

SOCIAL MEDIA-EDITS-ARTICLES

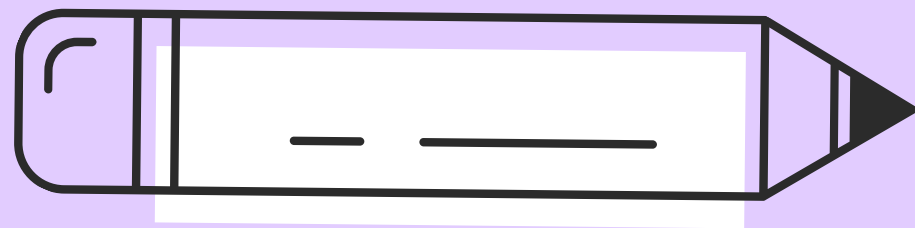
Fahameda Akhter

student work portfolio



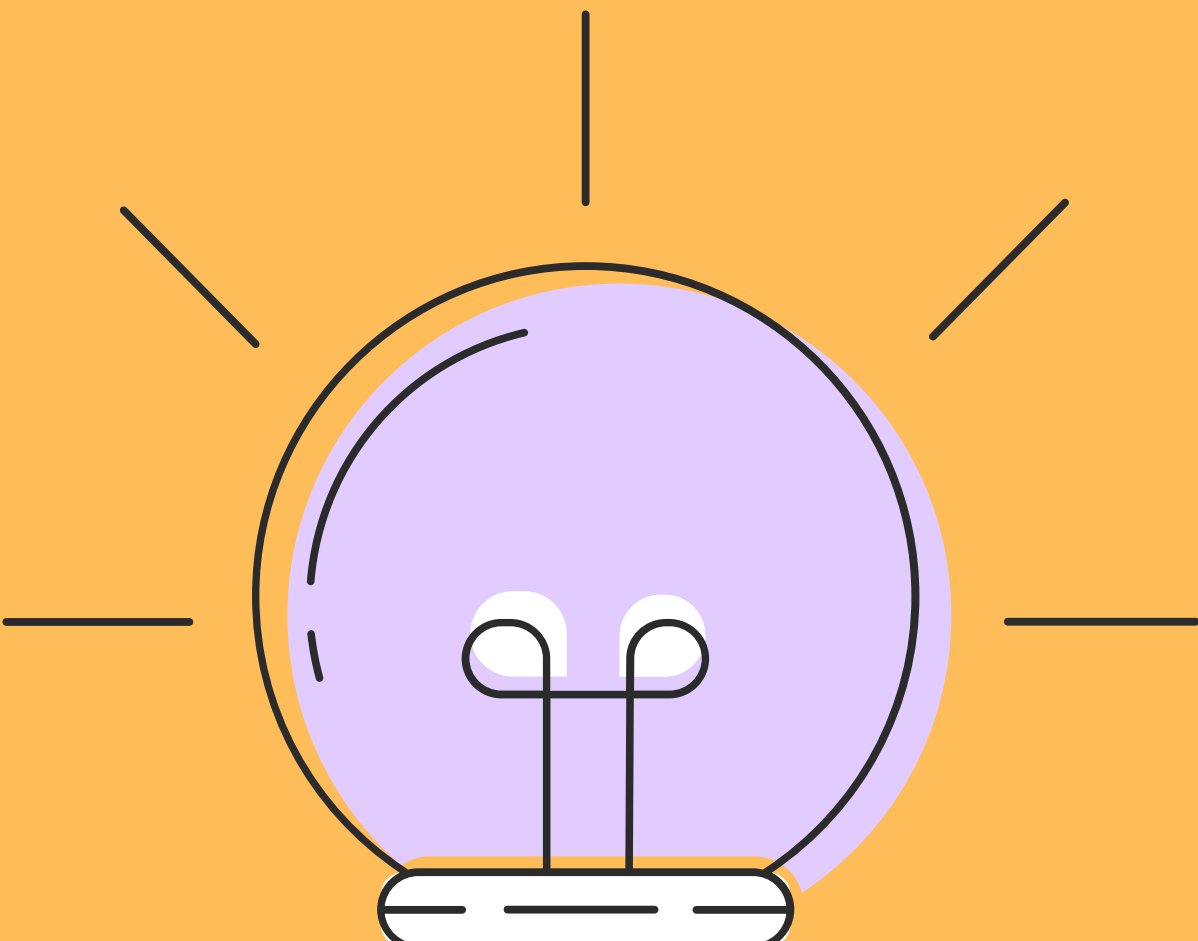
Educational background

Graduated high school from Bangladesh English Private School.(2018)
currently majoring digital media at American University of Ras-Al-Khaimah.(2019-)
IELTS band score 6.5



