



ULAB
UNIVERSITY OF LIBERAL ARTS
BANGLADESH

Department of Media Studies and Journalism

Internship Report

Name: Gouri Rani Malakar

Student ID: 203012015

Term: Summer 2025

Course Code: MSJ 4298

Host Organization



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Student Details

Name	Gouri Rani Malakar
Student ID	203012015
Department	Media Studies and Journalism
Major Concentration	Communication For Development
Minor Concentration	Sustainable Development
Career Goal	My career goal is to build a career in communication for development with a focus on sustainability. I aim to contribute to creating an informed, inclusive, and democratic society by using communication as a tool for positive social change. In the long run, I aspire to engage in academia, where I can share my knowledge, research, and practical experiences to guide and inspire the next generation of development professionals.
Personal website	

Internship Details

Host Organization	Harmony Trust
Address	Address: Flat B-2, 3rd Floor, NAHID CASTLE, House # 575, Road # 08, Baitul Aman Housing Society, Adabor, Dhaka 1207
Web	http://www.harmonybd.org/
Host Organization Supervisor	Syeda Shahida Sultana Elora (Coordinator, Health Care Program, Harmony Trust)
Internship Area	Intern
Internship Start Date	17/06/2025
Internship End Date	28/08/2025
Average Working Hours	6 Hours
Weekly Working Hours	40 Hours
Total Internship Timeline	10 Weeks

Acknowledgements

The beginning of my professional journey has been full of meaningful experiences, and without the support of the following people and institutions, it would not have been as fulfilling. Their guidance and encouragement created a healthy learning environment for me, for which I am sincerely grateful.

First and foremost, I would like to express my heartfelt gratitude to Harmony Trust for welcoming me into its community and allowing me to contribute to impactful projects. The opportunities I received here enriched my knowledge and skills in social engagement, project management, and communication, which have been invaluable for my growth.

A special note of thanks goes to my mentors and colleagues at Harmony Trust, whose constant support and encouragement made my learning journey smoother and more meaningful. Their dedication to social well-being and empowerment has been a true source of inspiration.

I am also deeply grateful to the University of Liberal Arts Bangladesh (ULAB) for providing me with the academic foundation, resources, and mentorship that guided me throughout this experience. In particular, I would like to acknowledge the faculty members and coordinators whose advice and encouragement helped me balance both academic and professional responsibilities with confidence.

Finally, I extend my heartfelt thanks to my friends and well-wishers for their continuous motivation and for always encouraging me to strive for excellence.

PLAGIARISM DECLARATION

1. I know that plagiarism means taking and using the ideas, writings, works or inventions of another as if they were one's own. I know that plagiarism not only includes verbatim copying, but also the extensive use of another person's ideas without proper acknowledgement (which includes the proper use of quotation marks). I know that plagiarism covers this sort of use of material found in textual sources and from the Internet.
2. I acknowledge and understand that plagiarism is wrong.
3. I understand that my research must be accurately referenced.
4. This assignment is my own work, or my group's own unique group assignment. I acknowledge that copying someone else's assignment, or part of it, is wrong, and that submitting identical work to others constitutes a form of plagiarism.
5. I have not allowed, nor will I in the future allow, anyone to copy my work with the intention of passing it off as their own work.

Name: Gouri Rani Malakar

ULAB ID: 203012015

Signature _____

INTERNSHIP REPORT APPROVAL FORM

Student Name: Gouri Rani Malakar ID No. 203012015
Major: Communication for Development Year: 2025
Local Phone: 01632373650 Email: gouri.malakar.msj@ulab.edu.bd

INTERNSHIP/PROJECT INFORMATION

Internship

Organization/Project: Harmony Trust

Internship /Project Report

Topic: Internship

Semester (Tick one): ☐ Spring 2025 ☐ Summer 2025 ☐ Fall 2025

Advisor APPROVAL

(Please place a Tick)

Approved ☐ Not Approved ☐ Partial Re-write ☐ Full Re-write

Remarks (If Not Approved/Pretrial/Full Rewrite):

Signature:

Name: Mohammad Shazzad Hossain, PhD

E-mail: shazzad.hossain@ulab.edu.bd

Date:

Title: Assistant Professor

Phone: 01712030624

Introduction

My academic journey at the University of Liberal Arts Bangladesh (ULAB) began in the Fall Semester of 2020, during the challenging period of the COVID-19 lockdown. As a result, my initial three semesters were conducted entirely online, during which I completed most of my MSJ foundation courses.

By the fourth semester, I was required to take a personality test and declare my major and minor. At first, I felt uncertain because of my interest in filmmaking and my concurrent work at a production company. After reflecting on my long-term goals, I chose Communication for Development as my major and Sustainable Development as my minor.

Throughout my coursework, I acquired essential skills for a career in journalism. I learned how to work with tools like Adobe Photoshop and Adobe Premiere Pro, write issue stories and blogs, create investigative news proposals, and conduct and report on investigations. I also gained practical experience in translating and editing news. These skills laid the foundation for my professional development.

Throughout my coursework, I developed practical skills in using Adobe Photoshop and Adobe Premiere Pro, creating posters, video art, and other multimedia content. These skills have not only enhanced my creativity but also provided a strong foundation for applying digital tools in journalism and development communication projects.

In addition to my internship at Harmony Trust, I have also gained valuable experience working with Harmony Trust. During my time with the organization, I contributed to event report writing, attended various programs, and managed attendee information by organizing data in Excel sheets. I also created engaging Facebook content posters using Canva, which helped enhance the organization's outreach and communication. These tasks allowed me to develop practical skills in event documentation, data management, and digital content creation, complementing my academic and professional training in communication and journalism.

Expectations/Objectives

As I approached graduation, I was eager to gain practical experience in the field of communication and development. The opportunity to secure an internship at Harmony Trust was particularly meaningful for me, as the organization is dedicated to improving community well-being and empowering marginalized groups through sustainable initiatives. I viewed this internship as an opportunity not only to enhance my academic knowledge but also to contribute to meaningful social change.

Initially, I was a bit nervous, as working in a development-focused organization requires strong communication, coordination, and reporting skills. I was also concerned about adapting to a professional environment where teamwork, accountability, and field engagement are crucial. However, with the support and guidance of my supervisor and colleagues at Harmony Trust, I gradually overcame my hesitation and became more confident in my role.

During my internship, I set out to accomplish several key objectives:

- Gain practical experience in development communication and organizational activities.
- Learn how projects are planned, implemented, and monitored at the community level.
- Develop my reporting, documentation, and event-coordination skills.
- Understand the role of communication in awareness-building and community mobilization.
- Strengthen my ability to work collaboratively in a professional environment.
- Learn to design posters on Canva for Facebook posts and enhance my creative communication skills.
- Gained some basic skills in using Excel for organizing data and preparing reports.

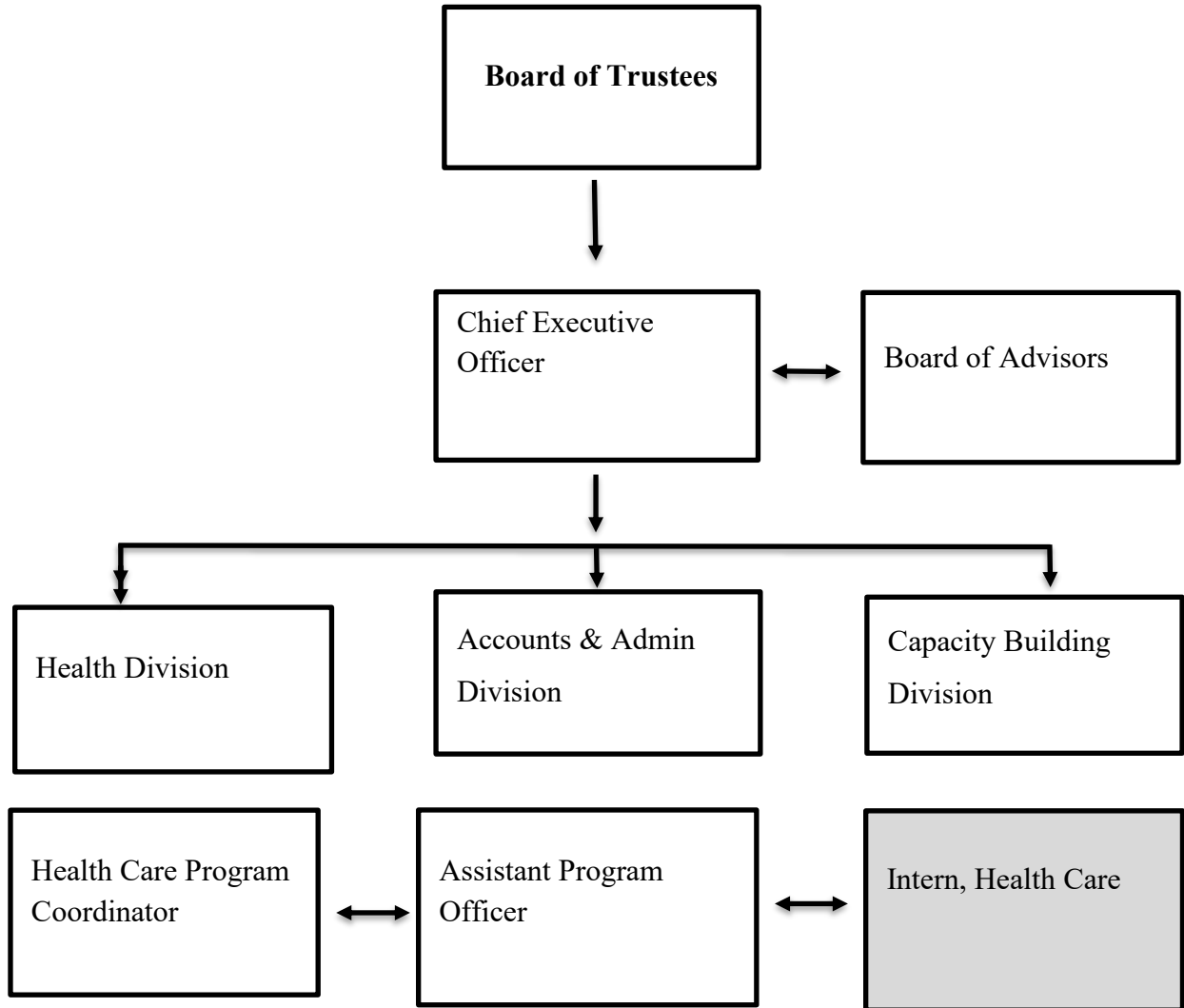
Host Organization

Since 2016, Harmony Trust, a non-governmental organization (NGO), has been promoting people's health and welfare in Bangladesh. Both mental and physical wellness are valued by the organization. It offers healthcare services that are palliative, curative, rehabilitative, and preventive. Natural and secure techniques, including yoga, reiki, acupuncture, phytotherapy, and nutrition, are used by Harmony Trust. These methods promote healthy lifestyle choices and are non-invasive and drug-free. In addition, the Trust focuses on topics including nutrition, the environment, social harmony, and WASH (water, sanitation, and hygiene). Harmony Trust provides training and knowledge-sharing services to other organizations in addition to healthcare. It makes contributions in fields like skill transfer, management, education, and policy formation.

Mission: To increase awareness of social, environmental, and health issues while offering comprehensive healthcare through sustainable and natural means.

Vision: By encouraging sustainable health habits and collaborating with foreign partners for advocacy and information exchange, we hope to create a healthier and happier Bangladesh.

Organogram of Harmony Trust



Task

After starting my internship program, my supervisor assigned me a number of responsibilities and practical tasks. These tasks were designed to help me acquire hands-on experience in organizational activities, communication, and documentation. The key tasks I performed at Harmony Trust are as follows:

- Assisting in organizing different programs and events (arranging banners, seating, registration of participants, etc.).
- Taking photographs and documenting events for organizational records.
- Collecting participants' names, designations, and numbers and preparing attendance lists using Excel.
- Designing posters and visual content for Facebook posts using Canva.
- Learning the basic use of Microsoft Excel for data entry, record keeping, and report preparation.
- Assisting in the preparation of event reports and activity documentation.
- Writing and editing content for the organization's social media page.
- Coordinating with team members to ensure smooth execution of activities both in the office and in the field.

Project Details

Already completed

Number of Event Photography, arranging banners, and the number of participants.	4 Events
Contact Information with Excel	4 lists
Microsoft Excel for two Event Data Entry	36 Sheets
Canva designed a Facebook poster	10 posters
Event reports prepared	4 reports

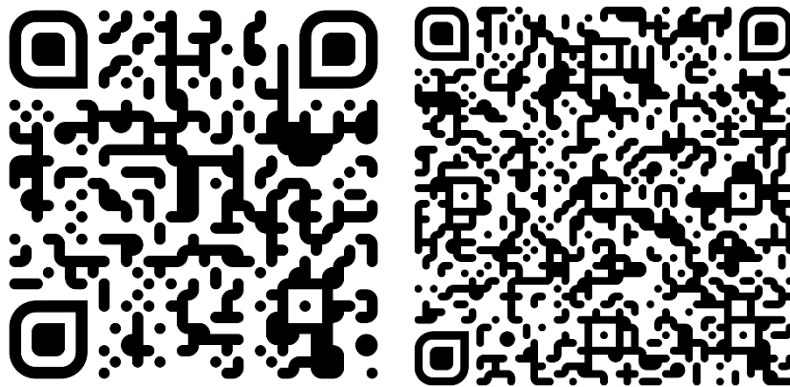
Project 1: Event Report

Project Name: “Breast Cancer Awareness Campaign” Self-breast Examination Workshop

Project Completion Date: July 7, 2025

Project Overview

Emphasizing women's health awareness and preventive care, a program on "Breast Self-Examination (BSE) Techniques" was held on July 6, 2025, at the Kabi Sufia Kamal Hall Auditorium, University of Dhaka. The main goal of this initiative was to raise awareness about breast cancer among university students and help them acquire the skills to identify its symptoms at an early stage through self-examination. This program is organized by Harmony Trust and CCCF (Centre for Communication and Community Facilitation) as part of the "Self-Examination and Holistic Approach to Countering Breast Cancer" campaign. Students participating in the session learned hands-on breast self-examination techniques, which are conducted by trained female health workers. Information sheets, presentations with images, and a question-and-answer session were included in local languages for participants, making the topic easy to understand and participatory. This event plays an important role in creating awareness about breast health among students and encourages women to become more aware and careful about their health in the future.



My Tasks and Responsibilities

I assisted in drafting the project overview and writing the report, ensuring that the purpose

and outcomes of the event were highlighted. I also collected information directly from speakers and participants during and after the program, which helped enrich the content of the report. In addition, I organized and reviewed important documents, photos, and attendance records to make the report more accurate and well-structured. I prepared the final content in a clear and reader-friendly language so that it could be easily understood by a wide audience. Finally, I coordinated with my team members to cross-check information and ensure proper documentation of all aspects of the event.

Project Details

1st Draft



Event Date: 6th July 2025

Report Prepared: 7th July 2025

Project Name: Breast Self-Examination Techniques (BSE)

1. EVENT BASICS

Title	<i>“Breast Cancer Awareness Campaign” Self-Breast Examination Workshop</i>
Date/Duration	06 July 2025 (6:20 AM – 9:20 PM)
Location	<i>District: Dhaka, Upazila: Dhaka, Venue: Kabi Sufia Kamal Hall Auditorium. University of Dhaka</i>
Organizer/s	Harmony and CCCF
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community

	Event
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2. PARTICIPANTS AND PARTNERS

Category	Details
Total Participants	60 Female
Collaborative Institutes	Centre for Cancer Care Foundation, Kabi Sufia Kamal Hall Auditorium. University of Dhaka.
Key Attendees from other Party	- Rina Rani Paul - Jahan E Gulshan Shapla - Umama Fatema
Key Attendees from Harmony	e.g., - Dr. Muhammad Abdus Sabur, Chairperson, Harmony - Amitabha Bhattacharjee, CEO, Harmony
Lead of Team Harmony at the event	- Syeda Shahida Sultana (HCP Coordinator, Harmony)
Other members of Team Harmony at the event	- Mahamuda Mitu (Program Officer, Harmony) - Gouri Malakar (Intern, Harmony)

3. OBJECTIVES & ACTIVITIES

Objectives:

1. To increase evidence-based awareness among women about the early signs and symptoms of breast cancer so that they can seek medical advice promptly and reduce the risk of breast cancer.
2. In addition, Yoga practice was conducted to promote overall physical and mental well-being.
3. Train 60+ women in evidence-based Breast Self-Examination (BSE) techniques.

Agenda (Timeline):

Time	Activity	Resource Used
6:20–6:40	Opening Speech & Introduction to Breast Cancer Awareness	Projector, Microphone, Registration sheet.
6:40–7:20	Awareness Session on Early Signs & Symptoms of Breast Cancer	Visual aids (Banner)
7:20–8:00	Yoga Practice for Women's Wellbeing	Visual aids (slideshow, pictures), Trained Instructor.
8:00–9:20	Interactive feedback, Experience Sharing & closing remarks	Microphone, seating arrangement.

4. OUTCOMES AND IMPACT

Quantified Achievements:

- 60 women actively participated in the awareness campaign.
- Participants expressed their commitment to practice BSE (Breast Self-Examination) regularly

- The campaign encouraged adopting a healthy lifestyle and regular self-checks (BSE) as part of preventive health behavior.

Participant Feedback on the spot:

“I have known two families affected by breast cancer, and I have seen the pain and suffering it causes, especially as I witnessed children losing their mothers and families going through so much hardship. This deeply moved me and sparked my interest in learning more about breast cancer, how to prevent it, and how to raise awareness. Attending this session was very helpful and informative, and it has inspired me to share this knowledge with my loved ones and community. Since these are my people, I feel comfortable talking about it openly, and I plan to organize a session with my friends and family to spread awareness and support others in understanding this important issue”.

-Laboni (University Student, Age 24)

“This session was truly helpful and eye-opening for me, especially because everything was demonstrated practically and hands-on, making it very informative. I appreciate the efforts of this organization in raising awareness about breast cancer. I plan to share what I’ve learned with my family, friends, and relatives because it’s important information. I also recorded video clips of the procedure and received a manual that will help me and others remember the steps. Lastly, I want to thank the organization for making this valuable learning experience possible and for their dedication to breast cancer awareness”.

