

Ziad Rahman Bhuiyan

AN INDEPENDENT THINKER, RESEARCHER, WRITER FROM BANGLADESH

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About Me

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I am a **self-motivated thinker, researcher, and writer from Bangladesh** with a growing academic background in the life sciences. I have a strong interest in how knowledge can address today's health, social, and other issues. My writing explores various topics such as public health, including eating disorders (EDs), mental health, one health approaches, and the global crises. I incorporate insights from the humanities to enhance the understanding of the human stories behind data and scientific findings.

Besides research, I value intellectual and creative exploration — from writing and argument to civic engagement and entrepreneurial pursuits. These experiences have enriched my critical thinking, interdisciplinarity, and ability to contribute to projects in science, society, and innovation.

In the coming years, I aim to continue growing as a researcher and collaborator, contributing value to initiatives that promote health equity, education, and interdisciplinary learning and collaboration, while developing solutions that align scientific principles with people-oriented thinking.

ADDITIONAL PROFILE(S)

Photography/Flickr: https://www.flickr.com/photos/z_rb/

Personal Website: <https://zrbm.github.io/>

Judging & Evaluation Experiences

Queen's Commonwealth Essay Competition (QCEC): By Royal Commonwealth Society (RCS)

JUDGE

Remote

Feb 2025 - Jul 2025

Research Experiences

Center for Health Innovation, Research, Action, and Learning - Bangladesh (CHIRAL Bangladesh)

RESEARCH ASSISTANT

Dhaka, Bangladesh

Apr 2024 - Present

- Conducting literature reviews to gather information on relevant research studies and findings related to the project.
- Assisting in the collection of data through various methods such as surveys, interviews, experiments, observations, or archival research.
- Assisting in data analysis using statistical software or other analytical tools under the supervision of senior researchers.
- Co-authorship based projects (include but are not limited to): Eating Disorders (EDs), Mental Health, One Health.
- Contribution based projects (include but are not limited to): Body Shape (Former Project Coordinator), Dengue Dashboard.

Center for Health Innovation, Research, Action, and Learning - Bangladesh (CHIRAL Bangladesh)

RESEARCH INTERN

Dhaka, Bangladesh

Jan 2024 - Mar 2024

- Assisted in the collection of data through various methods such as surveys, interviews, experiments, observations, or archival research.
- Learning objectives (include but are not limited to): Introduction to Health Research Methodology, Mobile Data Collection with KoboToolbox, Research Data Analysis using R Programming, Scientific Writing, Guide to Publishing a Scientific Paper.

Media Experiences

The Internet Today [Byte-Sized Digital News Platform]

GRAPHIC DESIGN INTERN

Remote

Dec 2025 - Present

- Designing visual content for short-form digital news, including social media graphics.
- Assisting in translating news and editorial ideas into clear, engaging visual formats.
- Collaborating remotely with the editorial and content teams to maintain visual consistency across platforms.

Social Impact & Leadership Experience

Awareness 360

STAFF MEMBER, MEDIA AND EVENT MANAGEMENT TEAM

- Planning and conducting events in line with the UN SDGs.
- Designing and updating the organization's social media with regular posts and updates on projects and events.
- Researching, drafting, and proofreading all social media content.
- Maintaining proper public relations and communication on social media.
- Ensuring adequate social outreach through media and marketing.
- Analyzing the digital impact of Awareness 360 and coming up with a monthly plan to sustain/boost the existing growth.
- Skill(s): Content Writing and Digital Marketing, Graphic Designing and Video Editing, Event Management, Creative Thinking, Leadership and Teamwork, Time Management, Cross-Cultural Communication, Agility and Flexibility in Work.

