



ABU SELIM

A Brief Overview of Bangladesh

“



"I am from Bangladesh. Bangladesh is located in South Asia. It is bordered by India on three sides and by Myanmar on the southeast. It also has a coastline on the Bay of Bengal to the south. My cultural background and heritage are influenced by various factors, such as geography, history, religion, and politics. Bangladesh has a long and rich history of civilization, culture, and resistance. It has been ruled by various dynasties, empires, and colonial powers which has some influence in our cultural background and heritage."

-Abu Selim

Bangladesh





ABU SELIM

Could you tell us about your unique traditions and customs?

“

"The dress preferences in Bangladesh are unique. Bangladeshi men's casual wear in rural areas the lungi and Panjabi. In women, the traditional and main dress is the Shari, with young females also wearing salwar kameez."

-Abu Selim





ABU SELIM

How do you celebrate important festivals associated with your AAPI heritage?

“

"We celebrate two types of festivals: religious and cultural. As a Muslim, I celebrate Eid ul Fitr, which marks the end of a month-long fast during the Arabic month of Ramadan. This day is celebrated with prayers in mosques or open fields, greetings and gift exchanges, visits to relatives and friends, and special food and sweets.



Another festival, Eid al-Adha or the 'feast of the sacrifice', occurs roughly two months and ten days after Eid ul Fitr. This day involves prayers, animal sacrifices such as cows, goats, or camels, meat distribution among the poor and needy, and shared meals with family and friends.

Pohela Boishakh, the Bengali New Year, is a prominent cultural celebration. It's marked with cultural programs including folk dances, music, and performances. Traditional Bengali dishes are essential to this celebration. Wearing new clothes, particularly in red and white, and exchanging greetings and gifts with family and friends are also part of the event."



POHELA BOISHAKH CELEBRATION

ABU SELIM

Can you share a favorite recipe or dish from your cultural background?

“



"Bangladesh is celebrated for its distinctive culinary tradition. Our staple food is rice, which we often serve alongside a variety of items like vegetables, fish, meat, eggs, curries, and thick lentil soups. The country also boasts numerous sweet preparations, particularly milk-based sweetmeats. These delicacies include shondesh, rasmalai, chom-chom, rasgulla, and kala jam."

-Abu Selim

Bangladesh



ABU SELIM

Can you share a favorite dessert from your cultural background?

Rasgulla is a delicious Bengali sweet made of soft cheese balls cooked in sugar syrup. Here is one possible recipe for rasgulla

- Boil 2 liters of low-fat milk and curdle it with 1/4 cup of lemon juice mixed in 1/4 cup of water. Strain the curdled milk in a cheesecloth and rinse it with cold water to remove the sourness of lemon. Squeeze out the excess water and hang the cheesecloth for an hour to drain completely.
- Transfer the cheese (chenna) to a plate and knead it well with 1 tsp of refined flour or semolina until smooth and soft. Divide the chenna into 20 equal portions and roll them into smooth balls without any cracks.
- Boil 4 cups of thin sugar syrup flavored with cardamom or rosewater in a large pot. Gently drop the cheese balls into the boiling syrup and cover the pot with a lid. Cook for about 15 minutes on medium-high heat or until the cheese balls double in size.
- Transfer the rasgullas and the syrup to a bowl and let them cool down. Refrigerate them for a few hours before serving chilled or at room temperature.





ABU SELIM

Are there any historical figures or role models from your heritage that have inspired you?

“

"Sheikh Mujibur Rahman, widely known as Bangabandhu, is my role model. As the founder of Bangladesh, he first served in the significant role of president for the Provisional Government of Bangladesh."

-Abu Selim





ABU SELIM

“



How does your AAPI cultural background contribute to your professional life?

"I have a strong sense of respect and appreciation for diversity and inclusion. I value the perspectives and experiences of people from different backgrounds, cultures, and identities. I also strive to create a welcoming and supportive environment for everyone I work with. I have a high level of adaptability and resilience. I can adjust to changing situations and cope with challenges and uncertainties. I also learn from my mistakes and failures and seek feedback for improvement. I have a passion for learning and curiosity. I enjoy exploring new ideas and topics and expanding my knowledge and skills. I also seek opportunities to collaborate with others and share my insights and expertise. I commit to excellence and integrity. I set high standards for myself and my work and deliver quality results. I also act ethically and responsibly and uphold the values and principles of my profession."

-Abu Selim





ABU SELIM

How do you think AAPI community can contribute to global society?

“



"The AAPI community contributes to the global society in many ways. First, the AAPI community enriches the international organization with its diverse and vibrant cultures, languages, religions, arts, and traditions. This community showcases the beauty and richness of Asian and Pacific Islander heritage and fosters cross-cultural understanding and appreciation. Second, the AAPI community contributes to the global society with its talents and achievements in various fields, such as science, technology, engineering, mathematics, medicine, education, business, politics, sports, entertainment, and more. This community demonstrates excellence and innovation and inspires others to pursue their dreams and goals. Third, this community contributes to the global society with its values and principles, such as respect, compassion, solidarity, justice, and peace. Fourth, this community advocates for the rights and dignity of all people. Finally, it works to address the challenges and issues that affect the global society, such as poverty, inequality, discrimination, violence, climate change, and more."

-Abu Selim