Technical skills:

- **Google application-** Google docs, Sheet, Slides.
- **Microsoft Office-** Word, Powerpoint, Outlook, Teams.
- **Email and other communication software-** WhatsApp, Zoom, Facebook, Gmail, Snapchat, Skype.
- **Social Media managment, project management.**



Applications I use



Social Media Scheduling:

- Buffer
- Later



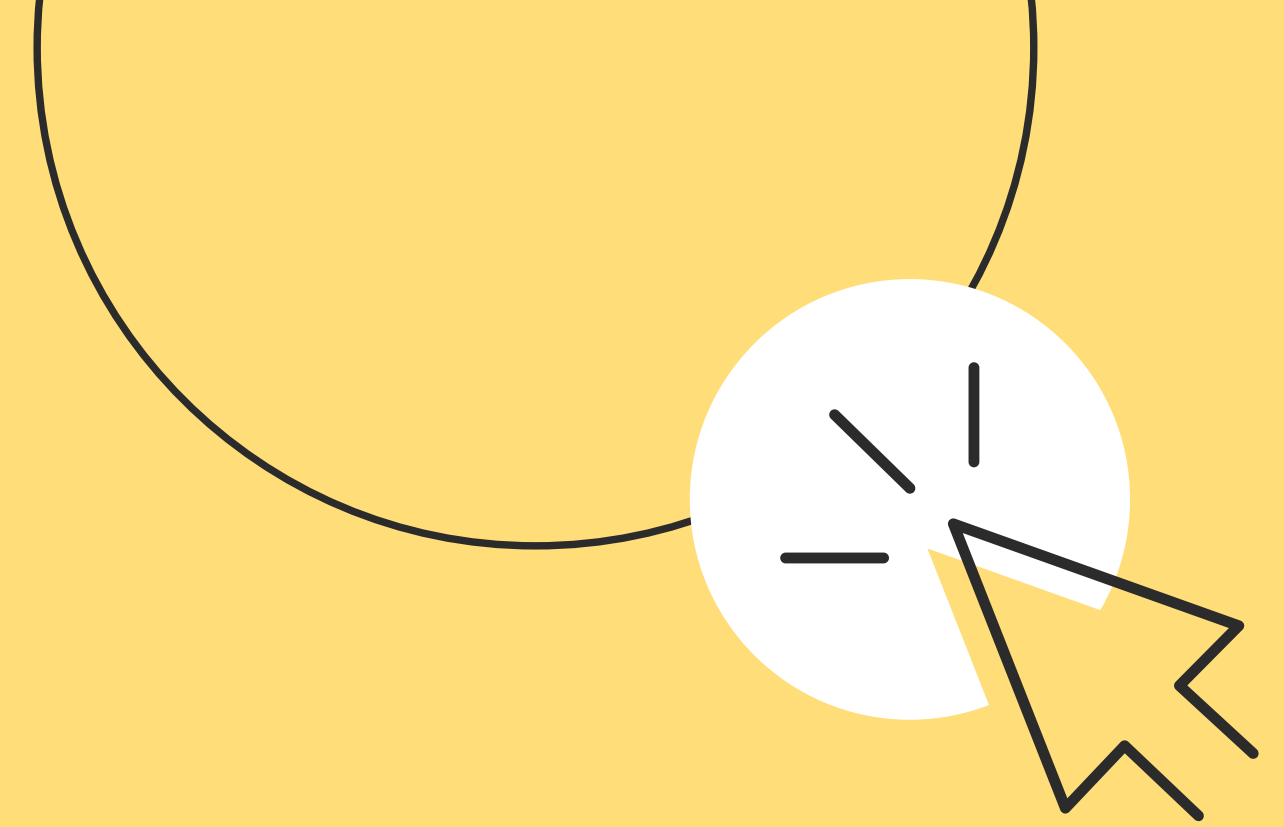
Content Creation

- Final cut pro
- Adobe premiere pro
- Canva
- Adobe Lightroom



Email Marketing

- MailChimp



Articles done by me



- A road trip with bunch of friends to see the northern lights.
- Scuba diving.
- Camping by a lake with some bonfire, chilling music, watching the sky.
- Experiencing extreme cold.
- Go on a wildlife safari.
- Go to a huge music festival.
- Visit the Disney land.
- Fly a plane.
- Walk through the Great wall of China.
- Hike through the Himalayas.
- Meet an iconic person once in a lifetime.
- SKYDIVE is a must.
- Stay at an underwater hotel.
- See the Eiffel tower
- A week-long cruise with breath taking views

How Can You Love Yourself?