Hybrid

Jan 2026 - Present

Club Experiences

North South University Games and Sports Club (NSUSC)

MEMBER

Dhaka, Bangladesh

Dec 2025 - Present

Earth Club of North South University

MEMBER

Dhaka, Bangladesh

Nov 2025 - Present

North South University Public Health & Sciences Club (NSU PHSC)

MEMBER

Dhaka, Bangladesh

Oct 2025 - Present

North South University Debate Club (NSUDC)

MEMBER

Dhaka, Bangladesh

Oct 2025 - Present

- Content And Publication Team
- Ideation Team
- Design And Visuals Team
- Admin And Logistics Team
- Contribution based projects (include but are not limited to): NSU Dialogue 2025

GSCPC - Government Science College Photography Club

ASSISTANT GENERAL SECRETARY

Dhaka, Bangladesh

Aug 2022 - Jun 2023

- Reflection 2.0 – National Photography Festival 2023: GSCPC organized a national festival engaging students from 150+ institutions and professional photographers, providing a platform for creative expression and receiving coverage and sponsorship from leading media and institutions.
- Workshops and Training Sessions: GSCPC conducted multiple workshops and interactive sessions to enhance members' skills in photography.
- Documentary on Government Science College: GSCPC produced a documentary highlighting the college's heritage and activities.

Govt. Science College Debating Club (GSCDC)

OFFICE SECRETARY

Dhaka, Bangladesh

Apr 2022 - Apr 2023

- 5th GSCDC Nationals 2023: GSCDC hosted its flagship national debating championship with participants from 60+ leading colleges and universities. The event was widely supported and received coverage from prominent magazines, newspapers, and institutions.
- Workshops and Training Sessions: GSCDC organized multiple workshops and practice sessions to strengthen members' debating and public speaking skills.

Teaching Experiences

Independent Teaching & Peer Mentorship

STUDENT MENTOR; SUBJECT TUTOR

Dhaka, Bangladesh

Jan 2019 - Present

- Taught Bangla, English, Mathematics, Biology, and other core subjects to juniors/students (from primary school to college level), helping them improve academic performance and confidence.
- Provided peer mentorship by assisting classmates and batchmates in understanding difficult topics and solving problems (both inside and outside college/school).
- Guided juniors/students through practice sessions, homework support, and board exam preparation strategies.
- Hands-on teaching and mentoring experience, balancing both individual guidance and group study support.

Self Employment Experiences

Self-Employed

ILLUSTRATOR

Dhaka, Bangladesh

Jan 2019 - Dec 2019

- Subject-related illustrations for practical notebooks in Biology, Physics, Mathematics, and Chemistry for batchmates/classmates/students in grades 9 and 10.

Education

North South University

DEGREE/BACHELOR OF SCIENCE (HONS)

Dhaka, Bangladesh

2025 - Running

- Field of Study: Microbiology
- Department: Department of Biochemistry and Microbiology (BMD)
- NSU Email: ziad.bhuiyan.253@northsouth.edu

Government Science College

Dhaka, Bangladesh

NATIONAL BOARD EXAMINATION/HIGHER SECONDARY CERTIFICATE (HSC), SCIENCE

2020 - 2023

- Grade: 11th, 12th (Regular/full-time)
- Group: Science
- Result/Grade Point Average (GPA): 5.00 out of 5.00
- Name of Subjects: Bangla, English, Information And Communication Technology, Physics, Chemistry, Higher Mathematics
- Additional Subject: Biology

Monipur High School & College

Dhaka, Bangladesh

NATIONAL BOARD EXAMINATION/SECONDARY SCHOOL CERTIFICATE (SSC), SCIENCE

2018 - 2020

- Grade: 9th, 10th (Regular/full-time)
- Group: Science
- Result/Grade Point Average (GPA): 5.00 out of 5.00
- Name of Subjects: Bangla, English, Mathematics, Bangladesh And Global Studies, Islam And Moral Education, Physics, Chemistry, Higher Mathematics, Information And Communication Technology
- Additional Subject: Biology
- Continuous Assessment: Physical Education, Health And Sports; Career Education

Monipur High School & College

Dhaka, Bangladesh

NATIONAL BOARD EXAMINATION/JUNIOR SCHOOL CERTIFICATE (JSC)

2015 - 2017 (JSC)

- Grade: 6th - 8th (Regular/full-time)
- Result/Grade Point Average (GPA): 5.00 out of 5.00
- Subjects: Bangla, English, Mathematics, Science, Islam And Moral Education, Bangladesh And Global Studies, Information And Communication Technology (ICT), Agriculture Studies, Physical Education And Health, Arts And Crafts, Work And Life Oriented Education