-Prabhavati Barua Prapti (University Student, Age 23)

“I’ve always been interested in learning more about breast cancer, and last year I had the chance to attend a session on the topic, but unfortunately, the location made it impossible for me to join. When I found out about a similar session held nearby, I was determined not to miss it. Today’s session taught me that by maintaining a healthy routine and following proper health practices, we can better protect ourselves from breast cancer. It was truly an eye-opening experience and a valuable learning moment for all of us. I feel so grateful for this opportunity and want to sincerely thank the organizers for their

wonderful campaign”.

-MS. Rabeya (University Student, Age 22)

“In this session, I learned how to recognize the symptoms of breast cancer and discover simple prevention steps that can be easily maintained at home. I feel empowered to share this valuable knowledge with my family to help keep everyone informed and healthy. It was truly a helpful and enlightening experience that I’m eager to pass on”.

-MS. Noorjahan Akter Chandni (University Student, Age 24)

Impact Photos:



1. *[Photo: Hands-on Awareness]*

Caption: "The instructor offers one-on-one guidance on Breast Self-Examination (BSE) while incorporating mindfulness through yoga practice."



2. *[Photo: Stretching into Self-Awareness]*

Caption: "Participants engage in seated yoga stretches that promote body awareness and focus, supporting confidence in practicing BSE".



3. *[Photo: Empowerment Through Movement]*

Caption: “A collective yoga session that builds physical strength and inner awareness- key steps toward embracing personal health and learning BSE”.

Key Attendee Contacts

SN	Name	Phone	E-mail
1	Jahan E Gulshan Shapla	01811570857	
2	Rina Rani Paul	01711900970	

Prepared by:

Ms Gouri Malakar | Intern, Harmony

Checked by:

Ms. Mahamuda | Assistant Program Coordinator, Harmony

Approved by:

Ms. Syeda Shahida Sultana | Health Care Program Coordinator, Harmony

Feedback

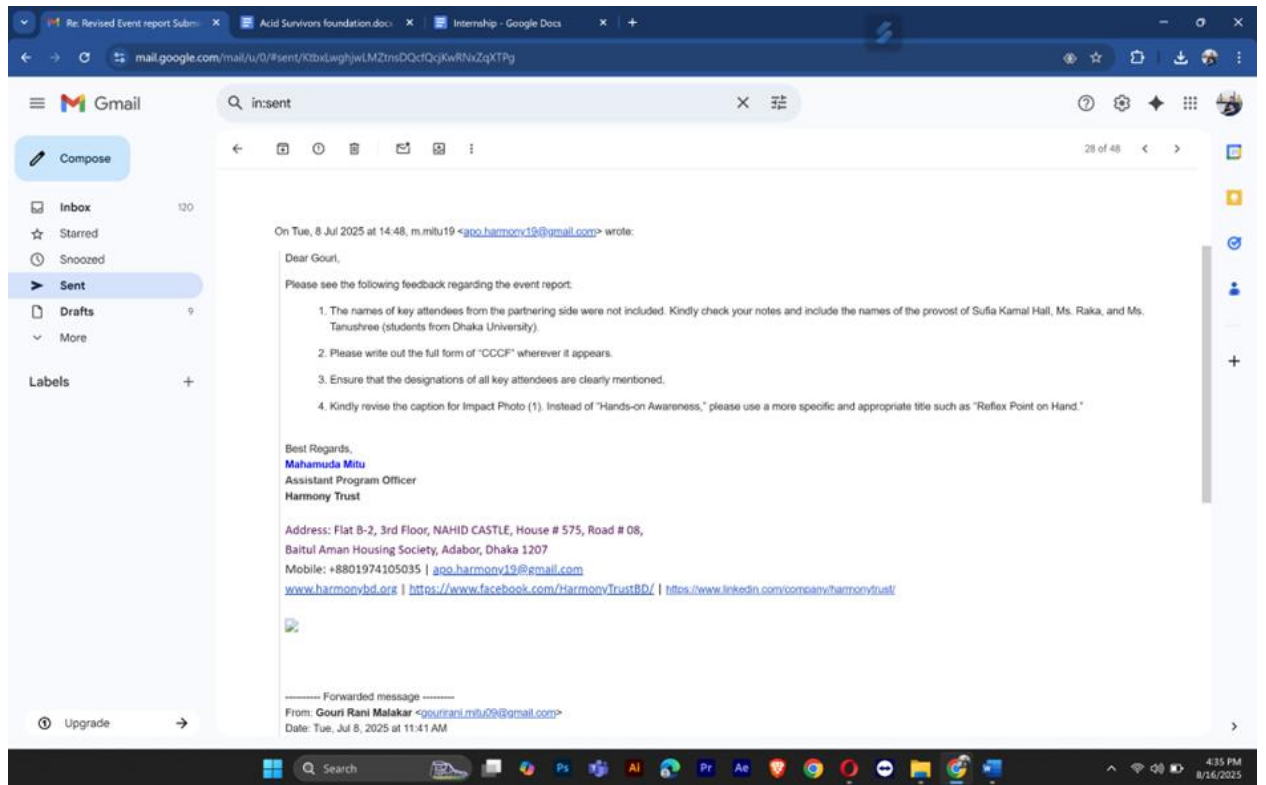


Image 1.1: Feedback of Event Report Breast Self-Examination

Final Draft

Event Date: 6th July 2025

Report Prepared: 7th July 2025

Project Name: Breast Self-Examination Techniques (BSE)

1. EVENT BASICS

Title	<i>Breast Self-Examination, Yoga & Reflexology Training Workshop with the University of Dhaka for Countering Breast Cancer.</i>
Date/Duration	06 July 2025, 6:20 PM to 9:20 PM
Location	University of Dhaka, Kabi Sufia Kamal Hall Auditorium.
Organizer/s	Harmony Trust, Centre for Cancer Care Foundation (CCCCF)& University of Dhaka.
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	60+Female
Collaborative Institutes	Centre for Cancer Care Foundation, Kabi Sufia Kamal Hall & University of Dhaka.

Key Attendees from the other Party	-Prof. Dr. Salma Nasrin, Provost, Kabi Sufiya Kamal Hall, University of Dhaka. -Dr. Rina Rani Paul, Public Health Researcher, National Heart Foundation Hospital and Research Institute, (Cancer survivor). -Jahan-e-Gulshan Shapla, General Secretary, Center for Cancer Care Foundation, (Cancer survivor). - Redia Afros Raka, Kabi Sufia Kamal Hall, Student of Dhaka University, (Cancer Survivor). -Tanushree Daria Prantica, Kabi Sufia Kamal Hall, Student of Dhaka University. -Umama Fatema, Department of Biochemistry and Molecular Biology, Student of Dhaka University. -Ruku Khatun, Kabi Sufia Kamal Hall, Student of Dhaka University.
Key Attendees from Harmony	- Not Applicable.
Lead of Team Harmony at the event	- Syeda Shahida Sultana Elora, Coordinator, Health Care Program, Harmony Trust.
Other members of Team Harmony at the event	- Mahamuda Mitu, Assistant Program Officer, Harmony Trust. - Gouri Malakar, Intern, Harmony Trust.

3. OBJECTIVES AND ACTIVITIES

Objectives:

1. To increase evidence-based awareness among women about the early signs and

symptoms of breast cancer so that they can seek medical advice promptly and reduce the risk of breast cancer.

2. In addition, Yoga practice was conducted to promote overall physical and mental well-being help mitigate the risk of breast Cancer.
3. Train 60+ women in evidence-based Breast Self-Examination (BSE) techniques, yoga, and reflexology to enhance breast cancer awareness and overall well-being.

Agenda (Timeline):

Time	Activity	Resource Used
6:20– 7.20 PM.	Opening Speech, Introduction to Breast Cancer Awareness & Symptoms of Breast Cancer	Projector, Microphone, Registration sheet.
7:20- 9.00 PM.	Yoga Practice & Reflexology for Women’s Wellbeing	Visual aids (Banner, slideshow, pictures), Trained Instructor.
9.00- 9:20 PM	Interactive feedback, Experience Sharing & closing remarks	Microphone, seating arrangement.

4. OUTCOMES AND IMPACT

Quantified Achievements:

- 60+ women actively participated in the awareness campaign.
- Participants expressed their commitment to practice BSE (Breast Self-Examination) regularly
- The campaign encouraged adopting a healthy lifestyle and regular self-checks (BSE) as part of preventive health behavior.

Participant Feedback on the Spot:

1. “I have known two families affected by breast cancer, I have seen the pain and suffering it causes, especially as I witnessed children losing their mothers and families going through so much hardship. This deeply moved me and sparked my interest in learning more about breast cancer, how to prevent it, and how to raise awareness. Attending this session was very helpful and informative, and it has inspired me to share this knowledge with my loved ones and community. Since these are my people, I feel comfortable talking about it openly, and I plan to organize a session with my friends and family to spread awareness and support others in understanding this important issue”.

(“-Laboni, Dhaka University Student, Age 24”)

2. “This session was truly helpful and eye-opening for me, especially because everything was demonstrated practically and hands-on, making it very informative. I appreciate the efforts of this organization in raising awareness about breast cancer. I plan to share what I’ve learned with my family, friends, and relatives because it’s important information. I also recorded video clips of the procedure and received a manual that will help me and others remember the steps. Lastly, I want to thank the organization for making this valuable learning experience possible and for their dedication to breast cancer awareness”.

(“-Prabhavati Barua Prapti, Dhaka University Student, Age 23”)

3. “I’ve always been interested in learning more about breast cancer, and last year I had the chance to attend a session on the topic, but unfortunately, the location made it impossible for me to join. When I found out about a similar session held nearby, I was determined not to miss it. Today’s session taught me that by maintaining a healthy routine and following proper health practices, we can better protect ourselves from breast cancer. It was truly an eye-opening experience and a valuable learning moment for all of us. I feel so grateful for this opportunity and want to sincerely thank the organizers for their wonderful campaign”.

(“-MS. Rabeya, Dhaka University Student, Age 22”)

4. “In this session, I learned how to recognize the symptoms of breast cancer and discover simple prevention steps that can be easily maintained at home. I feel empowered to share this valuable knowledge with my family to help keep everyone informed and healthy. It was truly a helpful and enlightening experience that I’m eager to pass on”.

(“-MS. Noorjahan Akter Chandni, Dhaka University Student, Age 24”)

Impact Photos:



1. *[Photo: Reflex Point on Hand]*

Caption: "The instructor offers one-on-one guidance on Breast Self-Examination (BSE) while incorporating mindfulness through yoga practice."



2. *[Photo: Stretching into Self-Awareness]*

Caption: "Participants engage in seated yoga stretches that promote body awareness and focus, supporting confidence in practicing BSE".



3. *[Photo: Empowerment Through Movement]*

Caption: "A collective yoga session that builds physical strength and inner awareness- key steps toward embracing personal health and learning BSE".

5. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Jahan E Gulshan Shapla	01811570857	cccbangladesh2023@gmail.com
2	Dr. Rina Rani Paul	01711900970	rrpaul25@gmail.com

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, HarmonyTrust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Challenges

While writing the report, I faced a few difficulties. During the event, there was no one assigned to help me take notes, count participants, or record the main points from the speakers. Because of this, I had to gather a lot of the information on my own afterward, which took extra time and effort. Also, the deadline to submit the report was very tight, so I didn't have much chance to revise or get feedback, and had to finish the report quickly. On top of that, I had some trouble with the photos and other documents. Some files were missing or the quality was poor, so I had to find alternative images and add captions carefully, which made the process a bit more challenging.

Mistakes

- In trying to make my writing attractive, I made my sentences complicated, which made them difficult to read and sounded awkward.
- I did not proofread my draft thoroughly before submitting it to my supervisor,

resulting in noticeable typos and stylistic errors.

- I did not allocate enough time to collect sufficient information during the event, so some details in the report remain incomplete.
- I relied more on my memory instead of taking detailed notes during the event, which caused some inaccuracies in the report.

Learning

- It is more important to keep writing simply and clearly so that readers can easily understand it.
- Proofreading before submitting the draft is essential as it reduces errors and improves the quality of the work.
- Being open to feedback and applying it in future writing is necessary for improvement.
- I have learned that focusing not only on the quality of writing but also on managing other elements involved in producing a successful report is essential.

Project 2: Excel Data Entry

Project Name: Sector Program Analysis Tool

Project Completion Date: July 10, 2025

Project Overview

I completed Excel data entry work for two events:

1. Breast Cancer Awareness Event.
2. Stress & Pain Program Analysis Tool.

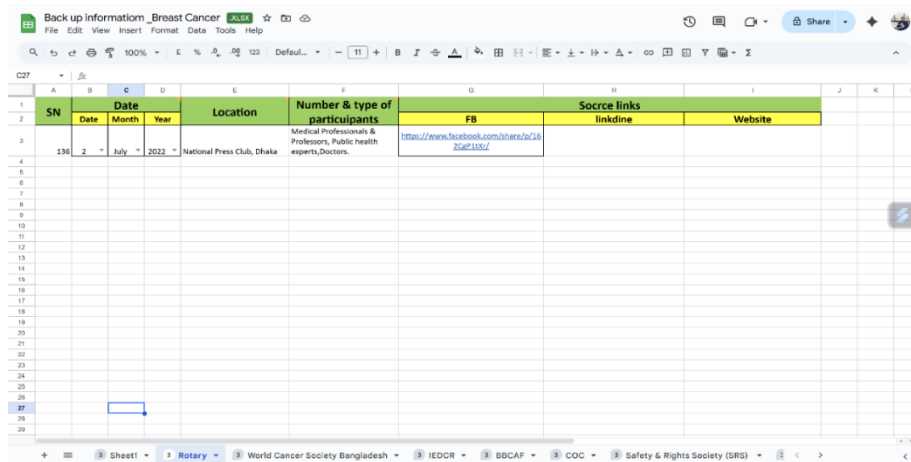
For each event, I created a Backup Information Sheet and a Table 8 Sheet to properly collect, store, and analyze the data. These sheets will help keep the data secure and assist in further analysis.

Tasks and Responsibilities

Assisted in organizing and categorizing raw data from multiple sources to prepare it for Excel entry. Created Backup Information Sheet and Table 8 Sheet. Identified and removed duplicate entries.

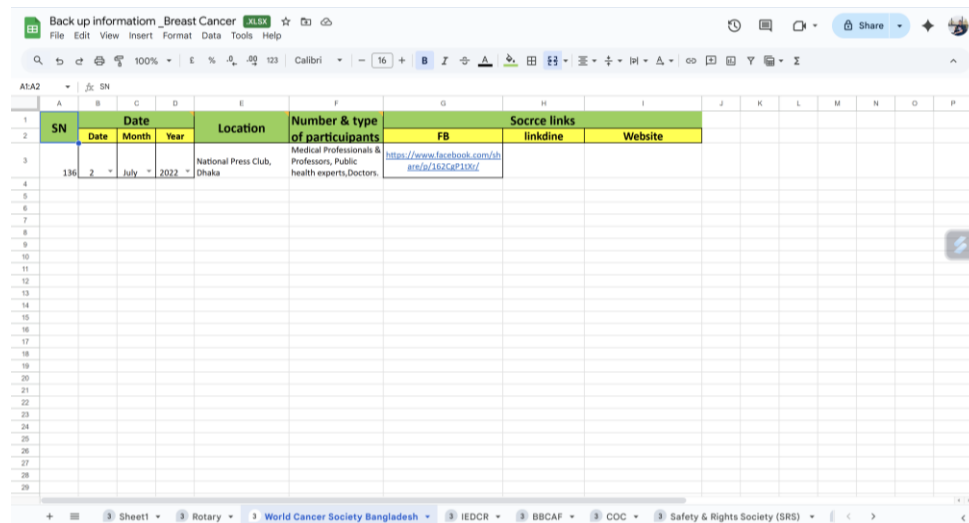
Project Details:

Draft: Breast Cancer



SN	Date	Month	Year	Location	Number & type of participants	Source links
						linkdine Website
136	2	July	2022	National Press Club, Dhaka	Medical Professionals & Professors, Public health experts, Doctors	https://www.facebook.com/share/a/182GaP1XU/

Image 2.1: Name of the Organization- Rotary Club of Dhaka



SN	Date	Month	Year	Location	Number & type of participants	Source links
						linkdine Website
136	2	July	2022	National Press Club, Dhaka	Medical Professionals & Professors, Public health experts, Doctors	https://www.facebook.com/share/a/182GaP1XU/

Image 2.2: Name of the Organization- World Cancer Society Bangladesh

Back up information_Breast Cancer

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
184	10	October	2023	Mymensingh, Adabor, Dhaka		https://www.facebook.com/shares/p/18dNaypQw/		

Image No 2.3: Name of the Organization- Institute of Epidemiology, Disease Control And Research

Back up information_Breast Cancer

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
95	10	October	2021	Online Platform(Facebook Live)	Guest & Host	https://www.facebook.com/shares/p/1AK1K26BP/		
96	10	October	2021	Press Club VIP Lounge, Dhaka	Doctor, Chief Guest and Special Guest, Pro-vice Chancellor, Governors, Gynaecologist Docto, Head Professor, Musician.	https://www.facebook.com/shares/p/18dNaypQw/		
108	10	October	2021	National Press Club, Dhaka	Medical Professionals & Professors, Public health experts, Doctors.	https://www.facebook.com/shares/p/18dNaypQw/		
136	2	July	2022	Press conference at Tafajjal Hossain Manik Mia Hall of the National Press Club, Dhaka		https://www.facebook.com/shares/p/18dNaypQw/		
183	1	October	2023			https://www.facebook.com/shares/p/18dNaypQw/		

Image 2.4: Name of the Organization- Bangladesh Breast Cancer Awareness Forum

SN	Date	Location	Number & type of participants	Source links
	Date			FB linkline Website
96	October 2021			https://www.facebook.com/shares/1187855749/

Image 2.5: Name of the Organization- Community Oncology Center

SN	Date	Location	Number & type of participants	Source links
	Date			FB linkline Website
185	13 October 2023	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Garments workers	https://www.facebook.com/shares/281612626/
186	20 October 2023	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Garments workers	https://www.facebook.com/shares/281612626/
189	27 October 2023	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Garments workers	https://www.facebook.com/shares/281612626/
191	29 October 2023	Hemayetpur, Savar Dhaka	Garments workers	https://www.facebook.com/shares/281612626/
201	2 February 2024	Hazaribagh Women's Cafe, Dhaka	RMG Workers	https://www.facebook.com/shares/281612626/
243	15 November 2024	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Women workers	https://www.facebook.com/shares/281612626/
247	22 November 2024	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Women workers	https://www.facebook.com/shares/281612626/
260	22 February 2024	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	Women workers	https://www.facebook.com/shares/281612626/
261	28 February 2025	Dhaka Uddyan Women's Cafe, Mohammadpur Dhaka	A total of 23 garment workers and an official of the Safety and Rights Society (SRS)	https://www.facebook.com/shares/281612626/