Among of all the relationships we have to maintain, with yourself is the most important one. There are several ways to love yourself. Our focus always has to be on ourselves first. There are few things you can do to improve yourself.

Stop the self doubt

How often do you find doubting yourself? Its one of the most weakening trait a person can have. It demotivates a person. There always has to be strong belief that you will make it work no matter what.

When you go through a bad phase in life, bad feelings come to you - Which means self doubt, worthlessness, self pity. It needs time to heal. Give yourself time. Its okay to cry. Its okay to be not okay. But you can't dwell in there forever. What's more, we think this is the proper activity; all things considered, shouldn't positive vibes essentially draw in progressively positive vibes? In any case, truly your interminable hopefulness is a monster lie. You're misleading a piece of yourself, disregarding the requirements of half of what your identity is. Since we as a whole have a cloud-



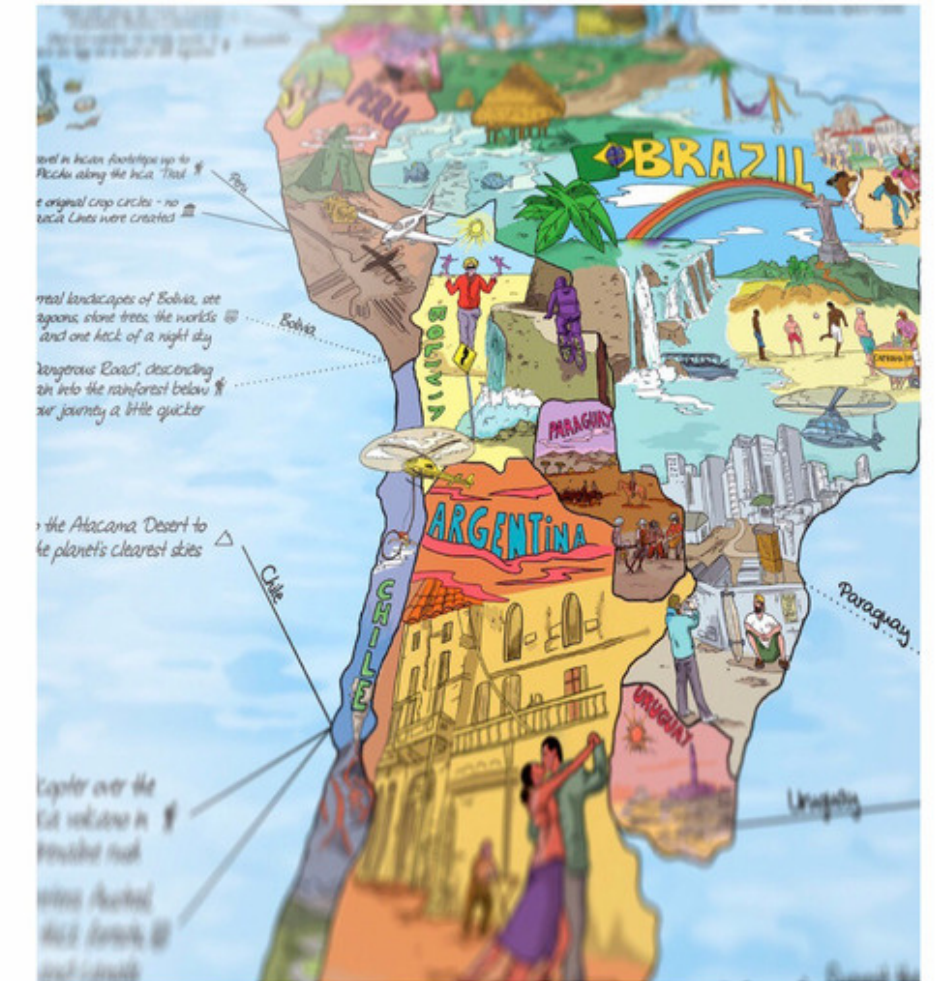
ed side; we as whole hold anguish, disdain, and torment. Disregarding these substances gobbles us up, and drives us to collapse profoundly and rationally. Enable yourself to be straightforward with what your identity is. Excuse yourself for your past deeds, those things you are embarrassed about. Acknowledge that you are once in a while a bearer of negative feelings, similar to disturb, anger, and envy. Furthermore, figure out how to grasp the quiet when you need it.



