
PORTFOLIO

ATHLETIC

Journey



HOMAED ISHAQUE MOON

Adventure is my soul's anthem—nature's bosom my sanctuary, where I find solace in new horizons. "Love what you do, do what you love," my eternal vow. So, I am searching to my true calling where my life will be worthy for the humanity and wellbeing for the society. Life's melody: fitness, kindness, art, culture, and unwavering positivity, harmonizing diverse spheres.



"TRY NOT TO BECOME A MAN OF SUCCESS.
RATHER BECOME A MAN OF VALUE."

- ALBERT EINSTEIN

Since childhood, I've chased adventure, traversing Arabian deserts, scaling Himalayan peaks, cycling mountain roads, swimming vast oceans, and soaring over landscapes. Now, I prepare for the ultimate test: the Ironman triathlon, a journey fueled by passion and dreams.

Grateful for athleticism and adventure, and I'm drawn to water sports, particularly swimming. As a swim coach, I want to teach people how to stay safe in the water and feel calm inside, building up their strength and belief in themselves. Right now, it's super important to focus on staying healthy; it's like the key to having a happy and successful life.

ACHIEVEMENT'S

- Ironman70.3 from Langkawi, Malaysia-2024
- Swimming Coaches Certificate Course-2022 from Bangladesh Krira Shikkha Protisthan (BKSP)
- Basic Open Water Scuba Diving Course (PADI) -2024 from Blue Deep Diving in Hikkaduwa, SriLanka

MOUNTAINEERING

Basic Mountaineering course HMI, Darjeeling, India (Himalayan Mountaineering Institute) 2012.

- Renok peak (4880m), Sikkim.
- Sandakfu (3636m), West Bengal
- Kinnaur Kailash Shivlingam (6050m), Himachal
- Shingo La Pass (5091m), Jammu and Kashmir
- CB13A (Camp 2) (5450m), Himachal Pradesh
- Kangyatzi 2 (6250m), Leh Ladakh
- RoopKund (5029m), Uttarakhand
- Everest Base Camp (5364m), Cho La Pass- 5420m, Gokyo Ri- 5357m, Chukhung Ri- 5550m
- Mountain Biking expedition at Mount Kewkradong, (3172ft) Bangladesh
- Supporting Instructor of Rock-climbing workshop at Purulia, West Bengal by Pioneer Adventures.

Trekking and adventure camping experience all over Bangladesh specially in Hilly area in the last 15 years.

RUNNING

- Ultra-Marathon 50km - Marine Drive Ultra 2020, Shamsheernagar Ultra 2021.
- Half Marathon at 'The Big Bangla Run' (2015, 2016),
- Duathlon- Dhaka Challenge' 2017, 'Dhaka Half' (2020), 'Gazipur Marathon 21.1km (2019),,, 'Chadpur Half Marathon' (2021)
- Bangabandhu Sheikh Mujib Dhaka Marathon 42km (2024), Rajkandi Hill Marathon 25km (2024), Raypura Half Marathon 21km (2023).

Long distance Walking From Mirzapur,Tangail to Banglabandha 445km in 13days at 2022, October





CYCLING

- Langkawi to Kuala Lumpur 550KM long Ride- 2024
- Bangladesh-Nepal Friendship Ride 2013 (Kathmandu to Chitwan, 450km)
- Ride for green 2010 (Sylhet to Cox's Bazar 600km)
- Sir Edmund Hillary Tribute Ride 88+KM
- Cross country 300 km (Akshaura to Benapole)
- Long distance cycling in one day
(275 km Dhaka to Kushtia) (259 km Dhaka to Khulna)
(280 km Dhaka to Satkhira) (95 km Dhaka to Chandpur)

SWIMMING

Bangla Channel 16.1km(2023)

Long endurance swimming tekna to St martin



VOLUNTEERING

- Volunteering at Dharamsala Animal Rescue, India for the welfare of animals being treated at the shelter. August 2019.
- Volunteer, Creative Conservation Alliance (CCA), July-Nov 2020. Working with the team of conservationist for captive breeding of turtles.
- VSO (Voluntary Service Overseas) International Citizen Service (ICS) project, Khagrachori as a program developer for the development of rural community focusing entrepreneur development. (Dec-Mar 2015)
- VSO Bangladesh and Syngenta, Growing Together project, Rangpur as Interpreter. (Mar 2017)
- TIKA (Turkish Cooperation and Coordination Agency) Cox's Bazar, Volunteering to manage distribution of cooked food to the refugee 20,000 children and women in a day at the Refugee Camp. October (2017).



PHOTOGRAPHY

- INKLINK G-1.0 Short Film & Photography Competition -2019, 2nd Place Winner from Bangladesh Shilpokala Academy.
- Participation in many groups Photography Exhibition at Charukola Jainul Gallery, Drik Gallery, Chobir Hat Charukola, Shilpokola Academy, Tourism Photography Exhibition, BPS-FUJIFILM National Photography Competition and many more.



- Co-authored of travelogue Books- 'Deshe Berao Desher Masnush' (1, 2 & 3), 'Bhromoner Kherokhata', 'Bhromoner Projapoti'.
- Co-authored of Photography Books- 'Wheel of Bangladesh', 'Travels Thru Bangladesh', 'Alochayag Bangladesh'.
- Travel write-up's published in different Daily newspapers and Magazines and photography books.
- Photo story on Children of Rohingya camp at German online media.