Image 2.6: Name of the Organization- Safety & Rights Society

SN	Date	Location	Number & type of participants	Source links
193	5 Nov 2023	Online Platform	Sylhet tea garden workers	https://www.facebook.com/shan/1150641186/
257	18 Feb 2025	Central Training Center Khadimnagar, Sylhet	27 female field workers	https://www.facebook.com/shan/1150641186/ https://www.linkedin.com/posts/harmonytrust_harmonytrust-fbshs-breast-cancer-awareness-activity-7297142261720059859-79m33tem_moonerchere?utm_medium=member_desktop&ts=168464262_FBN_mf21y8h9uA84_CVtDmou9d8

Image 2.7: Name of the Organization- Friends in Village Development Bangladesh

SN	Date	Location	Number & type of participants	Source links
259	22 Feb 2025	Shring Creation Limited's Head Office in Zhaba, Ashulia	28 dedicated female garment workers	https://www.facebook.com/shan/1150641186/
262	8 Mar 2025	Sakum Textile Ltd (Sungel and Texturing) BGD Limited (Sylhetpur)	Female BMC workers and officials	https://www.facebook.com/shan/1150641186/
263	12 Mar 2025	BH School, Mahabub, Dhaka	55 women, including homemakers, students, and workers from marginalized communities	https://www.facebook.com/shan/1150641186/

Image 2.8: Name of the Organization- Shobujer Ovijan Foundation

Back up information_Breast Cancer .xlsx

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdln	Website
190	28	Octo	2023	Geneca camp,Mohammadpur,Dhaka	Urdu-speaking women	https://www.facebook.com/shara/p/1086248622/		https://harmoneyd.org/workshops-a-advocating-breast-cancer-empower-urdu-speaking-women-and-urdu-speaking-women/
195	28	Octo	2023	Milat Camp,Mirpur, Dhaka	Urdu-speaking women	https://www.facebook.com/shara/p/1086248622/		https://harmoneyd.org/workshops-a-advocating-breast-cancer-empower-urdu-speaking-women-and-urdu-speaking-women/
253	4	Febr	2025	Geneca camp,Mohammadpur,Dhaka	Urdu-speaking women	https://www.facebook.com/shara/p/1086248622/		
255	9	Febr	2025	Talat Camp,Mirpur 11,Dhaka	Urdu-speaking women	https://www.facebook.com/shara/p/1086248622/		
269	29	June	2025	Krishi market camp,Mohammadpur,Dhaka	Urdu-speaking women	https://www.facebook.com/shara/p/1086248622/		

Shobujer Oviyan Foundation Council Of Minorities Badavan Sangha ASD CCCF ISA Harmony Trust

Image 2.9: Name of the Organization- Council of Minorities

Back up information_Breast Cancer .xlsx

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdln	Website
256	10	Febr	2025	Haji Abdul Awal High School, Kamrangir Char	Domestic workers and garment workers	https://www.facebook.com/shara/p/1086248622/		
264	26	May	2025	Badaban Sangha's office	16 participants, including the Executive Director, Upi Rahman, and Badaban Sangha's dedicated staff.	https://www.facebook.com/shara/p/1086248622/		

Shobujer Oviyan Foundation Council Of Minorities Badavan Sangha ASD CCCF ISA Harmony Trust

Image 2.10: Name of the Organization- Badavan Sangha

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AT:A2 SN									
1	2	3	4	5	6	7	8	9	10
SN	Date	Month	Year	Location	Number & type of participants	FB	Source links	Website	
199	30	July	2024	Bijli Mohalla, Jannatbagh,Dhaka	Housewife	https://www.facebook.com/share/p/18N713Dd6d/			
200	1	February	2024	Babar Road, Mohammadpur,Dhak	Officials of the ASD organization	https://www.facebook.com/share/p/1D4hw6tUd/		https://harmonysd.org/celebrating-world-cancer-day-embracing-holistic-measures-to-the-fight-against-cancer/	

Image 2.11: Name of the Organization- Autism Spectrum Disorder

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AT:A2 SN									
1	2	3	4	5	6	7	8	9	10
SN	Date	Month	Year	Location	Number & type of participants	FB	Source links	Website	
188	25	October	2023		Doctor	https://www.facebook.com/share/p/18P59d6d/		https://harmonysd.org/communitys-trust-embraced-by-harmonys-trust-of-doctors-on-self-examination-in-early-detection-of-breast-cancer/	
254	4	February	2025	Professor Musaffar Ahmed Chowdhury Auditorium, University of Dhaka	About 60 students,Chief Guest:President.	https://www.facebook.com/share/p/1A5t6U2pzb/			
271	8	July	2025	Kabi Sula Kamal Auditorium, University of Dhaka	60 Students from different departments,General Secretary/Volunteer	https://www.facebook.com/share/p/1A5t6U2pzb/	https://www.linkedin.com/posts/harmonysd-trust-breastcancerawareness-act?utm_source=share&utm_medium=member_deshbazar&utm_campaign=activity&utm_source=share&utm_medium=member_deshbazar&utm_campaign=activity		

Image 2.12: Name of the Organization- Center for Cancer Care Foundation

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Image 2.13: Name of the Organization- Indigenous Students Association

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Image 2.14: Name of the Organization- Harmony Trust

Draft: Table 8- Breast cancer sheet

Image 2.15: Breast Cancer

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SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
161	24	Febru	ary 2023	Bangladesh Shilpakala Academy		https://www.facebook.com/share/p/16hU12jstx/		
162	25	Febru	ary 2023	Bangladesh Shilpakala Academy		https://www.facebook.com/share/p/16hU12jstx/		

Sheet1 BITA Plan International Bangladesh COC WOW GUSS ACLAB YWCA BARCIK

Image 2.18: Women of the World Festival Bangladesh

Back Up information-Stress and Pain **XL5X** ☆ ☰

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SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
168	2	May	2023	NGO Forum Central Training Centre, Lalmatia, Dhaka.		https://www.facebook.com/share/p/16kua57n6/		

Sheet1 BITA Plan International Bangladesh COC WOW GUSS ACLAB YWCA BARCIK

Image 2.19: Name of the Organization- Global Unnayan Seba Sangstha

Back Up information-Stress and Pain

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Image 2.20: Name of the Organization-Alliance for Cooperation & Legal Aid Bangladesh

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Image 2.21: Name of the Organization-Young Women's Christian Association

The screenshot shows an Excel spreadsheet with the following data:

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
177	10	Aug	2023	NGO Froum,Lalmatia,Dhaka		https://www.facebook.com/dhara/y18SuT1Bwz/		

Image 2.22: Name of the Organization- Bangladesh Resource Center for Indigenous Knowledge

The screenshot shows an Excel spreadsheet with the following data:

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkdine	Website
178	13	Aug	2023	Shahabuddin Ahmed Park, Dhaka	Total: 500;Medical Students,general public,Guest of Honour,Doctor	https://www.facebook.com/shares/in/3DsgFD098/		

Image 2.23: Name of the Organization- World Health Organization, Bangladesh

Back Up information-Stress and Pain 36,5K ☆

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SN	Date	Location	Number & type of participants	Source links
Date	Month	Year		FB linkdine Website
178	13	August 2023	Shahabuddin Ahmed Park,Dhaka Total: 500;Medical Students,general public,Guest of Honour,Dr.	https://www.facebook.com/sharipu1094098/

WHO BMSS DNCC NUB CNRS IHE Praveen Odhikar Mancha SRS Holy Cross DSF

Image 2.24: Name of the Organization-Bangladesh Medical Studies Society

Back Up information-Stress and Pain 36,5K ☆

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SN	Date	Location	Number & type of participants	Source links
Date	Month	Year		FB linkdine Website
178	13	August 2023	Shahabuddin Ahmed Park,Dhaka Total: 500;Medical Students,general public,Guest of Honour,Doctor.	https://www.facebook.com/sharipu1094098/

WHO BMSS DNCC NUB CNRS IHE Praveen Odhikar Mancha SRS Holy Cross DSF

Image 2.25: Name of the Organization-Dhaka North City Corporation

SN	Date	Location	Number & type of participants	Source links
	Month Year			FB linkline Website
179	Aug 2023	Vice Chancellor, Pro-vice Chancellor, Registrar, Department Heads & Coordinators from all 9 Departments of NUB.		https://www.facebook.com/sharun16NE4T6bC/ https://harmonybd.org/ideaation-workshop-of-harmony-trust-northern-university-bangladesh-nub-in-setting-priorities-under-the-strategic-partnership/

Image 2.26: Name of the Organization-Northern University Bangladesh (NUB)

SN	Date	Location	Number & type of participants	Source links
	Month Year			FB linkline Website
180	Aug 2023	Hotel Golden Tulip, Banani, Dhaka.	senior and mid level management team of Center for Natural Resource Studies.	https://www.facebook.com/sharun16NE4T6bC/ https://harmonybd.org/holistic-health-approach-team-harmony-post-workshop-for-cnrs-management/

Image 2.27: Name of the Organization -Center for Natural Resource Studies

SN	Date	Location	Number & type of participants	Source links
	Month	Year		FB linkdine Website
182	September	2023	Nabab Nawab Ali Chowdhury Senate, University of Dhaka	https://www.facebook.com/share/p/1K7B8KjwH/ https://harmonydel.org/harmonya-health-research-breakthrough/

Image 2.28: Name of the Organization- International Health Economics (IHE), University of Dhaka

SN	Date	Location	Number & type of participants	Source links
	Month	Year		FB linkdine Website
217	April	2024	Sobhanbagh, Dhaka Elderly & youth members	https://www.facebook.com/share/p/1768b6y62n/

Image 2.29: Name of the Organization- Praveen Odhikar Mancha

Back Up information-Stress and Pain .xlsx												
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1	SN	Date			Location	Number & type of participants	Source links					
2		Date	Month	Year			FB	linkdine	Website			
3	227	7	June	2024	Dhaka Uddyan Womens Café	Senior and mid-level officials of the Safety & Rights Society	https://www.facebook.com/share/p/165w8tHtd/					
4	265	3	June	2025	Kollanpur,Dhaka	Local community members, especially those dealing with stress and chronic pain.	https://www.facebook.com/share/p/16ngL2vPI/	https://www.linkedin.com/posts/harmonytrust_harmonytust-wellnessforall-yogah-eais-activity-7339904210278260736-taLg2vtn_source=share&utm_medium=member_desktop&rcm=ACoAADd3l_FBF_m911yxhrNix4CYLDigvin/8c	https://harmonybd.org/building-community-resilience-harmony-trusts-wellness-initiatives-light-up-dhaka/			
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Image 2.30: Name of the Organization-Safety & Rights Society

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1	SN	Date			Location	Number & type of participants	Source links					
2		Date	Month	Year			FB	linkdine	Website			
3	230	27	June	2024	Holy Cross Girls High School, Tejgaon, Dhaka	Total:235 Students,teachers & School Staff	https://www.facebook.com/share/p/19UVta58fe/		https://harmonybd.org/mindful-yoga-sessions-for-adolescent-mental-health-a-resounding-success-with-the-students-of-holy-cross-girls-high-school/			
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Image 2.31: Name of the Organization-Holy Cross Girls School, Tejgaon, Dhaka (HCS)

Back Up information-Stress and Pain .xlsx

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkline	Website
231	30	June	2024	Dushtha Sasthya Kendro (DSK) Office, Dhaka	Senior and mid-level managers of Dushtha Sasthya Kendro (DSK)	https://www.facebook.com/share/p/18reWfegK3/		

Image 2.32: Name of the Organization- Dushtha Sasthya Kendro (DSK)

Back Up information-Stress and Pain .xlsx

SN	Date			Location	Number & type of participants	Source links		
	Date	Month	Year			FB	linkline	Website
265	1	June	2025	Faculty Of Fine Arts, University of Dhaka	Cancer survivors & supporters	https://www.facebook.com/share/p/16eglZuP/	https://www.linkedin.com/posts/harmonytrust_harmonyt-trust-wellnessforal-yogah-nals-activity/233990A120278260736-tvlg?utm_source=share&utm_medium=mem_ber_desktop&cm=ACoAA040L1FE_m051y0r0kx04CY1Dggy08c	https://harmonymbd.org/building-community-resilience-harmony-trusts-wellness-initiatives-light-up-shaka/

Image 2.33: Name of the Organization- Centre for Cancer Care Foundation (CCCF)

Back Up information-Stress and Pain .xlsx

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SN	Date	Month	Year	Location	Number & type of participants	Source links
	Date	Month	Year			FB linkline Website
265	1	June	2025	Lalmatia School & College, Dhaka	School & College students	https://www.facebook.com/share/p/16ng1ZuP/ https://www.linkedin.com/posts/harmonytrust_harmonytust-wellnessforall-yogahala-acthoity-7339904210274260736-svq?utm_source=share&utm_medium=member_desktop&rcm=ACoAADc3l_f8I_md1ly0rNixX6CYLDqaz9b6c https://www.facebook.com/share/p/16ng1ZuP/

HE Praveen Odhikar Mancha SRS Holy Cross DSK CCCF Poribesh Barta Probin Bandhob Bangladesh

Image 2.34: Name of the Organization- Poribesh Barta

Back Up information-Stress and Pain .xlsx

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SN	Date	Month	Year	Location	Number & type of participants	Source links
	Date	Month	Year			FB linkline Website
267	15	June	2025	Bishwo Shahitto Kendro Auditorium, Dha Elderly Citizens		https://www.facebook.com/share/p/16thy4C0n6/

HE Praveen Odhikar Mancha SRS Holy Cross DSK CCCF Poribesh Barta Probin Bandhob Bangladesh

Image 2.35: Name of the Organization- Probin Bandhob Bangladesh (PBB)

Table 8: Stress and Pain

Table 8 Stress & Pain										
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SN	Name of the organization/institution Collaborator	Collaboration Pattern (need to be filled up by Elera)	Collaborator type (Filled up by Mito)	Nature of Collaboration (Filled up by Mito)	Starting of Collaboration			Location/s of the events supported by the collaborator (mention detail e.g.,)		
					Year	Month	Day			Number and Types of Participant
1	Bangladesh Institute of Theatre Arts (BITA)	-	-	-	2020	October	18	Online Platform		
2	Pain International Bangladesh (PIAN)	-	-	-	2022	May	16	Gulshan 2,Dhaka,Bangladesh		
3	Community Oncology Center(COC)	-	-	-	2022	June	14	Online Platform		Founder & Principal of Community Oncology center; Doctor
4	Women of the world festival Bangladesh(WOW)	-	-	-	2023	February	24	Bangladesh Shiksha Academy,Dhaka		
5	Global Unnayan Seba Sangstha(GUSS)	-	-	-	2023	May	2	NGO Forum Central Training Centre, Lalmonir, Dhaka		
6	Alliance for Cooperation & Legal Aid Bangladesh (ACLAB)	-	-	-	2023	June	4	Tajmahal Road, Block-C, Mohammadpur,Dhaka		Officials Staff
7	Young Women's Christian Association(YWCA)	-	-	-	2023	June	17	Agnes Nilash, Savar, Dhaka; YWCA higher Secondary Girls High School,Dhaka		Total 25 young men & women, YWCA members
8	Bangladesh Resource Center for Indigenous Knowledge (BARCK)	-	-	-	2023	August	10	NGO Forum,Lalmatta,Dhaka		
9	World Health Organization Bangladesh (WHO)	-	-	-	2023	August	13	Shahabuddin Ahmed Park, Dhaka		Total: 500/Medical Students,general public,guest of Honorary Doctor
10	Bangladesh Medical Studies Society(BMSS)	-	-	-	2023	August	13	Shahabuddin Ahmed Park, Dhaka		Total: 500/Medical Students,general public,guest of Honorary Doctor
11	Dhaka North City Corporation(DNCC)	-	-	-	2023	August	13	Shahabuddin Ahmed Park, Dhaka		Total: 500/Medical Students,general public,guest of Honorary Doctor
12	Northern University Bangladesh (NUB)	-	-	-	2023	August	19			Vice Chancellor, Pro-Vice Chancellor, Registrar,Department Heads & Coordinators from all 9 Departments of NUB
13	Center for Natural Resource Studies(CNRS)	-	-	-	2023	August	21	Hotel Golden Tulip, Banani, Dhaka		senior and mid level management team of Center for Natural Resource Studies
14	International Health Economics(IHE) University of Dhaka	-	-	-	2023	September	12	Nabab Nawab Ali Chowdhury Senate, University of Dhaka		
15	Proven Odhakar Mancha(POM)	-	-	-	2024	April	27	Solihabad,Dhaka		Elderly & youth members
16	Safety & Rights Society (SRS)	-	-	-	2024	June	7	Dhaka Uddyan Women's Cafe,Mohammadpur,Dhaka; Kollanpur, Dhaka		Senior and mid-level officials of the Safety & Rights Society,Local community members, especially those dealing with stress and chronic pain
17	Holy Cross Girls School, Trigram,Dhaka(HCS)	-	-	-	2024	June	27	Holy Cross Girls High School, Trigram, Dhaka		Total 250 Students,teachers & School Staff
18	Dushtha Sasthya Kendro (DSK)	-	-	-	2024	June	30	Dushtha Sasthya Kendro (DSK) Office,Dhaka		Senior and mid-level managers of Dushtha Sasthya Kendro (DSK)
19	Center for Cancer Care Foundation(CCCF)	-	-	-	2025	June	1	Faculty Of Fine Arts, University of Dhaka		Cancer survivors & supporters
20	Paribesh Bara	-	-	-	2025	June	1	Lalmatta School & College, Dhaka		School & College students
21	Proton Bandobh Bangladesh (PBB)	-	-	-	2025	June	15	Rehman Shabbir Senoia Auditorium, Dhaka		Elderly Citizens
22		-	-	-	-	-	-			
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Image 2.36: Table 8- Stress and Pain

Challenges

Maintaining consistency and formatting while consolidating large amounts of data was difficult. Some data was missing or incomplete, which took extra time to fill in. Avoiding duplicate entries was challenging since data came from multiple files. Lack of full proficiency with Excel functions and formatting slowed down the work pace.

Mistakes

- Initially, some data was incorrectly transferred into the Backup Information Sheet, requiring later corrections.
- Column headers in the Table 8 Sheet were misplaced, confusing reporting.
- There were a few typing errors during data entry, which were identified and corrected later.