Monipur High School & College

Dhaka, Bangladesh

NATIONAL BOARD EXAMINATION/PRIMARY EDUCATION COMPLETION (PEC)

2010 - 2014 (PEC)

- Grade: 1st - 5th (Regular/full-time)
- Result/Grade Point Average (GPA): 5.00 out of 5.00

Training

Center for Health Innovation, Research, Action, and Learning - Bangladesh (CHIRAL Bangladesh)

Dhaka, Bangladesh

BUILDING DASHBOARD WITH R

Feb 2024

Stanford Online, Stanford University

Remote

CODE IN PLACE

Apr 2023 - Jun 2023

- Control flow with Karel
- The Art of Coding
- Console Programs
- Understanding Variables
- Graphics
- Lists + Dictionaries

Skills

TECHNICAL SKILLS

(include but are not limited to):

Programming Languages: HTML, Python, R; **Analytics Softwares:** Microsoft Excel, R, SPSS; **Survey Tools:** RedCap, KoboTool-Box, EpiCollect, Google Forms;

Academic Writing Tools: Microsoft Word, Microsoft PowerPoint, Zotero, Mendeley; **Miscellaneous Skills:** RStudio, CapCut, Canva, Adobe Photoshop, Adobe Illustrator, Microsoft Clipchamp

ADDITIONAL SKILLS

(include but are not limited to):

Mirror & Rubik's Cube: 2X2, 3X3, 4X4

Chess: Blitz, Rapid, Bullet

Cycling; Drawing & Painting; Gardening; Mobile Photography; Swimming; Teaching

Esports: Call of Duty Mobile, Checkers Online, Fruit Ninja, Hunter Assassin, Hill Climb Racing, Mini Militia, 2048 Merge Block Puzzle Games, Need for Speed, Subway Surfers, Shadow Fight, Smash Hit, Temple Run 2, Vector

Additional Memberships

MEMBER, THE NEW YORK ACADEMY OF SCIENCES' JUNIOR ACADEMY

Projects

NSU DIALOGUE 2025

Role: **Organizing Team Member | Content Writer | Venue Manager | Volunteer**



Developed clear and engaging written content for announcements, social media posts, event briefs, and promotional materials, ensuring consistent communication and enhancing the event’s visibility and professionalism.

Oversaw venue operations by managing room allocation and setup, coordinating logistics with the tab and adjudication teams, ensuring rounds began on time, guiding participant flow, and resolving on-site issues to maintain a smooth and efficient tournament environment.

Provided on-ground support by guiding participants and adjudicators, distributing materials, and other activities throughout the tournament.

NSU QUR’AN CONFERENCE AND SEERAH EXHIBITION 2025

Role: **Medical Team Member | Volunteer**



As part of a seven-member Medical Team, ensured attendee well-being during the NSU Qur’an Conference & Seerah Exhibition 2025.

Worked with the Security and Crowd Management teams to keep the event running smoothly.

Publications

UNDER REVIEW

Akter, MM., Sakib, M.N., **Bhuiyan, Z. R.**, Hossen, I., Paul, A., Limon, M.H., Munny, F.A., Tisha, A.T., Imita, R.T., Mehjabin, K., Bethi, K.B., Yusuf, S., Banik, P.C., Hossain, M.J. (2025) Association between eating disorders and mental health disorders among Bangladeshi school and college students: a cross-sectional study. <https://doi.org/10.21203/rs.3.rs-6583460/v1> (Submitted to Scientific Reports)

Conferences

POSTER PRESENTATIONS

Hossain, M.J., Akter, MM, Sakib, M.N., **Bhuiyan, Z. R.** One health Knowledge and Practice: A community-based study in rural Bangladesh. 10th International Public Health Conference by Public Health Foundation Bangladesh at TMSS Medical College, Bangladesh, December 2024

ORAL PRESENTATIONS

Akter, MM, Sakib, M.N., **Bhuiyan, Z. R.**, Hossain, M.J. Eating attitude and its associated mental health problems among the adolescents in Dhaka City, Bangladesh. 10th International Public Health Conference by Public Health Foundation Bangladesh at TMSS Medical College, Bangladesh, December 2024

Awards/Honors/Scholarships/Titles/Placements

Drexel University

Philadelphia, Pennsylvania, USA

OFFERED SCHOLARSHIPS

2025

- Merit Based Scholarship(s): A. J. Drexel Scholarship
- Financial Need Based Scholarship(s): Drexel Grant

Temple University

Philadelphia, Pennsylvania, USA

OFFERED SCHOLARSHIPS

2025

- Merit Based Scholarship(s): Deans Merit Scholarship

National STEAM Olympiad

National (Bangladesh)

FINALIST (TOP 10)

Jan 2024

- Advanced through multiple rounds, reaching the Top 10 Finalists nationally.
- Divisional Round: Top 8.