My Bucket List

We have a whole world to explore. I think it would be amazing to checkout some breathe taking places. Whenever I get to know about an amazing place; I make sure to add it to my bucket list. Few

of the things that are must try can cost you a bit of penny but it doesn't hurt to add them to the bucket list. Life can give us plenty of opportunities. Here's a list of things I wish to try in near future



JOKER: a must watch

THE STORYLINE VARIES FROM PAST MOVIES IN THE BATMAN STANDARD SINCE IT PAINTS THE UNIVERSE—IN ANY EVENT THE DC COMICS UNIVERSE—WITH THE UNCLEAN WHITE OF THE JOKESTER'S COSMETICS. THE RE-EVALUATED MOTION PICTURE'S FIRST RULE IS THAT NO GOOD THING CAN EVER HAPPEN TO ARTHUR FLECK, SPLENDIDLY PLAYED BY JOAQUIN PHOENIX. AS FLECK ENDEAVORS TO LIGHT UP INDIVIDUALS' LIVES AS A COMEDIAN, EVERYBODY REACTS WITH WOODEN-PATTERN DISMISSAL. IN THE EVENT THAT HE PRODS A CHILD, THE MOTHER FURIOUSLY INSTRUCTS HIM TO LEAVE. IN THE EVENT THAT HE PERFORMS IN THE CITY, EACH BYSTANDER MAKES INCONSIDERATE COMMENTS TO HIM IN A HARSH NEW YORK HIGHLIGHT. "Ey, Clown, you aren't even that clever! Haw, haw, haw! How's that? "ON THE OFF CHANCE THAT THERE HAD BEEN A SCENE WITH A PET SHOP, EVERY ONE OF THE YOUNG DOGGIES WOULD NIBBLE HIS FINGERS WITH ALL THE PITILESSNESS IN THEIR SLIGHT HEARTS.



THE RUNDOWN GOES ON. NOBODY IN GOTHAM CITY, FROM WEALTHY SWELLS TO ROAD HOOLIGANS, HAS ANYTHING PREFERABLE TO DO OVER BEAT UP FLECK. IT'S SIMPLY THE EQUIVALENT MONOMANIACAL FALSEHOOD ALL CRAZY PEOPLE LET THEMSELVES KNOW, THAT THE ENTIRE WORLD LIVES JUST TO SHOW DISDAIN TOWARD THEM AND NEVER DOES WHATEVER ELSE. CHIEF TODD PHILLIPS PRESENTS THIS VISION OF THE WORLD COMPLETELY WITHOUT A PARTICLE OF ANALYSIS. IN FLECK'S DETERMINISTIC WALK INTO MURDER, WE PERCEIVE HOW LITTLE PHILLIPS HAS FAITH IN SINGULAR ORGANIZATION AND DECISION. BIT'S NOT DEPENDABLE, IT'S EVERYTHING THE WORLD'S SHORTCOMING. HE DOESN'T REQUEST HIS OWN FIREARM; HE'S GIVEN ONE BY A COMPANION WHO NEEDS HIM TO BE PROTECTED FROM MUGGERS.

IN THE ENTIRE "JOKER" MOTION PICTURE, READY TO BREAK FILM INDUSTRY RECORDS WITH \$93.5 MILLION ITS OPENING END OF THE WEEK, . "JOKER" SUCCEEDS JUST IN COMMUNICATING A TYPICAL FEELING OF OUR OCCASIONS—AN ALL INCLUSIVE PROSECUTION OF SOCIETY WITHOUT SUBTLETY, PHILANTHROPY, OR CONTRAST: "NOBODY TUNES IN!" "EVERYTHING IS DEGENERATE AND OUGHT TO BE DEVASTATED!" REGULARLY THIS FEELING CONVEYS WHAT NEEDS BE IN AMERICAN GOVERNMENTAL ISSUES TODAY. IN ANY CASE, AT LAST, IT IS ANYTHING BUT A POLITICAL INCLINATION. IT'S THE JOKER. WHAT'S MORE, IF MOTION PICTURE CHIEFS UNCRITICALLY RECOUNT TO HIS STORY, THEY'RE SIMPLY SHOWING OTHER LIFE-ABHORRING COMEDIANS HOW TO GET TOOK NOTE.

