



## Tashlima Akhtar won the battle in her life

Mst. Tashlima Akhtar, 34 years old, daughter of Mr. Amjad Hossain, resides in Matai village within the Chamrul union of Dupchanchia Upazila, located in the Bogura district. Currently, Tashlima is residing in her father's house. She was married 13 years ago to Mr. Md. Nuruzzaman, a resident of Varalipara in the Shah Makhdoom police station area of the Rajshahi district. Within two years of their marriage, they were blessed with a beautiful son. Tashlima had many dreams for her child and her husband, but not all dreams come true. Unfortunately, her husband entered into a second marriage while working in a garment factory in Dhaka. Following the second marriage, Nuruzzaman's attention shifted away from Tashlima, leaving her dreams shattered. Consequently, Tashlima returned to her father's house in 2014, along with her only child. Their marriage broke up at some point in April 2014, and Tashlima sought refuge in one of the rooms in her father's house. This marked the beginning of a new struggle to manage her life as she sought employment to assist her father.

At one point, Tashlima discovered an organization called Light House that offered various long-term training programs focused on developing the skills of young widows and providing support for income-generating activities (IGA). Subsequently, she reached out to the manager of the Mostofapur branch of Light House and completed a 35-day training program in modern dressmaking. Following her training, Tashlima received a new sewing machine and sewing materials from Light House. She has since been successfully producing and selling clothes from her home.

At a crucial point, when Tashlima required capital, she joined the Matai Light House Women's group on October 26, 2017. In the initial phase, she obtained a loan of BDT 50,000 as per her requirements. By judiciously managing her clothing business and using the dividends earned, she purchased 03 decimal lands with a house for residence.

Subsequently, following the unfortunate demise of her own brother, she established and operated a successful grocery store. Located in Matai Bazar, the shop experienced high sales volumes. During regular times, she managed to sell products worth 3,000 to 4,000 BDT daily, resulting in a daily profit ranging from 600 to 800 BDT. In this manner, Tashlima surmounted various obstacles in her life's journey, effectively managing her life with surplus earnings. She also acquired 03 decimal lands as assets, a capital of approximately a lakh of taka through her grocery store, along with 05 sheep of advanced breed and 03 goats.

Tashlima's only son is currently in the sixth grade. She is now planning to construct a house on the land she purchased. According to Tashlima, Light House played a pivotal role in helping her turn her life around. She has become highly successful in both clothing production and running a grocery store. Tashlima expresses her eternal gratitude to Light House, including its officers and employees, for their support. She also hopes for the continued development and prosperity of Light House in the future.





## BRAC University's MPH students visited Nagar Matrisadan and Urban Primary Health Centers to assess maternal healthcare conditions in Bangladesh



MPH students from BRAC James P. Grant School of Public Health at BRAC University visited the Urban Primary Health Care Services Project in Rangpur PA-1, as well as Nagar Matrisadan and Nagar Primary Health Center for a two-day research project focusing on maternal health in Bangladesh. The group comprised 28 MPH students, including 9 Bangladeshi students and 19 foreign students. During their visit, the students were split into two groups: one group conducted fieldwork, while the other observed the operations at Nagar Matrisadan and engaged in discussions to gather information.

Notably, a student from Zimbabwe expressed her admiration for the dedication of such an institution to the well-being of mothers and children in Bangladesh. She expressed her intent to advocate for the establishment of a similar system in her own country.

On the final day of the visit, an exchange meeting was organized. The Matrisadan authorities and the visiting students shared their insights about the visit, posed questions to the authorities to gather necessary information, and engaged in a discussion. Key figures such as Project Manager Shamim Ahmed, MIS Officer Bidhan Roy, Acting Clinic Manager Dr. Sarbashree Saha, and Dr. Asha provided responses to the students' inquiries during the exchange meeting.

The students praised the overall management of Matrisadan, including its cleanliness, and offered several suggestions for program improvement:

- \* Promote awareness of Respectful Maternity Care, as declared by the United Nations, through cultural events or street dramas.
- \* Implement a performance appraisal system for employees every 3 or 6 months to enhance motivation and productivity.
- \* Create a separate register for Postnatal Care (PNC) to store data separately.
- \* Utilize more visuals and fewer texts in Information, Education, and Communication (IEC) materials.