Learning

- I learned the importance of verifying data accuracy before starting data entry.
- Gained experience in using proper formatting and functions to create Backup Information and Table sheets in Excel.
- Learned how to identify and remove duplicate data entries.
- Understood the importance of time management to ensure accurate and efficient data consolidation and analysis.

Project 3: Word Document

Project Name: Stress and Pain Program Analysis Tool

Project Completion Date: July 13, 2025

Project Overview

I created a Word document for the Stress and Pain Program Analysis Tool. To do this, I took important data like the Serial Number and, Name of the Organization/Institution Collaborated from the Backup Information Sheet. I also copied captions from the related links and neatly pasted them into the Word file to keep the information complete and well-organized.

Tasks and Responsibilities

I created and organized a Word document for the Stress and Pain Program Analysis Tool. For this, I extracted key information such as Serial Numbers, Organization/Institution Names, and other relevant data from the Backup Information Sheet. I also copied captions from related links and carefully included them in the document in a neat and organized manner. I maintained consistent formatting and layout to ensure the document was reader-friendly and professional. Before finalizing, I verified the accuracy of all information and regularly reviewed my work to identify and correct any errors or missing details.

Project Details:

Submission Draft

12: Harmony Trust and Beta jointly organize World Mental Health Day 2020

বিশ্ব মানসিক স্বাস্থ্য দিবস ২০২০ উপলক্ষ্যে হারমনি ট্রাস্ট ও বিটা'র যৌথ আয়োজন

দেশে প্রাপ্ত বয়স্কদের ১৬% ও অপ্রাপ্ত বয়স্কদের ১৮% কোন না কোন মানসিক রোগে আক্রান্ত। প্রতি ৭৬ হাজার (প্রায়) রোগীর জন্য মনোরোগ বিশেষজ্ঞ রয়েছেন মাত্র ১ জন। এ অবস্থায় তাই রিস্কলেক্সোলজির মত থেরাপি, যা নিজের উপর নিজে প্রয়োগ করা যায়, হয়ে উঠতে পারে একটি কার্যকর সমাধান - বললেন আজকের অনলাইন কর্মশালায় উপস্থিত আলোচকবৃন্দ।

129: 1st day_ Yoga for Stress Management with the officials of Plan International Bangladesh

Yoga for Stress Management

How we breathe – it matters! Yoga session of Harmony with the officials of Plan International Bangladesh. HCP Coordinator Syeda Shahida Sultana Elora (certified by Yoga Certification Board, Ministry of AYUSH, India) conducted the session.

#harmony #yoga #yogaindhaka #yogateachersinbangladesh

130: 2nd day_ Yoga and Reflexology for Stress Management with the officials of Plan International Bangladesh

Yoga and Reflexology for Stress Management

Yoga and Reflexology session (2nd day) of Harmony with the officials of Plan International Bangladesh. HCP Coordinator Syeda Shahida Sultana Elora conducted the session.

#harmony #yoga #yogaindhaka #yogateachersinbangladesh #reflexology
#reflexologyforuminbangladesh #reflexologyinbangladesh

134: Online yoga workshop for cancer management

আজ ২৪ জুন ২০২২, বিকেল ৪:৩০ থেকে সন্ধ্যা ৬ টা পর্যন্ত ক্যান্সার ম্যানেজমেন্ট এর জন্য যোগ এর ব্যবহার নিয়ে একটি বিশেষ কর্মশালা পরিচালিত হয়।

.....

হারমনি ট্রাস্ট ও কমিউনিটি অনকোলজি সেন্টার এর যৌথ উদ্যোগে আয়োজিত যোগ কর্মশালাটিতে সভাপতিত্ব করেন কমিউনিটি অনকোলজি সেন্টার এর প্রতিষ্ঠাতা, অধ্যক্ষ ডা: হাবিবুল্লাহ তালুকদার রাসকিন।

কর্মশালাটির পরিচালনায় ছিলেন হারমনি ট্রাস্টের হেলথ কেয়ার প্রোগ্রামের কো-অর্ডিনেটর এবং যোগ প্রশিক্ষক সৈয়দা শাহিদা সুলতানা।

#InternationalYogaDay2022 #1harmony #harmony #internatinalyogaday #yoga
#yogaincancer #cancer #cancerawareness

161: First day Yoga for Stress Relief

Yoga For Stress Relief, 24 February 2023

Women Of the World Festival, Bangladesh.

#wowfestivalbangladesh #BritishCouncil #CCD #mongoldip #harmony

#yoga #yogalife #harmonytrust #harmony #onlineyogaclass #healthylifestyle #healthcare

#health #bdyoga #alternativemedicine #naturopathy #yogaforhealth #যোগ #parentalyoga

#careforseniorscitizens #onlineclasses

162: Last day Yoga for Stress Relief

Yoga For Stress Relief, 25 February 2023

Women Of the World Festival, Bangladesh.

#wowfestivalbangladesh #BritishCouncil #CCD #mongoldip #harmony

#yoga #yogalife #harmonytrust #harmony #onlineyogaclass #healthylifestyle #healthcare

#health #bdyoga #alternativemedicine #naturopathy #yogaforhealth #যোগ #parentalyoga

#careforseniorscitizens #onlineclasses

168: Yoga session with the officials of Global Unnayan Seba Sangstha (GUSS) at NGO Forum Central Training Centre, Lalmatia, Dhaka.

Yoga session with the officials of Global Unnayan Seba Sangstha (GUSS) at NGO Forum Central Training Centre, Lalmatia, Dhaka.

#harmonytrust #yoga #healthylifestyle #yogasession

170: Yoga Session with the officials of ACLAB

Yoga Session with the officials of ACLAB

Conducted by Syeda Shahida Sultana Elora, Coordinator, Health Care Program, Harmony.

#harmony #harmonytrust #yoga #yogapractice #health #yogasession #yogainspiration

#healthandwellbeing

173: Yoga for women health at Agraza Nibash in Savar, Dhaka

🌻🦋 Celebration of International Day of Yoga

🌱 Today, team Harmony had the privilege of facilitating a Yoga Workshop in collaboration with the esteemed charitable organization, the "Young Women's Christian Association" (YWCA). As part of the celebration of the International Day of Yoga 2023, we gathered at Agraza Nibash in Savar, Dhaka to delve into the transformative power of Yoga.

🌿 The workshop was designed exclusively for 25 youth from the 13 branches of the YWCA. It was truly a joy to witness the enthusiasm and dedication these inspiring individuals brought to the session.

🍁 Over the course of three enlightening hours, we explored the physical, mental, and social dimensions of Yoga, with a special emphasis on tailoring the practice for women.

🍀 We delved into various asanas, pranayama techniques, and mudra, empowering each participant to strengthen their mind, body, and spirit. The positive energy and sense of unity that filled the room were truly uplifting.

🦋 It was a beautiful reminder of the incredible potential we possess when we come together in harmony.

We would like to express our heartfelt gratitude to the YWCA for organizing this event and providing a platform for the transformative practice of Yoga. It is through collaborations like these that we can create a positive impact in our community and beyond.

Let us continue to embrace the teachings of Yoga in our daily lives, nurturing our well-being and fostering a sense of unity among all.

#InternationalDayOfYoga2023 #YogaWorkshop #HarmonyInMotion
#EmpoweringWomen #Gratitude #Yogaforhealth #healing #fitness #mindfulness
#yogapractice #yogainspiration #IYD2023 #yogaforlife #yogaforeveryone

#healthylifestyle

177: Workshop on Health in Oneness with Nature

🌱✨Workshop on Health in Oneness with Nature ✨🌱

Today, Team Harmony had the pleasure of leading a transformative workshop focusing on Yoga, Reflexology, and holistic health choices. Organized by BARCIK, this event is part of their ongoing commitment to enhancing the skills of senior and mid-level management.

We explored Yogic postures, breathing exercises, Reflexology, and Nutritional choices to tackle stress, chronic pain, and associated diseases. The importance of naturopathy and the One Health approach were key themes of the day.

Thank you to all participants attending the Day-long enlightening event! Let's embrace health in harmony with nature! 🌱🌸

#Yoga #Reflexology #OneHealth #TeamHarmony #BARCIK #HolisticHealth #Nutrition #lifestyle #nutritionawarness #nutritionist #meditation #breathingexercises #HealthyEating #yogainspiration #yogapractice #healthyhabits

178: Yoga session for WHO's 'WALK THE TALK' event at Justice Shahabuddin Ahmed Park in Dhaka

🧘♀️🗣️Emphasizing Yoga for Health and Well-Being 🧘♂️🗣️

We were honored to facilitate a Yoga session today for WHO's 'WALK THE TALK' event at Justice Shahabuddin Ahmed Park in Dhaka, in collaboration with the Bangladesh Medical Students' Society (BMSS). Over 500 participants joined the event, along with distinguished guests Chief Guest Md. Atiqul Islam, Mayor of Dhaka North City Corporation, and Guest of Honour Dr. Bardan Jung Rana, WHO representative.

The event underscored the incredible benefits of physical activity, encouraging all to embrace healthier lifestyles. Our Yoga session, facilitated by Yoga Teacher & Wellness

Coach SS Sultana, head of Harmony's health program, resonated with people from all walks of life.

Thank you to everyone who joined us in this meaningful celebration of health and partnership on the occasion of WHO's 75th anniversary. Together, we move closer to Harmony's mission of promoting health and well-being for all.

🌱 #WALKTHETALK #HealthyLifestyles #HarmonyTrust #YogaForAll

179: Ideation Workshop of Harmony Trust & Northern University Bangladesh (NUB) in Setting Priorities Under the Strategic Partnership

🎉 A Milestone in Collaboration with NUB

Today marked an important step in advancing the strategic partnership between Harmony Trust and Northern University Bangladesh (NUB). The Ideation workshop, organized jointly by Harmony's Healthcare Program Team and NUB's Department of Public Health, brought together key decision-makers and eminent personalities.

👤 Present were Professor Dr. Anwar Hossain, Vice-Chancellor, Prof. Nazrul Islam, PhD, Pro-Vice Chancellor, and other senior officials of NUB, including the Registrar, Heads, and Coordinators of all 9 departments. Their valuable insights added significant depth to this remarkable event.

🌿 Harmony Trust's Founder and CEO, Mr. Amitabha Bhattacharjee, graced the occasion.

🧘 A special demonstration of Yoga & Reflexology by Team Harmony illustrated the potentials of these methods in enhancing the public health scenario in the country. This inspiring demonstration was followed by an open discussion on collaboration possibilities, guiding the future priorities in areas such as academic program, research, sensitization, and advocacy.

Together, we move forward in our commitment to promote healthy lives and well-being, through collaboration, understanding, and the principles of Naturopathy. Join us in this journey as we strive for excellence in health and well-being.

#HarmonyTrust #NUB #PublicHealth #Naturopathy #Collaboration 🌿🍌🎓

180: Yoga Workshop on Stress Management for CNRS Management at Hotel Golden Tulip, Banani, Dhaka

Today, Team Harmony facilitated a workshop on Yoga for Stress Management. The Reputed Development organization, CNRS organized the event as part of their Strategic Planning Retreat. The senior and mid-level management team of CNRS attended the event at Hotel Golden Tulip, Banani, Dhaka.

#harmony #stressmanagement #harmonytrust #yogainspiration #lifestyle #healthcare #yoga #alternativemedicine #healthandwellness #yogalife #yogaforstressrelief #yoga

182: Poster Presentation on an Action Research titled "Community-Based Healthcare Revolution: The Potential of Reflexology and Yoga" at the International Health Economics Conference 2023 at the Nabab Nawab Ali Chowdhury Senate Bhaban, University of Dhaka, Bangladesh

Poster Presentation on an Action Research titled" Community-Based Healthcare Revolution: The Potential of Reflexology and Yoga" at the International Health Economics Conference 2023, organized by the Institute of Health Economics, University of Dhaka.

#harmony #harmonytrust #yoga #research #posterpresentation #healthcare #health #Reflexology #reflexologytreatment

217: Discussed the use of yoga and reflexology to protect the health of the elderly organized by the Praveen Odhikar Mancha at Sobhanbagh

আজ ২৭ শে এপ্রিল সোবহানবাগে প্রবীণ অধিকার মঞ্চের আয়োজনে অনুষ্ঠিত প্রবীণ ও নবীনদের ঈদ পুনর্মিলন ও বৈশাখ উদযাপনে প্রবীণদের স্বাস্থ্য সুরক্ষায় ইয়োগা ও রিফ্লেক্সোলজির ব্যবহার নিয়ে আলোচনা করেন 'Harmony Trust' এর Health Care Programme Coordinator সৈয়দা শাহিদা সুলতানা ইলোরা।

#harmony #harmonytrust #yoga #Reflexology #fitnessgoals #stayfit

227: Yoga Workshop for Stress Resilience with senior and mid-level officials of SRS at Dhaka Uddyan

✨🧘‍♀️ HARMONY started its month-long celebration of the International Day of Yoga (IDY) 2024, through a workshop at Dhaka Uddyan on 6th June, under its ‘Yoga Mainstreaming for Stress Resilience’ initiative. This remarkable event was organized jointly by Harmony Trust and the Safety and Rights Society (SRS), with active participation from the senior and mid-level officials of SRS.

The event was a joyous occasion, exploring stress and pain management, mental health, and women's health.

Heartfelt gratitude is extended to SRS for collaborating with us on this event. Together, we are paving the way for a healthier and more harmonious future for all.

#harmony #harmonytrust #InternationalDayOfYoga #YogaForAll #Wellbeing #HealthyLiving #StressManagement #MentalHealth #WomensHealth #RiskReduction

230: Mindful Yoga Sessions for Adolescent Mental Health with the students of Holy Cross Girls High School at Holy Cross Girls High School, Farmaget, Dhaka.

🧘‍♀️✨ Mindful Yoga for Adolescent Mental Health with Holy Cross Girls High School

This June 27th, in a significant collaboration with Holy Cross Girls High School, Harmony Trust marked the International Day of Yoga (IDY) 2024 by hosting two dedicated yoga sessions. These sessions were specially tailored for 235 of the school's tenth graders, focusing on key adolescent challenges such as stress, anxiety, and attention deficit.

Our event kicked off with an uplifting inauguration by Sister Kolpina Costa, the esteemed principal of Holy Cross Girls High School, followed by insightful remarks from Syeda Shahida Sultana Elora, Head of Harmony’s Health Program, who underscored the importance of integrating holistic health practices into daily life, aligning with this year’s IDY theme of Women Empowerment.

Participants enjoyed a range of activities, from basic stretches and yoga postures to

breathing exercises and discussions on maintaining a balanced diet and active lifestyle. The feedback was overwhelmingly positive, with students expressing a keen interest in continuing yoga practices to enhance their mental and physical health.

A heartfelt thank you to everyone involved, especially the teachers who observed and supported the students throughout this enriching experience. We are thrilled to see such enthusiasm for healthy living practices among our youth!

#HarmonyTrust #InternationalDayOfYoga #AdolescentHealth #MindfulYoga
#HolisticHealth #Empowerment #MentalWellness

231: Workshop on ‘Yoga for Stress Management’ in collaboration with Dushtha Sasthya Kendro (DSK) at head office of Dushtha Sasthya Kendro (DSK), Adabor

🌞🌞 On 30th June, Harmony Trust organized a transformative workshop on ‘Yoga for Stress Management’ in collaboration with Dushtha Sasthya Kendro (DSK)!

Senior and mid-level managers of DSK attended this event facilitated by Team Harmony as part of our month-long celebration of the International Day of Yoga, 2024. 🌞

The workshop aimed to enhance stress management skills, foster a supportive workplace atmosphere, and promote healthy lifestyle choices

Attendees learned fundamental yoga postures for stress relief, breathing exercises for relaxation, and mindfulness techniques for managing stress. Emphasis was placed on integrating these practices into daily routines for sustained benefits.

The session highlighted the importance of a holistic approach to health and well-being, including proper nutrition, regular physical activity, and adequate rest. Participants shared their excitement about the expected benefits: improved physical and mental well-being, increased productivity, and a more harmonious work environment.

#HarmonyTrust #YogaForStressManagement #InternationalDayOfYoga2024
#HealthyLiving #WellBeing #Mindfulness #YogaWorkshop

265: Celebration "World Environment Day-2025" And restorative wellness session on

stress relief

🌿 Celebrating Wellness & Resilience with Harmony Trust! 🌿

This month Harmony Team brought holistic wellness to diverse communities across Dhaka:

🌍 June 1 (Morning):

In celebrating World Environment Day, we partnered with Poribesh Barta for a special wellness session at Lalamatia School & College! Students immersed in self-care practices including yoga, learning to nurture both themselves and the planet. A truly inspiring morning!

💛 June 1 (Evening):

"In solidarity with cancer survivors, we joined the Centre for Cancer Care Foundation at Dhaka University's Fine Arts Faculty for a restorative wellness session. Participants learned yogic techniques for stress relief, gaining compassionate support to navigate their journeys with strength."

✨ June 3:

We joined the Safety and Rights Society at Kollanpur Porabosti for a community wellness session! Attendees learned yoga-based strategies to manage stress and chronic pain, fostering strength and well-being in everyday life.

🙏 Thanks to all our partners and participants for making these impactful sessions possible! Together, we're building healthier, happier communities.