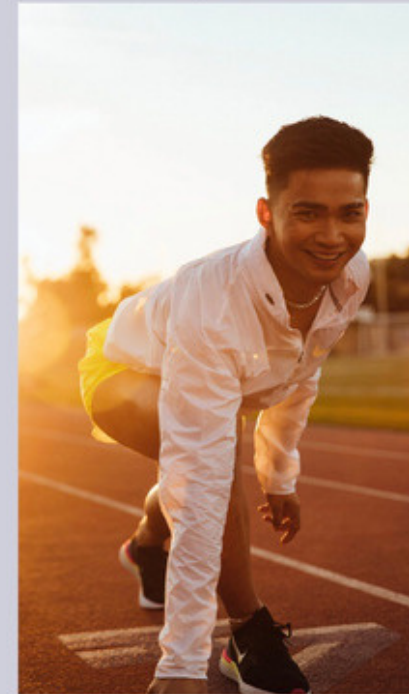


Healthcare

Getting a decent night's rest is central to improved wellbeing and prosperity. We as a whole realize that we don't feel awesome when we don't rest soundly, however more significantly, ceaseless lack of sleep can contribute genuine medical issues, for example, hypertension, expanded pressure hormones, and sporadic heartbeat. To improve night's rest, make evening propensities that set up your body and psyche for rest, for example, drinking natural tea, washing up, contemplation, and unplugging from all hardware an hour prior to bed. EVERY DAY. If I needed to pick the absolute most significant thing on this rundown to improve all parts of wellbeing, exercise would win surely. The objective ought to be to practice 45-an hour 4-5 days of the week, yet everything tallies! Park in the uttermost parking space (even better, simply walk!), take the stairs, do a few squats while brushing your teeth – everything tallies. Our bodies are intended to move and the more inactive we are, the quicker our bodies will separate. Make a guarantee to start to perspire once every day.

Connect with your loved ones

Did you realize that depression is a hazard factor for early demise? I nearly dropped out of my seat when I as of late read this in the medicinal diary, Science. To cite the creators, "Social connections, or the relative deficiency in that department, comprise a significant hazard factor for wellbeing – balancing the impact of settled well-being danger factors, for example, cigarette smoking, circulatory strain, blood lipids, corpulence, and physical action." I discover it so interesting and unbelievably tragic that being forlorn can influence our physiology so much that it can build our danger of early demise. To associate with those you love, retouch broken connections, look for a social association, join a club or church gathering. Even better, see everyone around you who may be confronting separation and forlornness and contact them. Welcome, a neighbour to supper. Not exclusively will you improve your very own wellbeing, however, you could conceivably build the life expectancy of somebody around you. How astounding is that?