In conclusion, there was a unanimous agreement that projects like this should be implemented in municipal areas across the country. The Nagar Matrisadan authorities and the managing NGO, Light House, were extended heartfelt thanks for their hospitality and for organizing this valuable visit.

## Organized a special eye camp for pregnant mothers, widows, and destitute women

A special eye camp was conducted at City Primary Health Care Center-2, New Jumapara, Ward 04, Rangpur City Corporation on August 5, 2023, from 10:00 AM to 2:00 PM. This event was organized by the Community Eye Hospital, Rangpur, in collaboration with Sightsavers as part of the District Inclusive Eye Care Programme.

The eye camp prioritized the provision of eye services to pregnant mothers, widows, and destitute women within the Rangpur City Corporation area. The Urban Primary Healthcare project facilitated the participation of impoverished widows, destitute individuals, and pregnant mothers. The inauguration of this special eye camp was carried out by Md. Liton Parvez, the councilor of Ward 04 in Rangpur City Corporation.





The event was attended by various project personnel, including Project Manager Shamim Ahmed, MIS Officer Bidhan Krishna Roy, Physician Mukimuzannatunnesa Mumu, and other staff members. Dr. Md. HamidulHaque, Senior Medical Officer of Community Eye Hospital, supervised the eye camp.

A total of 122 people, comprising 73 females and 49 males, including both children and disabled individuals, registered for eye examinations. The doctor conducted vision and refraction checks. Among them, 8 disabled persons (5 females and 3 males) underwent eye examinations.

The chief guest expressed the need for more programs of this nature within the city corporation area, as it benefits those who lack the financial means to access such services. The Community Hospital representative extended gratitude to Light House and the Urban Project for successfully organizing the event. Project Manager Shamim Ahmed thanked all the participants, Community Eye Hospital, and City Corporation for their contributions. He also suggested the possibility of jointly organizing such camps for the underprivileged every three months.

A total of 32 cataract patients (14 males and 18 females) were identified for surgery during the eye camp, and 11 of them were referred to the hospital for the procedure. Additionally, 45 women and individuals with disabilities received free eye drops and spectacles as part of the special eye camp.

## Organized a day-long free Health Camp

On August 15th, which is National Mourning Day, the Urban Health Care Service Delivery Project-2, PA-1, Light House Rangpur, organized a day-long event consisting of a free health camp, blood donation camp, and a seminar dedicated to the significance of National Mourning Day. This event was approached differently by three Primary Health Care Centers (PHCC) and Comprehensive Reproductive Health Care Centers (CRHCC).

Nine satellite teams provided free medical services and lab tests in the urban and rural areas of Rangpur City Corporation. The PHCC and CRHCC also offered free doctor consultations and lab tests as part of this health campaign. In total, 1,637 individuals received free lab services and healthcare from doctors and paramedics. Additionally, more than 400 people had their blood groups determined, and 300 individuals were tested for diabetes during this free health camp.

A discussion meeting was conducted at CRHCC to highlight the importance and significance of National Mourning Day. Project Manager Mr. Shamim Ahmed served as the chief guest for the event. Staff members from various levels working in CRSCC and ten service recipients from the neighboring ShanibariBasti actively participated. The meeting was overseen by MIS officer Bidhan Roy. The event concluded with prayers offered for the souls of all those who lost their lives on that fateful day.



## TV Dialogue- Day observance- International Youth Day, 2023

International Youth Day is celebrated annually, with its origins dating back to December 17, 1999, when the United Nations General Assembly approved a resolution to mark this occasion. As part of the project, Light House observed "International Youth Day 2023." To commemorate this day, a television dialogue was conducted and aired on ATN Bangla Television channel on August 12, 2023, at 1:05 PM. The tv dialogue was facilitated by Md. Harun-Or-Rashid, Chief Executive of Light House. The panel of participants included Mr. Md. Azharul Islam Khan, Director General (Grade-1) of the Department of Youth Development, Ministry of Youth & Sports; Dr. QaziKholiquzzaman Ahmad, Eminent Economist and Chairman of PKSF; and Mr. TamimMirdha, a youth icon known as an artist and entrepreneur. Additionally, several youth members attended the discussion session.