#HarmonyTrust #WellnessForAll #YogaHeals #WorldEnvironmentDay
#CancerSurvivorDay #CommunityHealth #SelfCare #DhakaEvents #StressRelief
#Mindfulness

266: community wellness session on stress management

(265-266) SAME LINK

267: A Session on yoga practice to protect the physical and mental health of the elderly

was held at the Bishwa Sahitya Kendra auditorium

Enhancing Elderly Well-being: Yoga Session at Biswa Sahitya Kendra Continuing our commitment to elderly healthcare, Harmony facilitated a specialized yoga session focused on physical and mental wellness for seniors at Biswa Sahitya Kendra, on June 15, 2025. We extend heartfelt gratitude to Probin Bandhob Bangladesh for organizing the event. We're dedicated to empowering Bangladesh's elders through holistic health practices. Why this matters → ✓ Yoga combats age-related mobility and cognitive challenges ✓ Community-driven care reduces isolation ✓ Collaborative models drive sustainable senior health solutions Join us in building a future where every senior thrives. #ElderCare #YogaForWellness #SeniorHealth #CommunityPartnership #HealthyAging #Bangladesh #ProbashiBondhu #HarmonyInitiative

270: Yoga session on mental health at YWCA Higher Secondary High School

ঢাকা YWCA এর আমন্ত্রণে, সদস্যদের মানসিক স্বাস্থ্য সুরক্ষায় একটি ইয়োগা সেশন অনুষ্ঠিত হয়। ২৭শে জুন YWCA Higher Secondary Girls High School এ সেশনটি পরিচালনা করে হারমনি টিম।

#harmony #harmonytrust #YWCA #yogasession #mentalhealth #MentalHealthMatters

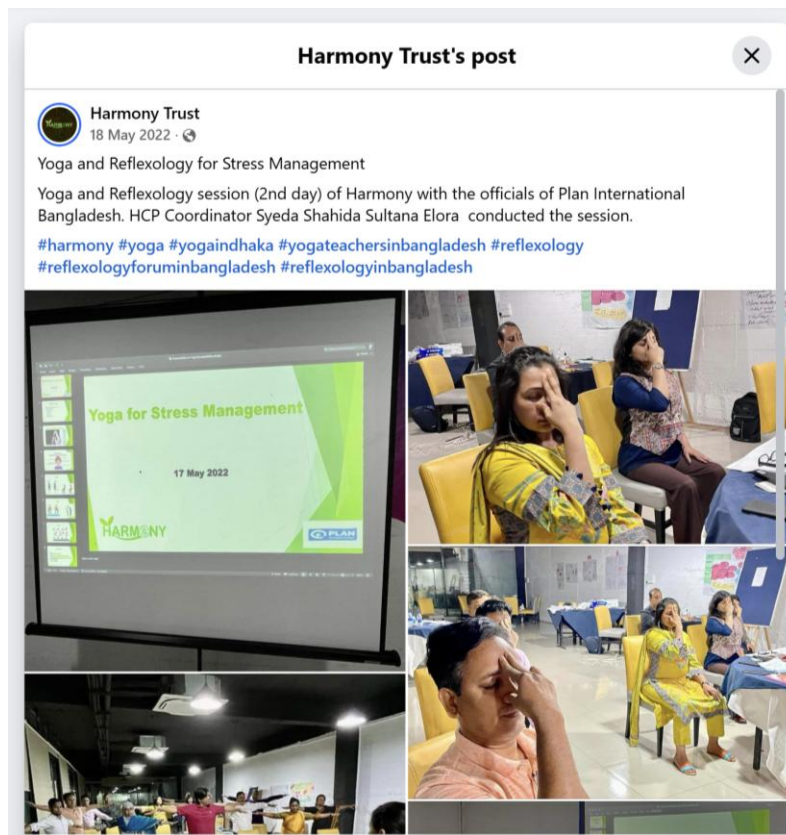


Image 3.1: Plan International Bangladesh

Harmony Trust's post



Harmony Trust

27 April 2024 · 🌐

আজ ২৭ শে এপ্রিল সোবহানবাগে প্রবীণ অধিকার মঞ্চের আয়োজনে অনুষ্ঠিত প্রবীণ ও নবীনদের ঈদ পুনর্মিলন ও বৈশাখ উদযাপনে প্রবীণদের স্বাস্থ্য সুরক্ষায় ইয়োগা ও রিফ্লেক্সোলজির ব্যবহার নিয়ে আলোচনা করেন 'Harmony Trust' এর Health Care Programme Coordinator সৈয়দা শাহিদা সুলতানা ইলোরা।

#harmony #harmonytrust #yoga #Reflexology #fitnessgoals #stayfit



Image 3.2: Praveen Odhikar Mancha



Image 3.3: Safety & Rights Society

Harmony Trust's post



Harmony Trust

2 July 2024 · 🌐

🌟🌟 On 30th June, Harmony Trust organized a transformative workshop on 'Yoga for Stress Management' in collaboration with Dushtha Sasthya Kendro (DSK)! Senior and mid-level managers of DSK attended this event facilitated by Team Harmony as part of our month-long celebration of the International Day of Yoga, 2024. 🌞

The workshop aimed to enhance stress management skills, foster a supportive workplace atmosphere, and promote healthy lifestyle choices.

Attendees learned fundamental yoga postures for stress relief, breathing exercises for relaxation, and mindfulness techniques for managing stress. Emphasis was placed on integrating these practices into daily routines for sustained benefits.

The session highlighted the importance of a holistic approach to health and well-being, including proper nutrition, regular physical activity, and adequate rest. Participants shared their excitement about the expected benefits: improved physical and mental well-being, increased productivity, and a more harmonious work environment.

[#HarmonyTrust](#) [#YogaForStressManagement](#) [#InternationalDayOfYoga2024](#) [#HealthyLiving](#) [#WellBeing](#) [#Mindfulness](#) [#YogaWorkshop](#)



Image No 3.4: Dushtha Sasthya Kendro

Challenges

Extracting the correct information from the Backup Information Sheet and placing it accurately took time. Maintaining proper formatting while copying and pasting captions from links into Word was tricky. I had to carefully verify the accuracy of the data to avoid including any incorrect information in the Word document.

Mistakes

- Initially, I entered some Serial Numbers incorrectly and had to correct them later.
- Some words or lines were accidentally missed when copying captions.
- The first draft's formatting and page layout were a bit messy due to improper formatting.

Learning

- I realized the importance of organizing data correctly from the Backup Information Sheet.
- I improved my skills in using Word formatting tools to present information.
- I learned to be more attentive when copying captions to avoid missing any details.
- Regularly reviewing my work helped me catch errors early, which will be helpful for future tasks.

Project 4: Event report writing

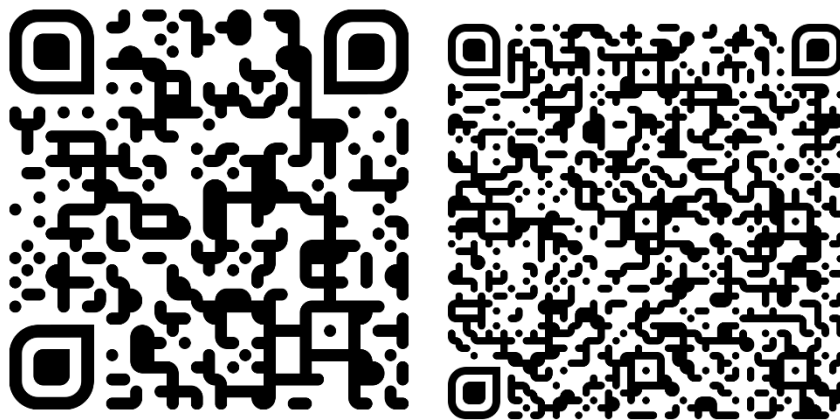
Project Name: Empowering Mind: Yoga and Psychosocial Skills for Academic Success

Project Completion Date: July 16, 2025

Project Overview

On 15 July 2025, a workshop titled "Empowering Mind: Yoga and Psychosocial Skills for Academic Success" was held at the Asian University of Bangladesh, Dhaka. The event was organized by Harmony and the Asian University of Bangladesh. A total of 77 students (both male and female) and 5 faculty members participated in the workshop.

This project focused on enhancing students' and faculty members' emotional balance, stress management, and academic performance through practical yoga and breathing techniques. The workshop included sessions on alternate nostril breathing (pranayama), psychological tools for resilience, and exercises to support mental clarity and well-being.



Tasks and Responsibilities

I attended the “Empowering Mind: Yoga and Psychosocial Skills for Academic Success” workshop and collected relevant information from participants, speakers, and faculty members. I organized and documented all key details, including participant numbers, activities, and session content. I drafted the workshop report in a clear and structured manner, ensuring that all important points were included. Throughout the process, I

maintained consistent formatting, layout, and readability. I reviewed and revised the report multiple times to ensure accuracy and completeness, coordinated with team members to clarify missing information and verify details, and incorporated feedback from others to improve the overall quality and clarity of the report.

Project Details:

1st Draft



Event Date: 15th July 2025

Report Prepared: 16th July 2025

Project Name: Empowering Mind: Yoga and Psychosocial Skills for Academic Success

1. EVENT BASICS

Title	<i>Empowering Mind: Yoga and Psychosocial Skills for Academic Success</i>
Date/Duration	15 July, 2025 (10:30 AM – 12:30 PM)
Location	<i>District: Dhaka, Upazila: Ashulia, Venue: Asian University of Bangladesh (AUB Conference Room)</i>
Organizer/s	Harmony and the Asian University of Bangladesh
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	77 Students (Female & Male); 5 Faculty
Collaborative Institutes	Asian Students of Bangladesh (AUB)
Key Attendees from other Party	Monjusree Dulta (Assistant Librarian) Mir Farjana Sharmin (Sociology & Anthropology) Professor Dr. Md Osman Ghani (Asian Institute, AUB) Hanif Hossain (School of Business) Toru (Assistant Professor Deputy Director)
Key Attendees from Harmony	Not Applicable
Lead of Team Harmony at the event	- Syeda Shahida Sultana (Coordinator, Health Care Program, Harmony Trust)
Others member of Team Harmony at the event	- Nadib Rahman Arko (Intern, Harmony Trust) - Gouri Malakar (Intern, Harmony Trust)

3. OBJECTIVES & ACTIVITIES

Objectives:

1. To enhance students' & Faculty focus, emotional balance, and stress management through practical yoga and breathing techniques.
2. To build resilience and mental clarity using evidence-based psychological tools for academic performance.
3. To foster a culture of self-care and well-being within academic institutions by integrating holistic practices.

Agenda (Timeline):

Time	Activity	Resource Used
10:30- 11.00 AM	Introduction to Yoga& Its Benefits, Mindful Preparation	Projector, Mic, Attendees sheet.
11.00- 12.00	Breathing for Clam& Energy, Psychological skills for Academic Success	Visual Aids(Slideshow, pictures), Trained Instructor.
12:30– 1:00	Feedback & Closing	Feedback Survey, Microphone, Seating Arrangement.

4. OUTCOMES AND IMPACT

Quantified Achievements:

- Participants gained practical knowledge of how yoga and breathing techniques can regulate emotions, reduce stress, and support academic focus.

- Through guided practice of Ardha Kati Chakrasana, Alternate Nostril Breathing, and Bhastrika Pranayama, students and faculty reported feeling more relaxed, energized, and mentally clear.
- A total of 82 students and faculty members actively participated. Feedback highlighted high levels of satisfaction and interest in continuing such holistic sessions regularly.

Participant Feedback on the spot

1. I wasn't feeling well at all; my body felt uneasy and restless. I thought I would go to the back and sit quietly. But when I saw the yoga session had started, I came to the front. What I liked the most was the breathing exercise (nose exercise). Today's session was very important because we all know the saying, "A healthy body leads to a healthy mind." If the body isn't well, you can't focus on studying or anything else.

("Md. Forhad, Asian University of Bangladesh, Age 24")

2. When I used to travel to and from campus by bus, I often felt extremely tired. Sometimes, I even felt so exhausted that I fainted. Later, I started following some yoga tutorials on YouTube and practiced a few basic exercises. My family didn't allow me to go to the gym regularly. I also consulted a doctor and a nutritionist and started maintaining a proper diet. Practicing yoga brought me so many benefits. I honestly didn't know there would be a yoga session here—I thought it would be a public speaking session. But when I found out there would be yoga, I thought, "Wow, this is good."

(Farzana, Asian University of Bangladesh, Age 24")

3. Today's session was good for everyone. I especially liked the breathing exercises. It was also very beneficial for the spine.

(" , Asian University of Bangladesh, Age 24")

4. While I was coming here by bus, I was feeling pain on one side of my back. But after doing the exercises here, I felt much more relaxed. I believe this yoga will be really helpful for students in terms of academic success, mental health, and personal development.

(“ , Asian University of Bangladesh, Age 24”)

Impact Photos:



1. [Photo: Ardha Kati Chakrasana]

Caption: " Participants practicing Ardha Kati Chakrasana during a wellness session to promote flexibility and focus".



2. [Photo: Group practicing on Alternate Nostril Breathing]

Caption: "Balancing breath, body, and mind. Engaged in Alternate Nostril Breathing, a powerful pranayama for mental clarity and emotional balance".



3. [Photo: Bhastrika Pranayama]

Caption: “Feel the breath, feel the power. Group session of Bhastrika Pranayama, awakening both body and mind through forceful breathing”.

5. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Monjusree Dulta	Papiabshnu@gmail.com	01931310176
2	Mir Farjana Sharmin	Jiniasharmin16@gmail.com	01972135263
3	Prof. Dr. Md Osman Ghani	dighon157@gmail.com	01715842401
4	Hanif Hossain	hanibaubza@gmail.com	01676660355
5	Toru	Shorno.jkksives@gmail.com	01684741666

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Feedback

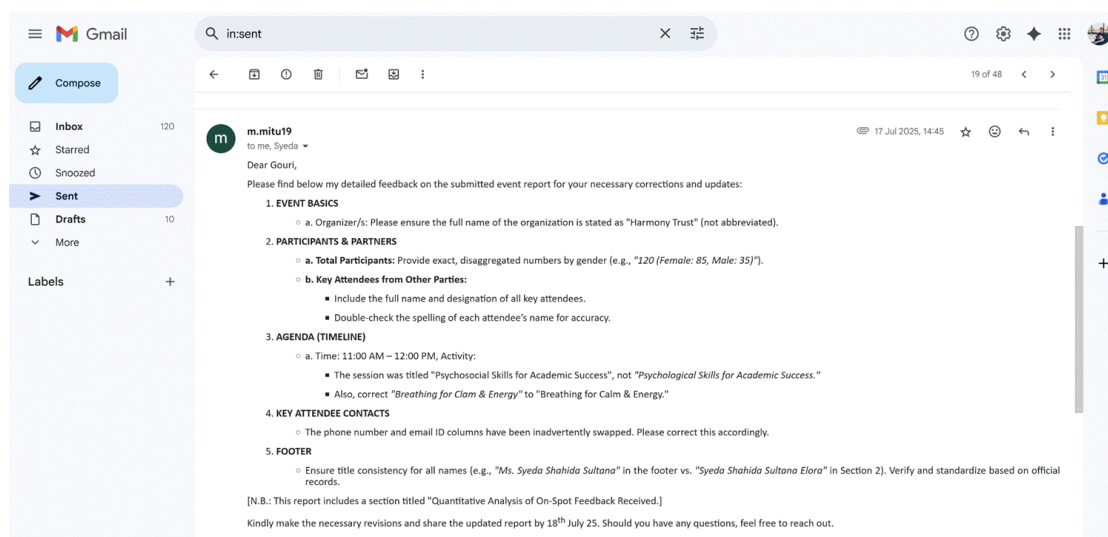


Image 4.1: Event Report Feedback Asian University of Bangladesh

Final Draft



Event Date: 15th July, 2025

Report Prepared: 16th July, 2025

Project Name: Empowering Mind: Yoga and Psychosocial Skills for Academic Success

1. EVENT BASICS

Title	<i>Empowering Mind: Yoga and Psychosocial Skills for Academic Success</i>
Date/Duration	15 July, 2025 (10:30 AM – 12:30 PM)
Location	District: Dhaka, Upazila: Ashulia, Venue: Asian University of Bangladesh (AUB Conference Room)
Organizer/s	Harmony Trust and the Asian University of Bangladesh
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	77 Students (37Female & 40 Male); 5 Faculty

Collaborative Institutes	Asian Students of Bangladesh (AUB)
Key Attendees from other Party	1. Monjusree Dulta (Assistant Librarian, the Asian University of Bangladesh) 2. Mir Farjana Sharmin (Lecturer, the Asian University of Bangladesh) 3. Dr. Md Osman Ghani (Professor & Research Coordinator, the Asian University of Bangladesh) 4. Hanif Hossain (Assistant Professor Marketing, the Asian University of Bangladesh) 5. Toru Shahriar Shorgo (Assistant Professor & Deputy Director, the Asian University of Bangladesh)
Key Attendees from Harmony	- Not Applicable
Lead of Team Harmony at the event	- Ms. Syeda Shahida Sultana Elora (Coordinator, Health Care Program, Harmony Trust)
Other members of Team Harmony at the event	- Nadib Rahman Arko (Intern, Harmony Trust) - Gouri Malakar (Intern, Harmony Trust)

3. OBJECTIVES AND ACTIVITIES

Objectives:

1. To enhance students' & Faculty focus, emotional balance, and stress management

through practical yoga and breathing techniques.

2. To build resilience and mental clarity using evidence-based psychological tools for academic performance.

3. To foster a culture of self-care and well-being within academic institutions by integrating holistic practices.

Agenda (Timeline):

Time	Activity	Resource Used
10:30-11:00 AM	Introduction to Yoga& Its Benefits, Mindful Preparation	Projector, Mic, Attendees sheet.
11:00-12:00	Breathing for Calm & Energy, Psychosocial Skills for Academic Success	Visual Aids(Slideshow, pictures), Trained Instructor.
12:30–1:00	Feedback & Closing	Feedback Survey, Microphone, Seating Arrangement.

4. OUTCOMES AND IMPACT

Quantified Achievements:

- Participants gained practical knowledge of how yoga and breathing techniques can regulate emotions, reduce stress, and support academic focus.
- Through guided practice of Ardha Kati Chakrasana, Alternate Nostril Breathing, and Bhastrika Pranayama, students and faculty reported feeling more relaxed, energized, and mentally clear.

- A total of 82 students and faculty members actively participated. Feedback highlighted high levels of satisfaction and interest in continuing such holistic sessions regularly.

Participant Feedback on the spot:

1. I wasn't feeling well at all; my body felt uneasy and restless. I thought I would go to the back and sit quietly. But when I saw the yoga session had started, I came to the front. What I liked the most was the breathing exercise (nose exercise). Today's session was very important because we all know the saying, "A healthy body leads to a healthy mind." If the body isn't well, you can't focus on studying or anything else.

("Md. Forhad, Asian University of Bangladesh, Age 24")

2. When I used to travel to and from campus by bus, I often felt extremely tired. Sometimes, I even felt so exhausted that I fainted. Later, I started following some yoga tutorials on YouTube and practiced a few basic exercises. My family didn't allow me to go to the gym regularly. I also consulted a doctor and a nutritionist and started maintaining a proper diet. Practicing yoga brought me so many benefits. I honestly didn't know there would be a yoga session here—I thought it would be a public speaking session. But when I found out there would be yoga, I thought, "Wow, this is good."

(Farzana, Asian University of Bangladesh, Age 24")

3. Today's session was good for everyone. I especially liked the breathing exercises. It was also very beneficial for the spine.

(" , Asian University of Bangladesh, Age 24")

4. While I was coming here by bus, I was feeling pain on one side of my back. But after doing the exercises here, I felt much more relaxed. I believe this yoga will be really helpful for students in terms of academic success, mental health, and personal development.