FRESHMAN YEAR

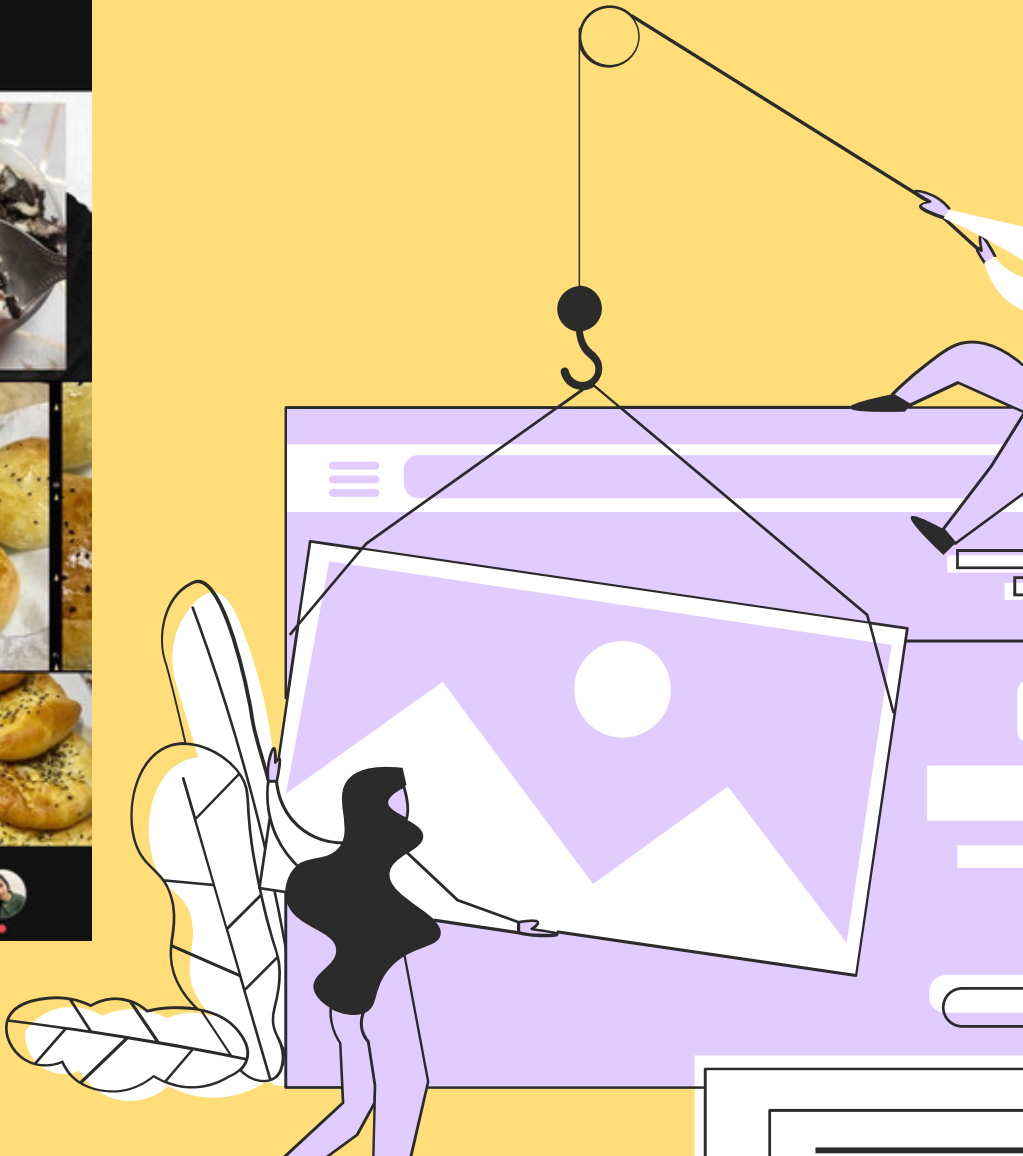
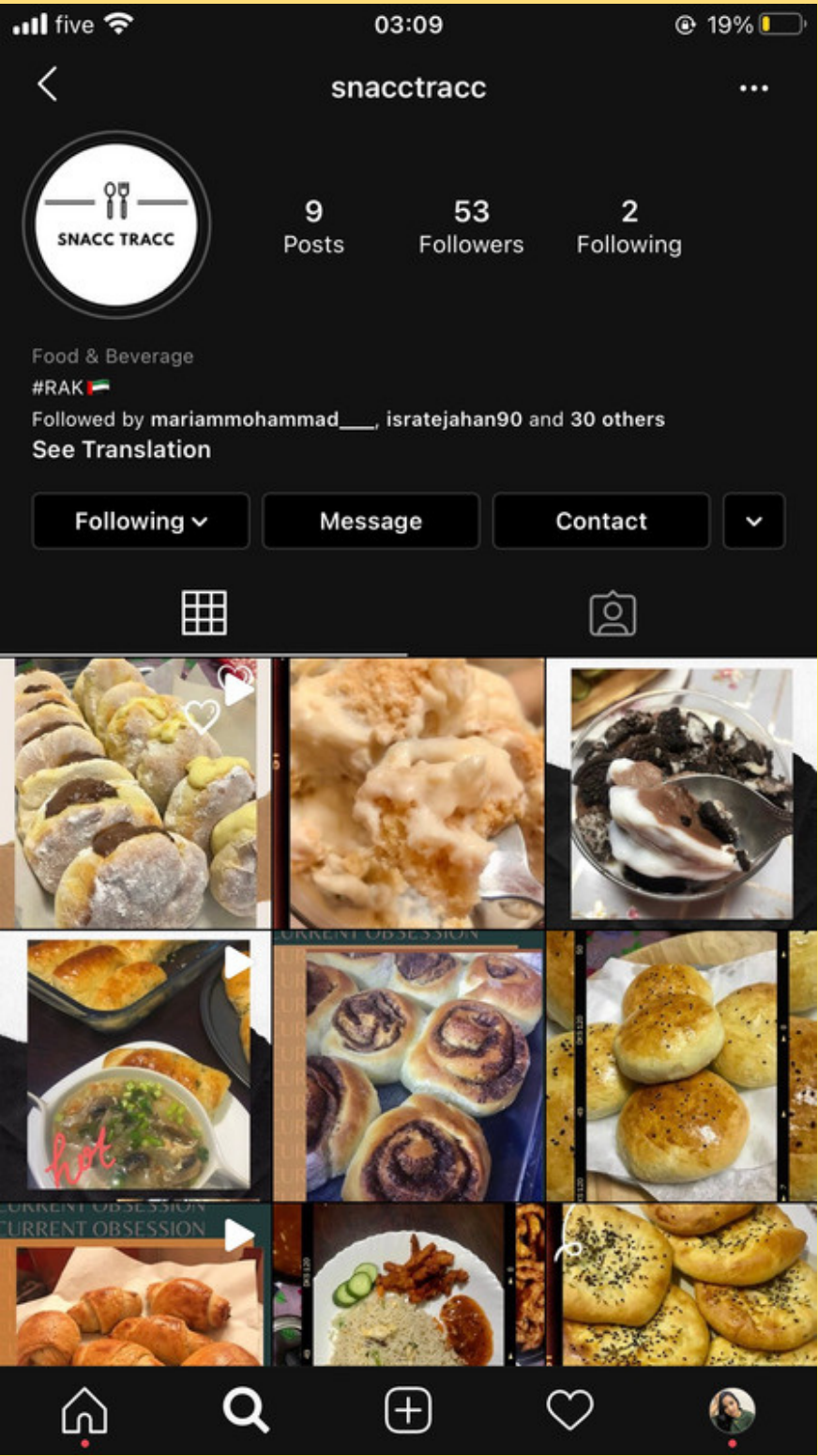
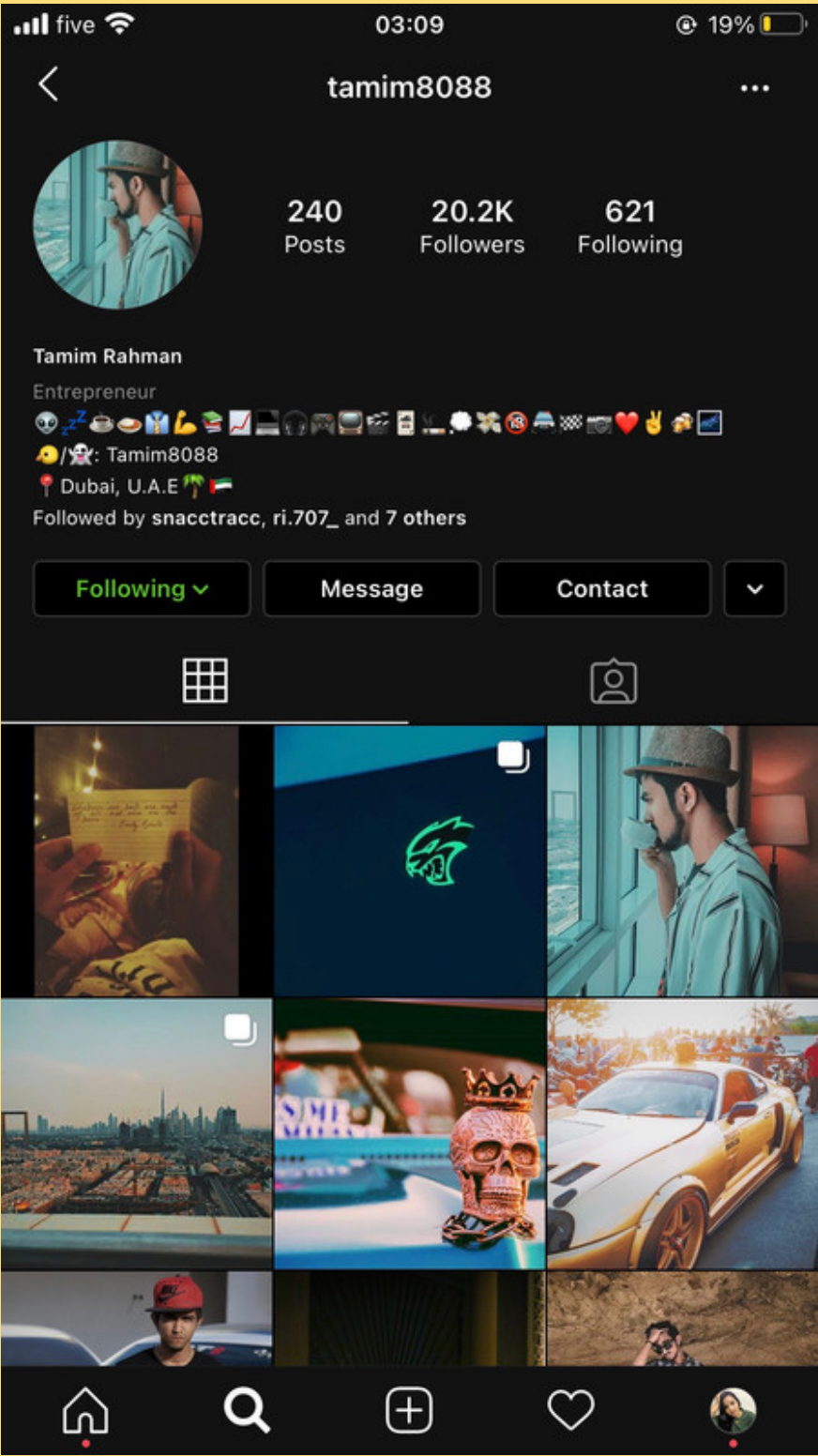
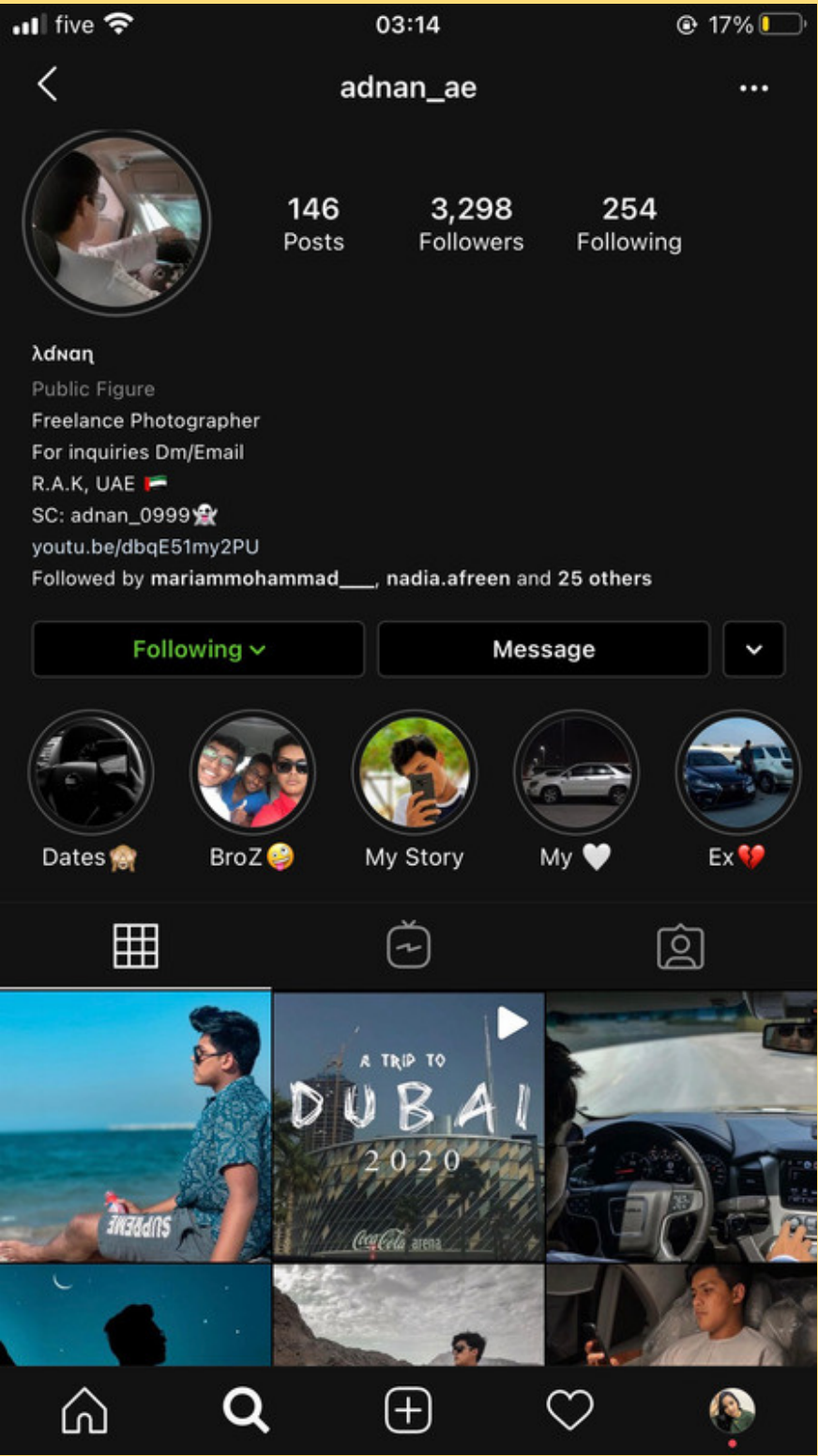
One of the most stressful yet relaxing year of university life is freshman year. First year is always about finding yourself. But how does one blend in with the surrounding? Well, different people have different ways to deal with situations. University is mostly about gaining experiences. As my first year is about come to end, I regret not taking all the opportunities to have fun alongside studies. Always be open to try new and exciting things. At times I found myself confused, questioning my choices and struggle to find the 'small circle' of friends you need to survive stressful university life. but things fall into

places by itself. Now I am happy with my studies, much confident in gatherings, have amazing people around me who admire and can rely on anytime. At the end of the day that's what matters the most. All though your focus has to be studies in university, always be open to have fun, laugh it off when something awkward happens, try new things, Explore the campus, don't forget to have some time off religiously. Additionally, I have learnt that, don't be hesitant to ask for help when in need.

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Research, presentations and review



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open.



Work with me!

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