The title of the show was "Green Skills for Youth: Towards a Sustainable World" (যুবদের পরিবেশবান্ধব দক্ষতাইগড়বে টেকসইখরিদী)". The event was divided into two parts:

- \* The first part involved a group of young individuals were discussed their personal experiences and the challenges they encountered in their daily lives.
- \* The second part featured the panelists engaging in a discussion about their concerns and issues raised by the group of youth members.

The tv program provided a platform for open dialogue and the exchange of ideas related to youth empowerment, skills development, and sustainability, aligning with the theme of International Youth Day.





## Cultural Event- Day Observance- International Youth Day, 2023

The ShukhiJibon Project celebrated International Youth Day with a cultural program held on August 12, 2023, at two different locations: Dhaka (Ershad School math, Karail, Banani) and Tongi, Gazipur (TDS Govt. Primary School auditorium, Ershadnagar, Tongi, Gazipur). The cultural performances were conducted by a group known as ManorangoSangitNir Academy. In Dhaka, the cultural event was inaugurated by Md. Harun-or-Rashid, Chief Executive of Light House. The audience for these cultural programs consisted of various groups, including local residents, school students, teachers, local elites, and youth and adolescents. The cultural team members crafted their performances to align with the theme of the day, addressing topics such as Early Marriage, Family Planning, Child Marriage, and Gender-Based Violence (GBV). The entire event was recorded and shared on Light House's YouTube and Facebook platforms to reach a wider audience. You can watch the event on these platforms through the following links: YouTube link: <https://youtu.be/6QJvStx75Sg>

Facebook link: <https://fb.watch/mNlyqzSaPm/>

Directly, at least 600 people viewed these cultural events. Additionally, the program reached a broad audience through YouTube and Facebook, with 63,345 people reached via these channels and 19,000 viewers who watched the program. This event effectively utilized digital platforms to spread its message and engage a large audience.



## Rally -Observance International Youth Day, 2023

Light House observed International Youth Day 2023, a colorful rally was organized at Ershad School math, Karail, Banani, Dhaka. The event attracted participants from various levels. The theme for this year's International Youth Day was "Green Skills for Youth: Towards a Sustainable World" (যুবদের পরিবেশবান্ধব দক্ষতাইগড়বে টেকসইখরিত্রী).

Before the commencement of the rally, a discussion meeting took place in front of Ershad Govt. Primary School in Karail, Banani, Dhaka. During this meeting, Mr. Harun-or Rashid, Chief Executive, described the significance of the day.



The rally began at 2:00 PM and concluded at 2:30 PM, with a total of 150 local people and stakeholders in attendance. The event served as a vibrant and engaging way to mark International Youth Day and raise awareness about the theme of sustainable skills for youth.

## Training for adolescent club member of Department of Women Affairs

Department of Women Affairs formed about 5000 established adolescent club at union level across the Bangladesh to provide Training on gender based violence, Cultural aspect and self-defence. These clubs are consists of 20 girls and 10 boys i.e. total 30 adolescents. Light House took an opportunity to identify further needs of these adolescent under it Shukhi Jibon project and found that they have some missing links with Union Health & Family Welfare Centre (UFWC) and Community Clinic(CC) for meeting their health needs and also they haven't received reproductive health and mental health training ever. However, after having sereise of advocacy, Light House obtained an approval from the Department of Women Affairs to provide training to adolescent club member at Gazipur district. During this quarter, Light House provided training to 15 adolescent clubs out of 42 clubs and 450 adolescents were participated in these training sessions. The topic of the sessions offered as follows:

Trainings were conducted the Sr. Sub Assistant Medical Officer, Family Welfare Visitor who received training on both Reproductive health and Mental health, while Upazila Women Officer, Gender promoter, school teacher concerned were actively attended all the training sessions.

Training found effective for both adolescents and the service providers, now adolescents known where to go and whom to talk when they feel sick. Communications among the adolescents and services provider has been established and increased as well. Light House is thankful to the Department of Women Affairs for giving these opportunity which increased Light House's capacity, relation with DWA & DGFP local level officials and adolescents at Gazipur district.



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