(" , Asian University of Bangladesh, Age 24")

Quantitative analysis of feedback received on the spot:

(a) Departments & Range of Semesters per Department of the Respondents

The participating students represented diverse academic disciplines, i.e., Anthropology and Sociology (4th to 8th semester), Business Administration (1st to 6th semester), Computer Science and Engineering (5th to 6th semester), Economics (3rd semester), and English (5th semester).

(b) Analysis of Responses

The workshop received overwhelmingly positive feedback, with 78% rating it as "Excellent" and 15% as "Very Good." A significant majority found the life skills (63% "Very Effective"), yogic postures (78% "Very Effective"), and breathing exercises (74% "Very Effective") highly beneficial. Additionally, 81% reported feeling significantly better equipped to manage academic stress, and 78% would "Definitely Yes" recommend the workshop for others. The facilitator's clarity was praised by 70%, while 89% expressed strong interest in follow-up events. These results indicate the workshop's success in delivering practical stress-management tools and fostering participant engagement.

Impact Photos:



1.[Photo: Ardha Kati Chakrasana]

Caption: " Participants practicing Ardha Kati Chakrasana during a wellness session to promote flexibility and focus".



2. [Photo: Group practicing on Alternate Nostril Breathing]

Caption: "Balancing breath, body, and mind. Engaged in Alternate Nostril Breathing, a powerful pranayama for mental clarity and emotional balance".



3. [Photo: Bhastrika Pranayama]

Caption: “Feel the breath, feel the power. Group session of Bhastrika Pranayama, awakening both body and mind through forceful breathing”.

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4	Hanif Hossain	01676660355	hanibauba@gmail.com
5	Toru Shahriar Shorgo	01684741666	Shorgo.jkksivcs@gmail.com

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Challenges

During the event, I couldn't always get all the necessary information at once, which made writing the report a bit challenging. It took me some time to figure out how to arrange the content in a way that would be easy to understand. After the event ended, I felt pressured to finish the report quickly, which was a challenge for me. I had to read and revise the report many times to find and fix errors, which was time-consuming. Since I didn't have much experience writing reports before, I had to learn new things to improve myself.

Mistakes

- **Incomplete Information:** Sometimes I missed important details because I wasn't able to collect all the information properly during the event.
- **Typos and Spelling Errors:** Because I didn't proofread carefully before submitting, some spelling and small mistakes remained in the report.

- Writing Too Quickly: I rushed to finish the report at times, so I couldn't explain the information in enough detail.
- Using Vague Language: Sometimes I used general or unclear words, making the report a little hard to understand.
- Formatting Issues: I didn't always keep the font size, bullet points, or paragraph breaks consistent.

Learning

- Planning is Important: Deciding in advance what information I need makes writing easier and saves time.
- Write Carefully and Slowly: Instead of rushing, I learned it's better to analyze the information well and write thoughtfully.
- Proofreading is Essential: Reading and revising the report multiple times helps reduce mistakes.
- Getting Feedback Helps: Having others review the report can help find errors and offer new insights.
- Use Simple and Clear Language: Writing in simple words makes the report easier to read and understand.

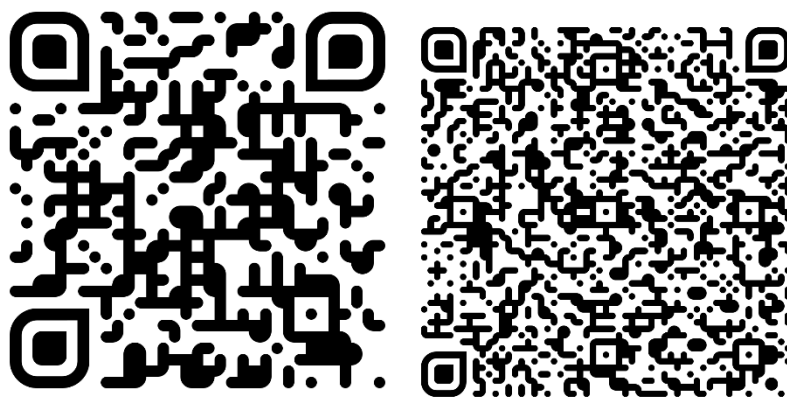
Project 5: Event report writing

Project Name: “Empowering Mind: Yoga and Psychosocial Skills for Academic Success”

Project Completion Date: July 21, 2025

Project Overview

On 20 July 2025, the workshop “Empowering Mind: Yoga and Psychosocial Skills for Academic Success” took place at the University of Liberal Arts Bangladesh (ULAB), jointly hosted by Harmony Trust and ULAB. The program aimed to help students improve focus, memory, emotional control, and stress management through yoga and mental well-being strategies. Guided by an experienced instructor, participants learned breathing exercises, yoga poses, and mindfulness techniques. The session wrapped up with a feedback discussion. A total of 43 students (25 women and 18 men) and 2 faculty members joined the event. Many shared that they felt more mentally clear, calmer, and emotionally balanced after the session.



Tasks and Responsibilities

I attended the “Empowering Mind: Yoga and Psychosocial Skills for Academic Success” workshop at ULAB and collected relevant information from participants, faculty members, and organizers. I recorded key details, including participant numbers, gender distribution, session activities, and feedback shared during the event. I transcribed spoken feedback from recordings and translated it into polished English for the report. I drafted

the workshop report in a clear, structured, and professional manner, arranging quotes, photos, and other data logically to ensure readability. Throughout the process, I maintained consistent formatting, layout, and captions, reviewed and revised the report multiple times to ensure accuracy and completeness, coordinated with team members to clarify missing information, and selected and organized photos and quotes in advance to enhance the overall presentation of the report.

Project Details:

1st Draft



Event Date: 20th July, 2025

Report Prepared: 21st July, 2025

Project Name: Empowering Mind: Yoga and Psychosocial Skills for Academic Success

1. EVENT BASICS

Title	<i>Empowering Mind: Yoga and Psychosocial Skills for Academic Success</i>
Date/Duration	20 July, 2025 (10:50 AM – 12:10 PM)
Location	<i>Venue:</i> University of Liberal Arts Bangladesh (ULAB Class Room PD-204)
Organizer/s	Harmony Trust and University of Liberal Arts Bangladesh
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	43 Students (Female: 25 & Male: 18); 2 Faculty
Collaborative Institutes	University of Liberal Arts Bangladesh (ULAB)
Key Attendees from other Party	Begum Sharminur Nahar (Senior Lecturer) Md. Didarul Islam (Lecturer)
Key Attendees from Harmony	Not Applicable
Lead of Team Harmony at the event	- Syeda Shahida Sultana Elora (Coordinator, Health Care Program, Harmony Trust)
Others member of Team Harmony at the event	- Nadib Rahman Arko (Intern, Harmony Trust) - Gouri Malakar (Intern, Harmony Trust)

3. OBJECTIVES AND ACTIVITIES

Objectives:

1. To improve students' concentration, memory, and cognitive abilities through mindfulness and yoga-based practices.
2. To equip participants with psychosocial skills that help manage stress, anxiety, and academic pressure effectively.
3. To develop self-regulation, emotional intelligence, and confidence through interactive psychosocial exercises and guided reflection.

Agenda (Timeline):

Time	Activity	Resource Used
10:50-11.50 AM	Yoga for Mental Clarity and Relaxation	Projector, Attendees sheet, Visual Aids (Slideshow, pictures), Trained Instructor.
11:50 AM–12:10 PM	Feedback & Closing	Feedback Survey, Microphone, Seating Arrangement.

4. OUTCOMES & IMPACT

Quantified Achievements:

- Participants experienced enhanced mental clarity and the ability to stay focused during academic tasks through breathing and yoga exercises.
- Stress Reduction: Students learned practical techniques to manage exam anxiety, academic pressure, and emotional stress.
- Participants left the session feeling mentally refreshed, emotionally uplifted, and equipped with tools for better academic performance.

Participant Feedback on the spot:

1. "This session was truly important for me. Often, we don't realize why we struggle with stress management or how to differentiate between good stress and bad stress. This session helped me identify that I wasn't taking care of myself or showing myself enough love. Practicing yoga made me realize that. I was sleep-deprived the night before, and while doing yoga, I felt drowsy—but after completing the session, I felt deeply relaxed."

("Deen Islam, BBS 6th semester, University of Liberal Arts Bangladesh")

2. "After doing the exercises, I felt really good. I also struggle with sleep—especially when I put away my phone, I just can't fall asleep. The yoga techniques you showed us, and your encouragement to stay stress-free, inspired me. I'll try to continue practicing them."

("Fatematuj Juhara, BBS 6th semester, University of Liberal Arts Bangladesh")

3. "I benefited a lot from your session. I also have trouble sleeping at night, but after practicing yoga, I felt a bit of relief from stress. I believe if I keep practicing, I'll experience even more positive outcomes."

("Sadia Afrin, BBS 4th semester, University of Liberal Arts Bangladesh")

4. "I liked your session. I have severe sleep issues—barely sleep at night. After doing even a small part of the yoga routine, I felt relaxed and calm. I believe continuing these practices will help me feel better."

("Alfi Sahrin Lithijol – BBS 6th, University of Liberal Arts Bangladesh")

5. "Yoga helps to keep the mind fresh and the body healthy. It improves focus in studies and overall well-being. I hope everyone continues to practice yoga regularly—not just for their benefit, but to encourage others as well."

("Sagor Chakroborty, BBS 5th, University of Liberal Arts Bangladesh")

Impact Photos:



1.[Photo: Reaching for Balance]

Caption: “Participants practice standing yoga postures to improve posture, increase energy, and cultivate mindfulness for academic success”.



2.[Photo: Group practicing on Alternate Nostril Breathing]

Caption: “Alternate Nostril Breathing to support mental clarity and reduce academic stress.”



3: [Photo: Stretching for focus]

Caption: “Side-by-side, step-by-step, participants align movement and awareness through guided arm stretches.”

4. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Begum Sharminur Nahar	01712635148	Sharminur.nahar@ulab.edu.bd
2	Md. Didarul Islam	01642181540	Didarul.islam@ulab.edu .bd

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Feedback

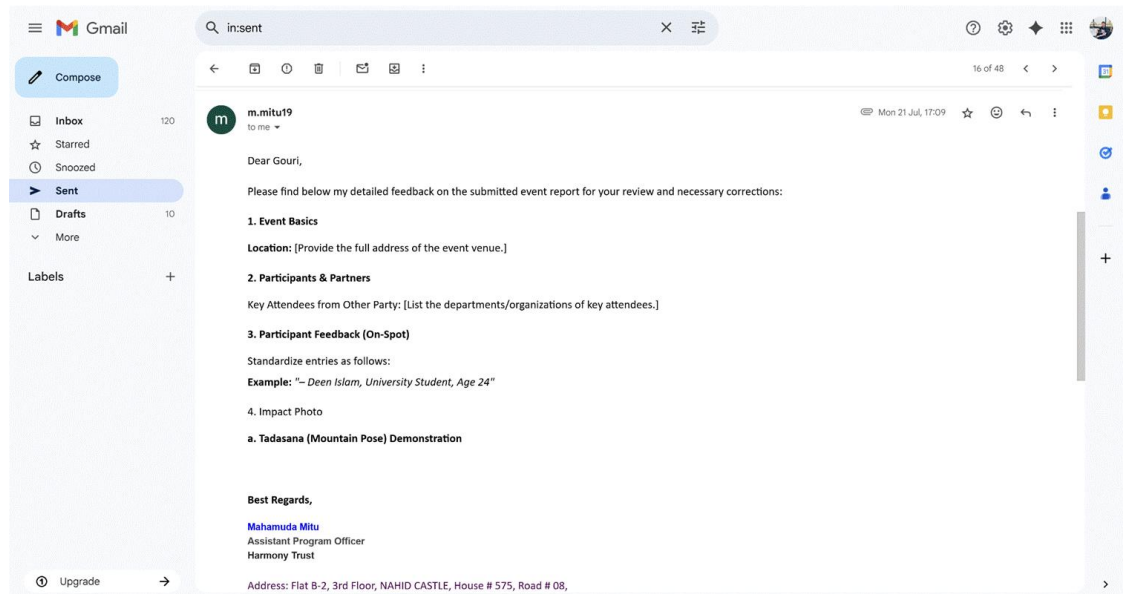


Image 5.1: Event report feedback, University of Liberal Arts Bangladesh

Final Draft



Event Date: 20th July, 2025

Report Prepared: 21st July, 2025

Project Name: Empowering Mind: Yoga and Psychosocial Skills for Academic Success

1. EVENT BASICS

Title	Empowering Mind: Yoga and Psychosocial Skills for Academic Success
Date/Duration	20 July, 2025 (10:50 AM – 12:10 PM)
Location	District: Dhaka, Upazila: Mohammadpur, <i>Venue:</i> PD 204, D Building, University of Liberal Arts Bangladesh (ULAB Permanent Campus). 688 Beribadh Road, Mohammadpur, Dhaka-1207, Bangladesh
Organizer/s	Harmony Trust and University of Liberal Arts Bangladesh
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS AND PARTNERS

Category	Details
Total Participants	43 Students (Female: 25 & Male: 18); 2 Faculty
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Key Attendees from Harmony	Not Applicable
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1. To improve students' concentration, memory, and cognitive abilities through mindfulness and yoga-based practices.
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1."This session was truly important for me. Often, we don't realize why we struggle with stress management or how to differentiate between good stress and bad stress. This session helped me identify that I wasn't taking care of myself or showing myself enough

love. Practicing yoga made me realize that. I was sleep-deprived the night before, and while doing yoga, I felt drowsy—but after completing the session, I felt deeply relaxed." ("Deen Islam, University of Liberal Arts Bangladesh, Age: 22")

2." After doing the exercises, I felt really good. I also struggle with sleep—especially when I put away my phone, I just can't fall asleep. The yoga techniques you showed us, and your encouragement to stay stress-free, inspired me. I'll try to continue practicing them."

("Fatematuj Juhara, University of Liberal Arts Bangladesh, Age:22")

3. "I benefited a lot from your session. I also have trouble sleeping at night, but after practicing yoga, I felt a bit of relief from stress. I believe if I keep practicing, I'll experience even more positive outcomes."

("Sadia Afrin, University of Liberal Arts Bangladesh, Age:22")

4. "I liked your session. I have severe sleep issues—barely sleep at night. After doing even a small part of the yoga routine, I felt relaxed and calm. I believe continuing these practices will help me feel better."

("Alfi Sahrin Lithijol, University of Liberal Arts Bangladesh, Age:22")

5. "Yoga helps to keep the mind fresh and the body healthy. It improves focus in studies and overall well-being. I hope everyone continues to practice yoga regularly—not just for their benefit, but to encourage others as well."

("Sagor Chakroborty, University of Liberal Arts Bangladesh, Age:22")

Impact Photos:



1.[Photo: Tadasana (Mountain pose) Demonstration]

Caption: “Participants practice standing yoga postures to improve posture, increase energy, and cultivate mindfulness for academic success”.



2. [Photo: Group practicing on Alternate Nostril Breathing]

Caption: “Alternate Nostril Breathing to support mental clarity and reduce academic stress.”



3. [Photo: Stretching for focus]

Caption: “Side-by-side, step-by-step, participants align movement and awareness through guided arm stretches.”

5. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Begum Sharminur Nahar	01712635148	Sharminur.nahar@ulab.edu.bd
2	Md. Didarul Islam	01642181540	Didarul.islam@ulab.edu .bd

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Challenges

Translating spoken feedback from recordings into polished English took extra time, especially when turning casual speech into a formal tone.

Some recordings were unclear, requiring repeated listening to confirm the content.

Limited time during the event made it difficult to gather comments from every participant.

Arranging quotes and data in a logical and relevant order for the report was a bit tricky.

Mistakes

- Skipping thorough proofreading of the draft left a few spelling and typing mistakes.
- Initially, participants' names and quotes were not listed in the correct sequence.
- Some photo captions were incomplete and had to be fixed afterward.

Learnings

- Taking notes and recording details like photos, quotes, and numbers on the spot saves a lot of time later.
- Having a checklist before starting the report reduces the chance of mistakes or missing details.
- Proofreading the report at least twice helps maintain accuracy and a professional look.
- Selecting photos and quotes in advance makes it easier to present them neatly in the final report.

Project 6: X-cel Sheet -Extract Attendee Information

Project Name: Contact Information

Project Completion Date: 24th July,2025

Project Overview

The project focused on organizing and managing attendee information for events conducted under the programs of AUB, ULAB, DU, and ASF. Its main objective was to ensure that all participant details, including names, professions, and contact numbers, were accurately collected and systematically documented to facilitate smooth communication and follow-up.

Tasks and Responsibilities

Collecting attendee information (name, profession, contact). Organizing data into spreadsheets. Assisting in report writing and content preparation. Coordinating with team members to ensure accurate records.

