishraq Murshed**  
Graduated from Pulteney Grammar School. Currently studying Bachelor of Medicine/ Surgery 5th year (MBBS V) at the University of Adelaide.

**Ishraq Murshed:** In terms of supports during year 12, I found having good relationships with my teachers very helpful. If you explain your goals early for each specific subject and show them you are committed, they will assist you throughout your journey in reaching these goals. If you are having any difficulty and you need more help than the teachers can provide, private tutors for specific subjects may also be of benefit.

**Q. Is any extra curriculum help to add any score (SACE point)?**

**Ishraq Murshed:** From my understanding, to gain enough credit for a yr12 ATAR, you can take extra subjects such as language courses. Furthermore, you are also able to undertake yr12 subjects during yr11 to spread out the

**Q3. How and what should be followed by a student for choosing own career path?**

**Ishraq Murshed:** If you are interested in a specific undergraduate degree and career pathway, I think it is very important to find out what previous ATAR requirements were for the course in past years. Furthermore, some courses may require specific pre-requisite subjects or additional testing (such as the UMAT for medicine). Using this information, you will be able to roughly outline what subjects you will need to complete in year 12, and how well you will need to score overall. I would recommend taking subjects that are easier to score in, as often times this will result in having an easier time during the year (eg. Maybe consider General Maths/ Maths methods over Specialist Maths if you do not need the subject as a pre-requisite).

**Q. What was your year 12 exam preparation?**



**Zakia Tamanna Saymontee**  
Graduated from Caritas College, Port Augusta. Currently studying Bachelor of Medicine and Bachelor of Surgery, University of Adelaide

**Zakia Tamanna Saymontee:** Year 12 is a

**Q. Is tuition necessary for good preparation?**

**Zakia Tamanna Saymontee:** Depends on subject selection as well as whether you feel the need for some extra help to do your best. I personally got tutored in Math studies and Chemistry because these were the subjects that I wanted to focus most on.

**Q. What sort of preparation a year 12 student will take to get an excellent result?**



**Roohsafa Poushi**  
Graduated from Glenunga International High School. Currently studying Health and Medical Sciences, University of Adelaide. ATAR: 99.35 Raw Score

**Roohsafa Poushi:** Preparation for Year 12 begins from Year 11, as the knowledge and experience gained is vital to do well in year 12. A large amount of the material covered in year 11 is prerequisite for year 12, therefore students should ensure they are comfortable with these concepts. Students should constantly refer to the course outline provided by SACE as





nothing will be examined outside of this guideline. Covering the materials well before the tests will allow for more time to revise, and students should practice past exam questions prior to tests and exams. A good relationship with the subject teachers is essential, so I would highly encourage student should seek feedback and ask questions for clarification. Pay close attention to the marking rubric and make sure each point is covered.

It takes dedication and hard work to achieve good results. Do your best and take care of yourself.

**Q. Who is your inspiration?**

**Roohsafa Poushi:** My biggest inspiration are my parents. They left everything they had in Bangladesh and moved to a new country so that my brother and I would have a better life in Australia. They worked hard and built a new life here. They inspire me to be the best version of myself and work hard to make them proud.

**Q. What sort preparation would a year 12 student need to take to get an excellent result?**



**Nozhat Hassan**  
Graduated from Pedare Christian College. Currently studying Bachelor of Science (Biomedical Science), University of Adelaide

**Nozhat Hassan:** The key to do well in year 12 is to be organised and have a system in which you are revising class material well before the exams. For example, in chemistry roughly one week after we finished a topic, I dedicated time to go over the material and do my notes and practice questions carefully. That way, if I had questions about the content I could ask for help. Also, don't feel bad for not understanding something; your teachers are there to help you learn!

**Q. Do you have any suggestions?**

**Nozhat Hassan:** I found the Adelaide Tuition Centre's revision seminars very helpful during year 12. Here is the link to their website: <https://adelaidetuition.com.au/revision-seminars/>

**Q. How to prepare for year 12 final exam?**



**Labiba Rosh**  
Graduated from Australian Science and Mathematics School. Currently studying Bachelor of Medical Sciences – Flinders University

**Labiba Rashni:** In order to maximise full potential in achieving good marks, practising studying techniques that correspond to specific learning style is highly effective. For example, I am a visual learner where pictures and videos help me learn more effectively. Pictures and videos are regarded as highly effective learning tools when studying biology and so when preparing for exams, picturing how biological processes work is helpful in understanding how to answer question. Using these technique, it has helped me understand more complex processes in my first year of university studying the Bachelor of Medical Sciences.



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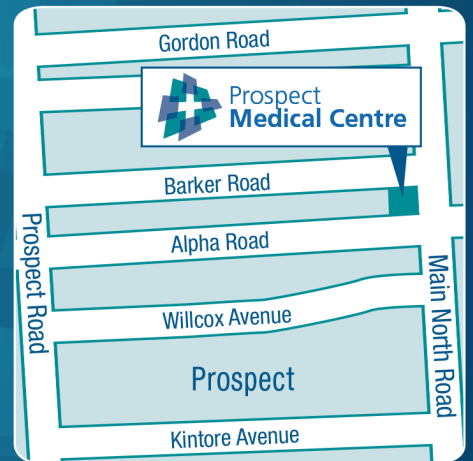
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**SABCA** is committed to developing awareness of Bangladeshi culture, language, tradition and lifestyle among our Australian friends and neighbours to build a homogeneous and harmonious multicultural Australian society. At the same time this web site is designed to pass information to new Bangladeshi migrants, permanent or temporary residents, students and workers in South Australia.

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