International Youth Math Challenge (IYMC)

International

BRONZE HONOUR

Nov 2023

- Issued by the International Youth Math Challenge (IYMC)
- Category: Over 18

QUEEN'S COMMONWEALTH ESSAY COMPETITION (QCEC)

BRONZE AWARD

- Number of individual entries: 34,924
- Issued by the Royal Commonwealth Society (RCS)
- Category: Senior

International

Oct 2023

Bangladesh Space Olympiad

QUALIFIED FOR FINAL ROUND

- Organized by Bangladesh Space Research Society

National (Bangladesh)

Sep 2023

ClimateScience Olympiad

SEMI FINALIST

- Number of participants/teams: 55,000 +

International

Sep 2023

US Medicine & Disease Olympiad

HONORABLE MENTION

- Issued by US Medicine and Disease Olympiad (USMDO), International Medicine and Disease Olympiad (IMDO)

International

Aug 2023

BYLC Running with purpose 2023

HONORARY MEDAL

- Issued by the Bangladesh Youth Leadership Center (BYLC)
- Distance: 7.5 km
- Location: M. A. Aziz Stadium, Chittagong
- Supported by BYLC, Ministry of Youth and Sports, Bangladesh, and Kingdom of the Netherlands

National (Bangladesh)

Jul 2023

GSCPC Farewell 2023

HONORARY CREST

- The award is handed over by the Club Moderator of GSCPC - Government Science College Photography Club

Dhaka, Bangladesh

Jun 2023

Best Student Performance Award 2023

HONORED

- Issued by BSB – Cambrian Education Group
- Honored with the Excellence Medal
- Category: Higher Secondary School Certificate (HSC)

National (Bangladesh)

Apr 2023

Academic Excellence Award by Janata Bank PLC.

HONORED

- Issued by Janata Bank PLC. (the 2nd largest commercial bank in Bangladesh)
- Monetary award (48.5 per cent of the total monetary award — covered all costs related to my college tuition and other academic fees, including board exam fees, academic materials, and transportation, excluding living expenses).
- Congratulations (from the CEO and MD of Janata Bank PLC.) on my SSC result in 2020.

National (Bangladesh)

Nov 2021

Best Student Performance Award 2020

HONORED

- Issued by BSB – Cambrian Education Group
- Category: Secondary School Certificate (SSC)

National (Bangladesh)

Jul 2020

Academic Excellence Award by MUBC

HONORED

- Issued by Monipur High School and College
- Honored with the Prestigious Medal.
- The chief guest was the Minister of the Road Transport and Bridges Ministry, Bangladesh.
- The special guest was the State Minister of the Ministry of Industry, Bangladesh.

Dhaka, Bangladesh

May 2018

Academic Excellence Award by Janata Bank PLC.

HONORED

- Issued by Janata Bank PLC. (the 2nd largest commercial bank in Bangladesh)
- Prize Bond (covered my academic tuition fees for one year)
- Honorary Crest
- The award is handed over by the Chairman of Janata Bank PLC.

National (Bangladesh)

Apr 2015

MUBC Annual Sports and Cultural Competition

3RD POSITION (SPORTS)

- Issued by Monipur High School and College
- Honorary Crest

Dhaka, Bangladesh

Dec 2012

MUBC Annual Sports and Cultural Competition

2ND POSITION (SPORTS)

- Issued by Monipur High School and College
- Honorary Plate

Dhaka, Bangladesh

Dec 2011

References

Md. Jubayer Hossain

Founder & Executive Director, Center for Health Innovation, Research, Action, and Learning - Bangladesh (CHIRAL Bangladesh)

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