Project Details:

Client Details of (Probin mela,Nutrition Expo, Card Album) .XLSX

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A1:D2 | Contact Information of AUB

	A	B	C	D	E
1	Contact Information of AUB				
2					
3	SN	Name	Profession	Phone Number	
4	1	Masuma Akter Anika	Student	1712515038	
5	2	Rabeya Akter Barsha	Student	1718551323	
6	3	Kolpona Akter	Student	1927262332	
7	4	Halimatus Sadia Sristy	Student	1624299593	
8	5	Kazi Sumaiya Islam	Student	1795843667	
9	6	Jannatul Ferdous	Student	1945432568	
10	7	Pinky Akter	Student	1839002501	
11	8	Khadiza Akter Bithi	Student	1616058837	
12	9	Farzana Akter	Student	1872700304	
13	10	Rubaiya Islam Riya	Student	1889640300	
14	11	Mim Akter Kakon	Student	1615492736	
15	12	Jahanara Begum	Student	1711144897	
16	13	Moriyom Akter	Student	1904451070	
17	14	Lopa Akter Noriya	Student	1615427554	
18	15	Sumaiya Islam	Student	1518968709	
19	16	Mst Sumona Rejowana	Student	1316993944	
20	17	Mst. Rumi Akter	Student	1404135567	
21	18	Israt Jahan Maria	Student	1611356149	
22	19	Mohaiminul Islam Rafi	Student	1778706906	
23	20	Md. Abir Khandokar	Student	1782739109	
24	21	Sharmin Akter	Student	1726021429	
25	22	Afrida Jahan Marjia	Student	1729800883	
26	23	Rasheda Amin Mim	Student	1605067616	
27	24	Sadman Rahman Sourav	Student	1878473594	
28	25	Md. Hemel	Student	1625296650	
29	26	Kahia Akter Tannu	Student	1797819881	

+ Sheet1 Educationa Institute Gouri Sheet4

Image 6.1: Contact Information, Asian University of Bangladesh

Client Details of (Probin mela,Nutrition Expo, Card Album) .XLSX

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A1:D2 Contact Information of AUB

	A	B	C	D	E
24	24	Saumili Khatun	Student	1676473334	
25	25	Md. Hemel	Student	1625296650	
26	26	Sabia Akter Tonny	Student	1792819081	
27	27	Md. Rifat	Student	1303984318	
28	28	Sakib Hasan	Student	1876314188	
29	29	Md. Sifat	Student	1708662532	
30	30	Nusrat Jahan Ilma	Student	1647816133	
31	31	Maheerunneha Mokta	Student	1612574538	
32	32	Akhy Alom Tonny	Student	1313938466	
33	33	Aysha Akter	Student	1780116733	
34	34	Jaya Sarker	Student	1307660448	
35	35	Maiful Islam Rafi	Student	1798882867	
36	36	Meherun Nesa Mukta	Student	1965351223	
37	37	Salma Begum	Student	1781997699	
38	38	Md. Asif	Student	1749420642	
39	39	Jannatun Arabi	Student	1979852597	
40	40	Rayhan Khan Remon	Student	1316123312	
41	41	Nahid Hasan	Student	1866534485	
42	42	Ishtiaq Ahammed	Student	1308549777	
43	43	Shetu Akter	Student	1973732579	
44	44	Sweety Akther	Student	1309952121	
45	45	Mahadi Hassan	Student	1313985815	
46	46	Ariana	Student	1996448019	
47	47	Fahima	Student	1609052139	
48	48	Sojib	Student	1323835935	
49	49	Syed Rafe Islam Sohan	Student	1624048352	
50	50	Ontora Khanam	Student	1604814900	
51	51	Sumon Ahmed	Student	1609763556	
52	52	Monjusree Dulta	Faculty (Assistant librarian)	1931310176	

Sheet1 Educationa Institute Gouri Sheet4

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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A1:D2 Contact Information of AUB

	A	B	C	D	E
50	50	Orifura Khanam	Student	1604614900	
54	51	Sumon Ahmed	Student	1609763556	
55	52	Monjusree Dulta	Faculty (Assistant librarian)	1931310176	
56	53	Mir Farjana Sharmin	Faculty (Lecturer)	1972135663	
57	54	DR. Md Osman Ghani	y (Proffessor & Research Co-ordi	1715842401	
58	55	Hanif Hossain	ulty (Assistant Professor Market	1676660355	
59	56	Toru Shahriar Shorgo	(Assistant professor & Deputy D	1684741666	
60	57	Mahbub Islam Mahim	Student	1614366469	
61	58	Rashed	Student	1707139123	
62	59	MD. Mahadi Hassan	Student	1916140239	
63	60	MD. Robiussany	Student	1616588827	
64	61	Nazmul	Student	1301462690	
65	62	Redwan Ahmed Hemel	Student	1819268700	
66	63	Ojifa Akter Himu	Student	1756103892	
67	64	Md. Forhad	Student	1302921746	
68	65	Md. Selim Reza	Student	1571321224	
69	66	Rabaiur Zaman	Student	1720536638	
70	67	Mohiuddin Islam Tasib	Student	1708109790	
71	68	Md. Ovadud Hasan	Student	1896297012	
72	69	Israfil Hossain	Student	1400291232	
73	70	Nippon Dhali	Student	1870125179	
74	71	Forhad Sowdagar	Student	1767147409	
75	72	Faysal Ahammed	Student	1712526508	
76	73	Sifat Rahman Zisan	Student	1910737973	
77	74	Ebnul keys	Student	1847120195	
78	75	Saikur Rahman Zisan	Student	1400850630	
79	76	Oli Ahmed Antor	Student	1317834665	
80	77	Prodipto Karim	Student	1745372930	
81	78	Asad Ullah	Student	1315257157	

+ Sheet1 Educationa Institute Gouri Sheet4

Client Details of (Probin mela,Nutrition Expo, Card Album) .XLSX

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A1:D2 Contact Information of AUB

	A	B	C	D	E
77	74	Ebnul kays	Student	1847120195	
78	75	Saikur Rahman Zisan	Student	1400850630	
79	76	Oli Ahmed Antor	Student	1317834665	
80	77	Prodipto Karim	Student	1745372930	
81	78	Asad Ullah	Student	1315257157	
82	79	Md. Ovi Hasan	Student	1312522008	
83	80	Shazzadur Rahmon Sifat	Student	1320786780	
84	81	Shamsur Arafin Shaim	Student	1322964744	
85	82	Md. Tawkid Hossain	Student	1755053863	
86					
87					
88	Contact Information of ULAB				
89					
	SN	Name	Profession	Phone Number	
91	1	Deen Islam	Student	1727305477	
92	2	Mehedi Hasan Shouvo	Student	1310832189	
93	3	Sultana Razia Puspa	Student	1538293617	
94	4	Sadia Akter Fatema	Student	1995022780	
95	5	Fatematuj Juhara	Student	1728142552	
96	6	Sumaiya Akter Johora	Student	1581851351	
97	7	Alfi Sahrin Lithijol	Student	1306816204	
98	8	Jannatul Ferdous Jannat	Student	1568394632	
99	9	Boni	Student	1761169737	
100	10	Anisa Farhin	Student	1855371597	
101	11	Habiba Hashem Sorna	Student	1999013196	
102	12	Sonia Mim	Student	1907475888	
103	13	Adhora Debnath	Student	1752913392	
104	14	Tammim Chowdory	Student	1953743152	
105	15	Md. Kariman Ullah Kuddus	Student	1762161315	

+ Sheet1 Educationa Institute Gouri Sheet4

Image 6.2: Contact Information of the University of Liberal Arts Bangladesh

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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A1:D2 Contact Information of AUB

	A	B	C	D	E
100	15	Md. Sadman Ullah Kuddus	Student	1767161515	
106	16	Md. Sharif Hasan	Student	1766145759	
107	17	Anisa Ali	Student	1900231089	
108	18	Anika Islam	Student	1406639867	
109	19	Jihan Islam	Student	1982142965	
110	20	Jannatul Ferdous	Student	1732812307	
111	21	B.M. Taseen	Student	1521503808	
112	22	Adity Saha	Student	1760365589	
113	23	Hority Haque Aloy	Student	1312414801	
114	24	Raha Islam	Student	1327284870	
115	25	Fatima Akter	Student	1855831393	
116	26	Jui Rani	Student	1772756599	
117	27	Sumaiya Akter Jasmin	Student	1756243722	
118	28	Nadira Ahmed Ekra	Student	1849807377	
119	29	Sadia Afrin	Student	1921064457	
120	30	Ahanaf Kashfi	Student	1774551201	
121	31	Zannatul Ferdous	Student	1736525540	
122	32	Muskan Parvez	Student	1719076511	
123	33	Riyad Bin Ayub	Student	1987436551	
124	34	Sagor Chakroborty	Student	1705660017	
125	35	Rakib	Student	1744192654	
126	36	Sakib Nisha	Student	1811255578	
127	37	Nisha	Student	1861330549	
128	38	Jannatul Afrin	Student	1637232866	
129	39	Almahmud Rupom	Student	1923727518	
130	40	Yasir Arafat	Student	1744814943	
131	41	Sadia Afrin Audity	Student	1790774243	
132	42	Hritika Rani Das	Student	1975345759	
133	43	Zaima Alam	Student	1711370040	

+ Sheet1 Educationa Institute Gouri Sheet4

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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A1:D2 fx Contact Information of AUB

	A	B	C	D	E
131	41	Sadia Afrin Audity	Student	1790774243	
132	42	Hritika Rani Das	Student	1975345759	
133	43	Zaima Alam	Student	1711370040	
134	44	Begum Sharminur Nahar	Faculy (Senior Lecturer)	1712635148	
135	45	Md. Didarul Islam	Faculty (Lecturer)	1642181540	
136					
137					
138	Contact Information of DU				
139					
	SN	Name	Profession	Phone Number	
141	1	Mukta Akther	Student	1408990683	
142	2	Rubeya Sultana Shanta	Student	1854865320	
143	3	Habiba Begum	Student	1304301209	
144	4	Sanzida Khushi	Student	1330971455	
145	5	Mahfuja Akter	Student	1878493221	
146	6	Sanjida Islam	Student	1996573131	
147	7	SumayaAkter Luba	Student	1810474552	
148	8	Liza Akter	Student	1719016429	
149	9	Sumaiya Rahman	Student	1625944467	
150	10	Laboni Kantha	Student	1738100185	
151	11	Ankhi Alam Boyshakhi	Student	1866792869	
152	12	Mst. Farjana Akhtar	Student	1784057969	
153	13	Fahmida Riba	Student	1746235820	
154	14	Most. Nurzahan Akter Cha	Student	1318179885	
155	15	Afsana Mim	Student	1310949651	
156	16	Nurani Nishat Moon	Student	1300107850	
157	17	Mst. Sadia Akter	Student	1312865104	
158	18	Afifa Sanjidatun Nur	Student	1323934489	
159	19	Rezaul Karim	Student	1408990683	

+ Sheet1 Educationa Institute Gouri Sheet4

Image 6.3: Contact Information of Dhaka University

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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A1:D2 Contact Information of AUB

	A	B	C	D	E
159	19	Popy Rani Das	Student	1970338497	
160	20	Farjana Borsin	Student	1783258689	
161	21	Zakiya Siddiqua Meem	Student	1704032705	
162	22	Sanjida Islam Mahi	Student	1883849813	
163	23	Khadija Akter	Student	1735300778	
164	24	তুহিনা পাল	Student	1840983841	
165	25	Pushpita Basak Suchi	Student	1768056779	
166	26	Nilima Akter Sathi	Student	1650177644	
167	27	Bandna Akter Boishakhi	Student	1311180006	
168	28	Rubaiyat Sultana Oishee	Student	1322083480	
169	29	Ummay Habiba Mim	Student	1873955889	
170	30	Mst. Morium Khatun	Student	1581756105	
171	31	Rupa Akter	Student	1708753736	
172	32	Sharmin Akter	Student	1956548151	
173	33	Afruz Jannat Bithi	Student	1842600854	
174	34	Mst. Simla Akter	Student	1792357076	
175	35	উজ্জ্বল শাহসান	Student	1323200737	
176	36	Juty Singha	Student	1816400915	
177	37	Barnali Chakraborty	Student	1957660037	
178	38	Ummay Habiba Tabassum	Student	1816400915	
179	39	Tahrim Rahman	Student	1521795074	
180	40	Mst. Urmila Mostofa	Student	1303918208	
181	41	Mst. Taslima Aktar	Student	1521710399	
182	42	Tasmia Tahea	Student	1862000998	
183	43	Mst. Rabeya Basri	Student	1790839096	
184	44	Nadia Sultana	Student	1882564816	
185	45	Salma Khanom Arju	Student	1878009718	
186	46	Munni Akter	Student	1402071190	

Sheet1 Educationa Institute Gouri Sheet4

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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A3	SN			
	A	B	C	D
183	43	Mst. Rabeya Basri	Student	1790839096
184	44	Nadia Sultana	Student	1882564816
185	45	Salma Khanom Arju	Student	1878009718
186	46	Munni Aktar	Student	1402071190
187	47	Nusrat Jahan Esha	Student	1613322223
188	48	Mst. Sajnin Alam Rumki	Student	1629006207
189	49	Mst. Shemule Akter	Student	1760373714
190	50	Latifun Nesa Disha	Student	1825240362
191	51	Samia Tasnim Suvi	Student	1855725269
192	52	Sinthia Payal	Student	1994076899
193	53	Almery Maliha Ritu	Student	1761055946
194	54	Mst. Amina Khatun	Student	1786273149
195	55	Fariha Afrin Boishakhi	Student	1846198823
196	56	Mst. Akhi Al - Mina	Student	1316928198
197	57	Maliha Binte Ali	Student	1521513692
198	58	Nusrat Jahan Habiba	Student	1777998426
199	59	Meskatul Jannath	Student	1581795335
200	60	Sumita Jahan Shaun	Student	1989990258
201	61	Sayeda Afroza	Student	1924936084
202	62	Shohana Aktar Surovi	Student	1746482218
203	63	Israt Jahan Papiya	Student	1684068434
204	64	Arpa Halder	Student	1307630331
205	65	Sadiatul Husna	Student	1857786830
206	66	Jannatul Ferduse	Student	1745779796
207	67	Masuma	Student	1319566100
208	68	Maisha	Student	1609223464
209	69	Soma	Student	1930311830
210	70	Momotaz Nahar	Student	1761457765
211	71	Aktia Anika	Student	1722420879

+ Sheet1 Educationa Institute Gouri Sheet4

Client Details of (Probin mela,Nutrition Expo, Card Album) .xlsx

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	A	B	C	D	E	F
227	9	S. M Faysel	Admin	1701774202		
228	10	Rubel Chandra Das	Jr. Accounts Officer	1756474513		
229	11	Shamima Sultana	Jr. Counsellor	1928324533		
230	12	Sabiha Nahid	Jr. Program Officer-Legal	1317166877		
231	13	Khorsheda Begum	Driver	1758503617		
232	14	Jahanara Akter	Cook	1743521861		
233	15	Md. Hasanuzzaman	Data Collector	1736170034		
234			Patient			
	16	Lilima Khatun	Attendant	1741669975		
235	17	Md. Monjil Mia	Office Attendant	1779606911		
236	18	Roksana Khatun	PG Operator	1907787161		
237			Patient			
	19	Taslima Akhter	Attendant-cum-PG Operator	1718082883		
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Sheet1 Educationa Institute Gouri Sheet4

Challenges

- Collecting accurate contact details from attendees
- Mismatched or missing data in the spreadsheet
- Coordinating feedback and inputs from multiple sources

Mistake:

- Leaving some contacts' names, phone numbers, or emails blank.
- Making typing errors in names, phone numbers, or emails.

- Adding extra spaces or unnecessary characters.
- Not using the country code in phone numbers or writing it inconsistently.

Learning

- Importance of accurate data collection
- Time management when organizing attendee details
- Effective communication with team members for report preparation

Project 7: Canva- Facebook Content Poster Design

Project Name: বেলের উপকারিতা

Project Completion Date: July 27, 2025

Project Overview

The main objective of this project was to raise awareness about the health benefits of Bael among the general public. A visually appealing and informative Facebook content poster was created using Canva to present Bael's nutritional value, medicinal properties, and overall health significance simply and engagingly. The design focused on balancing information with visuals to ensure the poster was both attractive and informative.

Tasks and Responsibilities

In this project, I was responsible for researching and verifying reliable information on the health benefits of Bael, ensuring that all content included in the poster was accurate and trustworthy. I selected appropriate fonts, colors, and visual elements to create an engaging and visually appealing design. Using Canva, I designed the overall layout of the poster, summarized the text to make it concise and reader-friendly, and adjusted images and color combinations to achieve a professional look. I also reviewed, revised, and finalized the poster to ensure it met quality standards and was ready for publication on Facebook. Throughout the project, I monitored the design process, made key decisions to enhance readability and visual impact, and ensured that the work was completed on time.

Project Details:

Date: July 26, 2025

“সাদা তিল: প্রাকৃতিক স্বাস্থ্য রক্ষায় এক অনন্য উপাদান”



- ✓ সাদা তিলে একাধিক ভিটামিন ও খনিজ উপাদান রয়েছে
- ✓ ডায়াবেটিস নিয়ন্ত্রণে কার্যকর ভূমিকা গ্রহণ করে সাদা তিল
- ✓ হাড় মজবুত করে ও ক্ষয় প্রতিরোধ করে (ক্যালসিয়াম, ম্যাগনেশিয়াম, ফসফরাস)
- ✓ ক্ষতিকর কোলেস্টেরল কমায়ে ও হৃদরোগের ঝুঁকি কমায়ে
- ✓ হজম শক্তি বাড়ায় (ফাইবার সমৃদ্ধ)
- ✓ এটি উচ্চ রক্তচাপ দূর করে
- ✓ ত্বকের দাগ দূর করে



Image 7.1: “সাদা তিল: প্রাকৃতিক স্বাস্থ্য রক্ষায় এক অনন্য উপাদান”



1st Draft

Date: July 27, 2025



Final Draft

Image 7.2: বেলের উপকারিতা





Date: July 29, 2025



Image 7.3: জলপাইয়ের পুষ্টিগুণ



Date: August 1, 2025

বাতাবিলেবুর স্বাস্থ্যকর গুণাগুণ



ভিটামিন সি সমৃদ্ধ বাতাবিলেবু সংক্রমণ রোধে সহায়ক ও রোগ প্রতিরোধ ক্ষমতা বাড়ায়

বাতাবিলেবুর ফাইবার হজমে সহায়তা করে এবং কোষ্ঠকাঠিন্য দূর করতে সাহায্য করে

কম ক্যালোরি ও উচ্চ ফাইবার থাকায় বাতাবিলেবু ওজন কমাতে সাহায্য করে

অ্যান্টিঅক্সিডেন্ট ও ফাইবার হৃদরোগের ঝুঁকি কমায়

অ্যান্টিঅক্সিডেন্ট বাতাবিলেবুকে ক্যান্সার প্রতিরোধে সাহায্য করে

ভিটামিন সি ও অ্যান্টিঅক্সিডেন্ট ত্বককে সতেজ রাখে

পটাশিয়াম রক্তচাপ নিয়ন্ত্রণে সাহায্য করে

ভিটামিন সি দাঁত ও মাড়ির স্বাস্থ্য রক্ষা করে

পেকটিন কোলেস্টেরল কমাতে সাহায্য করে



Final Draft

বাতাবিলেবুর স্বাস্থ্যকর গুণাগুণ



- ভিটামিন সি সমৃদ্ধ বাতাবিলেবু সংক্রমণ রোধে সহায়ক ও রোগ প্রতিরোধ ক্ষমতা বাড়ায়
- বাতাবিলেবুর ফাইবার হজমে সহায়তা করে এবং কোষ্ঠকাঠিন্য দূর করতে সাহায্য করে
- কম ক্যালোরি ও উচ্চ ফাইবার থাকায় বাতাবিলেবু ওজন কমাতে সাহায্য করে
- অ্যান্টিঅক্সিডেন্ট ও ফাইবার হৃদরোগের ঝুঁকি কমায়
- অ্যান্টিঅক্সিডেন্ট বাতাবিলেবুকে ক্যান্সার প্রতিরোধে সাহায্য করে
- ভিটামিন সি ও অ্যান্টিঅক্সিডেন্ট ত্বককে সতেজ রাখে
- পটাশিয়াম রক্তচাপ নিয়ন্ত্রণে সাহায্য করে
- ভিটামিন সি দাঁত ও মাড়ির স্বাস্থ্য রক্ষা করে
- পেকটিন কোলেস্টেরল কমাতে সাহায্য করে



Image 7.4: বাতাবি লেবুর স্বাস্থ্যগুণ



Date: August 2, 2025

শিশুর সুস্বাদু পুষ্টির গুরুত্ব



পর্যাপ্ত ক্যালরি, প্রোটিন, ক্যালসিয়াম এবং ভিটামিন শিশুর উচ্চতা ও ওজন সঠিকভাবে বাড়ায়	→	
ভিটামিন A, C, D, ও প্রোটিনসমৃদ্ধ খাবার শিশুকে বিভিন্ন সংক্রমণ থেকে রক্ষা করে	→	
এমো-ও ফ্যাটি অ্যাসিড, আয়রন ও জিঙ্ক শিশুদের শারিরাঙ্ক, মনোযোগ ও বুদ্ধিবৃত্তিক ক্ষমতা বাড়ায়	→	
শিশুর খেলাধুলা, শেখা ও সারাদিনের কাজের জন্য প্রয়োজনীয় শক্তির যোগান দেয়	→	

Image 7.5: শিশুর সুখম পুষ্টির গুরুত্ব



Date: August 5, 2025

1st Draft

Image 7.6: স্বাস্থ্যের উপর প্লাস্টিকের ক্ষতিকর প্রভাব



স্বাস্থ্যের উপর প্লাস্টিকের ক্ষতিকর প্রভাব

HARMONY

- প্লাস্টিকের বিষাক্ত উপাদান হরমোনের ভারসাম্য নষ্ট করে এবং ক্যান্সারের ঝুঁকি বাড়ায়
- গর্ভবতী নারীর ক্ষেত্রে প্লাস্টিকের বিষাক্ত উপাদান জন্মের বিকাশে বাধা সৃষ্টি করতে পারে
- প্লাস্টিক পুড়লে বিষাক্ত গ্যাস নিঃসৃত হয় – যা ফুসফুসের ক্ষতি করে
- প্লাস্টিকজাত খাবার প্যাকেজিংয়ে সংরক্ষিত খাবার থেকে অতিরিক্ত বিষাক্ত পদার্থ শরীরে যেতে পারে
- শিশুদের বিকাশে মানসিক ও শারীরিক সমস্যা হতে পারে প্লাস্টিকের প্রভাবের কারণে
- প্লাস্টিক থেকে নির্গত মাইক্রোপ্লাস্টিক শরীরে প্রবেশ করে কোষে ক্ষতি করে

Final Draft

স্বাস্থ্যের উপর প্লাস্টিকের ক্ষতিকর প্রভাব



HARMONY

প্লাস্টিক গরম হলে BPA, ফথালেটস-এর মতো ক্ষতিকর রাসায়নিক ছাড়ে, যা হরমোনের ভারসাম্য নষ্ট করে

কিছু প্লাস্টিক (বিশেষ করে পলিভিনাইল ক্লোরাইড বা PVC) দীর্ঘমেয়াদে ক্যানসার সৃষ্টি করতে পারে

প্লাস্টিকের উপাদান শরীরের ইস্ট্রোজেন হরমোনের মতো আচরণ করে, যা প্রজনন ক্ষমতা ও শিশুদের বিকাশে সমস্যা সৃষ্টি করে

মাইক্রোপ্লাস্টিক শরীরে প্রবেশ করে পরিপাকতন্ত্রে প্রদাহ সৃষ্টি, কোষ ক্ষতিগ্রস্ত ও রোগ প্রতিরোধ ক্ষমতা কমিয়ে দিতে পারে

প্লাস্টিক পোড়ালে যে ধোঁয়া ও গ্যাস নির্গত হয়, তা ফুসফুসের ক্ষতি করে ও শ্বাসজনিত রোগ সৃষ্টি করে

প্লাস্টিকের রাসায়নিক শিশু ও প্রাপ্তবয়স্কদের মস্তিষ্কের বিকাশ ও কার্যক্ষমতায় নেতিবাচক প্রভাব ফেলে

প্লাস্টিকজাত টক্সিন জগের বিকাশে ব্যাঘাত ঘটাতে পারে





Date: August 12, 2025

1st Draft

Image 7.7: হৃদরোগ প্রতিরোধে করণীয়



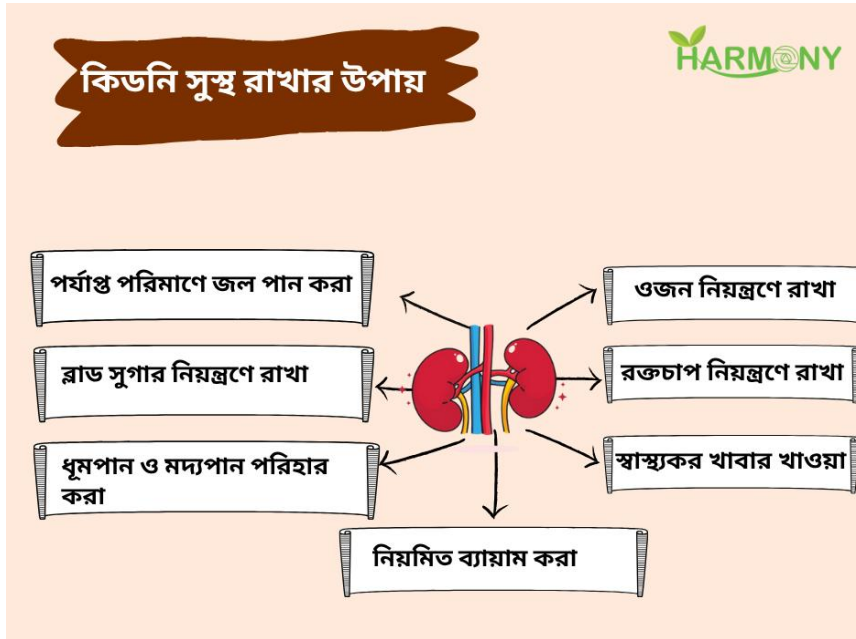
Final Draft



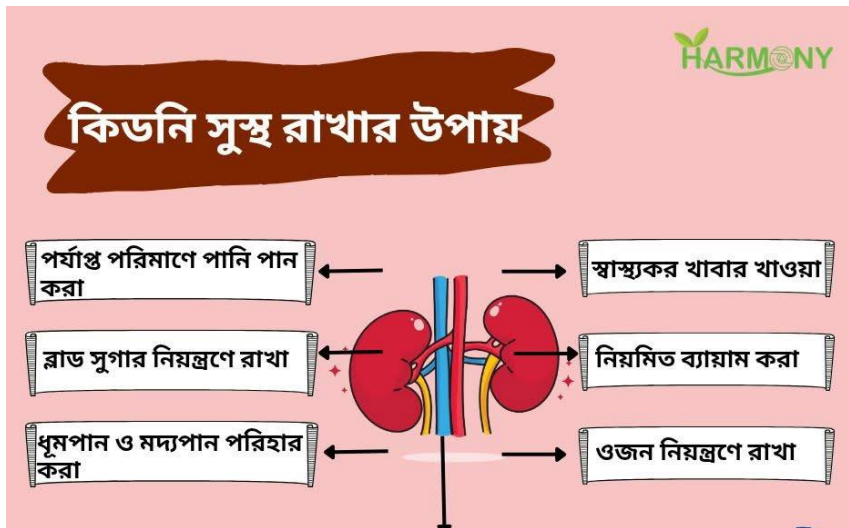
Date: August 14, 2025

1st Draft

Image 7.8: কিডনি সুস্থ রাখার উপায়



Final Draft



Date: August 16,2025

Image 7.9: নিয়মিত ব্যায়ামের উপকারিতা





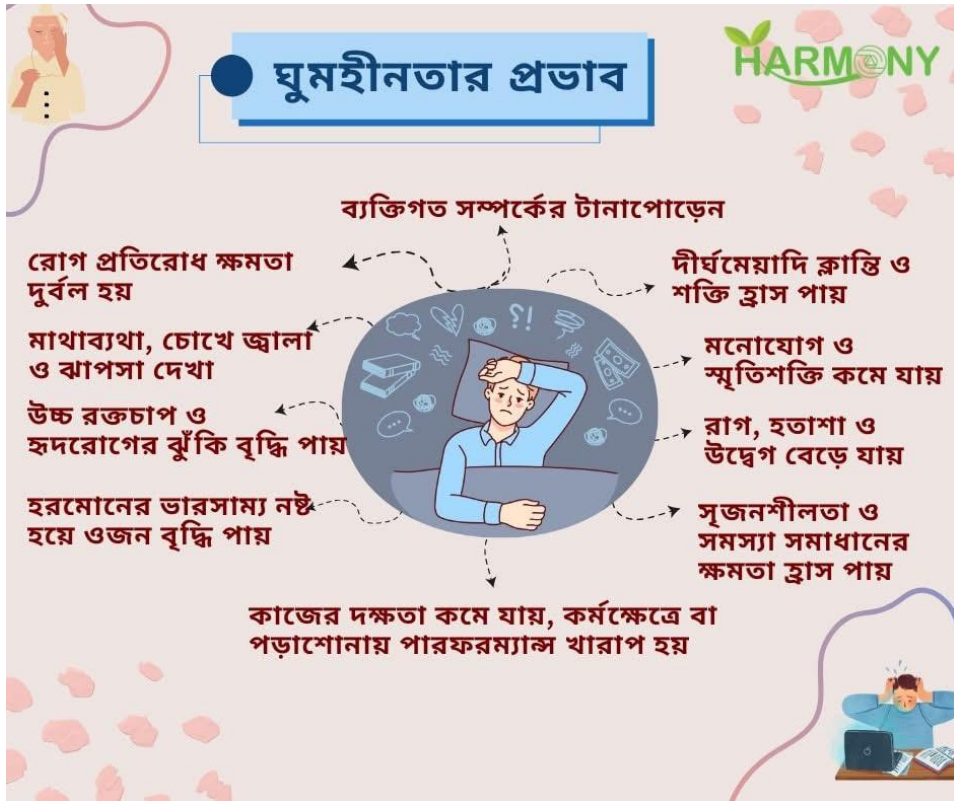
নিয়মিত ব্যায়ামের উপকারিতা

- ✓ হৃদপিণ্ড সুস্থ রাখে, স্ট্রোকের ঝুঁকি কমায়
- ✓ রক্ত সঞ্চালন ও অক্সিজেন বৃদ্ধি করে
- ✓ হাড় ও মাংসপেশি শক্ত করে
- ✓ স্বাস্থ্যসন্মত ওজন বজায় রাখে
- ✓ ডায়াবেটিস নিয়ন্ত্রণে কার্যকর
- ✓ রোগ প্রতিরোধ ক্ষমতা বাড়ায়
- ✓ মানসিক স্বাস্থ্য উন্নত করে



Date: August 17, 2025

Image 7.10: ঘুমহীনতার প্রভাব



SN	Topic	Reference Link	Facebook link
1	সাদা তিলের উপকারিতা	https://www.somoynews.tv/news/2025-02-15/6LDZFUwQ	https://www.facebook.com/share/19nnkdYwEL/?mibextid=wwXlfr
2	বেলএর উপকারিতা	https://shorturl.at/KQlKY	https://www.facebook.com/share/15vVYm4P4a/?mibextid=wwXlfr
3	জলপাইয়ের পুষ্টিগুণ	https://shorturl.at/rtDns	https://www.facebook.com/share/1ZWZuCj5BN/?mibextid=wwXlfr
4	বাতাবি লেবুর স্বাস্থ্যগুণ	https://www.bd-bulletin.com/news/117737#google_vignette	https://www.facebook.com/share/1CPBm7Jvfn/?mibextid=wwXlfr
5	শিশুর সুখম পুষ্টির গুরুত্ব	https://www.bajajfinservhealth.in/bn/articles/importance-of-nutrition-for-children	https://www.facebook.com/share/16zskr2cFC/?mibextid=wwXlfr
6	স্বাস্থ্যের উপর প্লাস্টিকের ক্ষতিকর প্রভাব	https://shorturl.fm/XCMGK	https://www.facebook.com/share/19ceux2m1v/?mibextid=wwXlfr

7	কিডনি সুস্থ রাখার উপায়	https://shorturl.fm/jV4rV	https://www.facebook.com/s hare/19CpVrFwMr/?mibextid=wwXIfr
8	হৃদরোগ প্রতিরোধে করণীয়	https://shorturl.fm/UAJps	https://www.facebook.com/s hare/1B8ogTbA1H/?mibextid=wwXIfr
9	নিয়মিত ব্যায়ামের উপকারিতা	https://shorturl.fm/bcHNV	https://www.facebook.com/s hare/19gw5A4Acb/?mibextid=wwXIfr
10	ঘুমহীনতার প্রভাব	https://shorturl.fm/bnmgz	https://www.facebook.com/s hare/1CPSCdccML/?mibextid=wwXIfr

Challenges

- Collecting reliable and accurate information took time.
- Limited Bengali font options in Canva made text design challenging
- Coordinating images and text required multiple revisions.
- Choosing the right layout and color combination took several attempts.

Mistakes

- Initially, the poster had too much text, which disrupted visual balance
- Low-resolution images affected the professional appearance of the poster.
- The color scheme did not match the theme at first, requiring corrections.

Learning

- Presenting information in short and simple language is more effective.
- Proper use of fonts, images, and colors increases a poster's visual appeal.
- Using fewer words and more visuals improves engagement.

Project 8: Event Report Writing

Project Name: “Stress Management with Yoga”

Project Completion Date: August 7, 2025

Project Overview

The workshop “Stress Management with Yoga” was held on 30 July 2025 at Shilper Shekore Resort, Bagdi, Kaliganj, Gazipur, organized collaboratively by Harmony Trust and the Acid Survivors Foundation (ASF). The 100-minute session aimed to equip participants with practical tools to manage daily stress through yoga, mindfulness, and relaxation techniques. The event brought together 19 staff members (13 female and 5 male) from ASF to explore strategies for recognizing stress triggers and adopting positive coping mechanisms, including deep breathing, posture exercises, and mindfulness practices. The program focused on reducing the physical and mental impact of stress, enhancing productivity, concentration, and overall well-being. Activities included theoretical discussion, guided yoga exercises, and interactive feedback sessions, fostering a hands-on learning experience in a supportive and calming environment.

Tasks & Responsibilities

As part of the Harmony Trust team, my responsibilities revolved around planning, coordination, and documentation of the event. I assisted in organizing the workshop schedule, coordinating with the Acid Survivors Foundation team, and ensuring smooth execution of the program. During the event, I actively supported the participants and the instructor, prepared resources for yoga exercises, and helped facilitate the interactive feedback session. Drafting and reviewing the project overview and event report. Coordinating with the ASF team and key attendees for seamless communication. Assisting in setting up the venue and yoga equipment for the session. Documenting participants’ engagement, feedback, and experiences during the event. Capturing photos and drafting captions for event highlights.

Project Details:

1st Draft



Event Date: 30th July, 2025

Report Prepared: 5th August, 2025

Project Name: Stress Management with Yoga

1. EVENT BASICS

Title	<i>Stress Management with Yoga</i>
Date/Duration	30 July 2025 (3.40 PM – 5:20 PM)
Location	<i>District:</i> Gazipur, <i>Upazila:</i> Dolon Bazar- Barogaon Bazar Road, Bagdi, Kaliganj, <i>Venue:</i> Shilper Shekore Resort
Organizer/s	Harmony Trust and Acid Survivors Foundation
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	19 Staff (13 Female & 5 Male)
Collaborative Institutes	Acid Survivors Foundation
Key Attendees from other Party	Samia Ahmed (Executive Director)
Key Attendees from Harmony	Not Applicable
Lead of Team Harmony at the event	- Syeda Shahida Sultana Elora (Coordinator, Health Care Program, Harmony Trust)
Others member of Team Harmony at the event	- Gouri Malakar (Intern, Harmony Trust)

3. OBJECTIVES & ACTIVITIES

Objectives:

1. Help individuals recognize common internal and external stressors in daily life.
2. Encourage the use of positive techniques such as mindfulness, exercise, time management, and relaxation.
3. Reduce the negative impact of stress on physical health, sleep, concentration, and productivity.

Agenda (Timeline):

Time	Activity	Resource Used
3.40-4.00 PM	Understanding Stress and Its Impact	
4.00-5.00 PM	Applying Stress Management in Daily Life	Trained Instructor.
5.00-5.20 PM	Interactive feedback, Experience sharing	

4. OUTCOMES & IMPACT

Quantified Achievements:

- Participants shared that they felt calmer, more self-aware, and energized after the yoga session.
- Many reported they were trying deep breathing at work/home since the event.
- A few participants expressed interest in joining regular yoga or wellness programs.

Participant Feedback on the spot

1. After lunch, I thought everyone would fall asleep, but I didn't feel sleepy after doing yoga. I also didn't feel much pressure because I usually do the hand-free exercises at home. Overall, I enjoyed it. (Tahmina Islam, Acid Survivors Foundation)
2. Since we spend most of our time at the office, we usually don't get much free time. This session gave us an idea of how to relieve stress even in a short amount of time. I feel that if I practice yoga regularly, it will be really helpful for me. (Md. Abdul Halim, Acid Survivors Foundation)
3. After doing yoga, the pain in my neck has reduced. Overall, I liked the yoga exercises. I believe if I continue practicing them, I will benefit and succeed. (Jahanara Akter, Acid Survivors Foundation)
4. I had pain in my hand, but the exercise helped reduce it. I believe that if I can do it for just 10 minutes every day, it will benefit me a lot. (Khorsheda Begum, Acid Survivors Foundation)
5. When I work at the office for long hours, I often feel stiffness in the muscles around my neck. But now I've learned that there are some exercises that can help me relax and relieve that tension. (S.M Faysal, Acid Survivors Foundation)

Impact Photos:



1.[Photo: Micro Exercise]

Caption: "Participants engage in a seated micro exercise session, focusing on simple hand movements to release tension, improve circulation, and manage stress effectively".



2. Photo: *[Mountain Pose]*

Caption: "Participants practice the Mountain Pose (Tadasana) in a calm outdoor setting—promoting grounding, posture alignment, and inner stability as part of the stress management routine."



3. [Photo: Bhastrika Pranayama]

Caption: “Feel the breath, feel the power. Group session of Bhastrika Pranayama, awakening both body and mind through forceful breathing”.

5. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Samia Ahmed	01784333151	ed@acidsurvivors.org

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Ms. Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Feedback

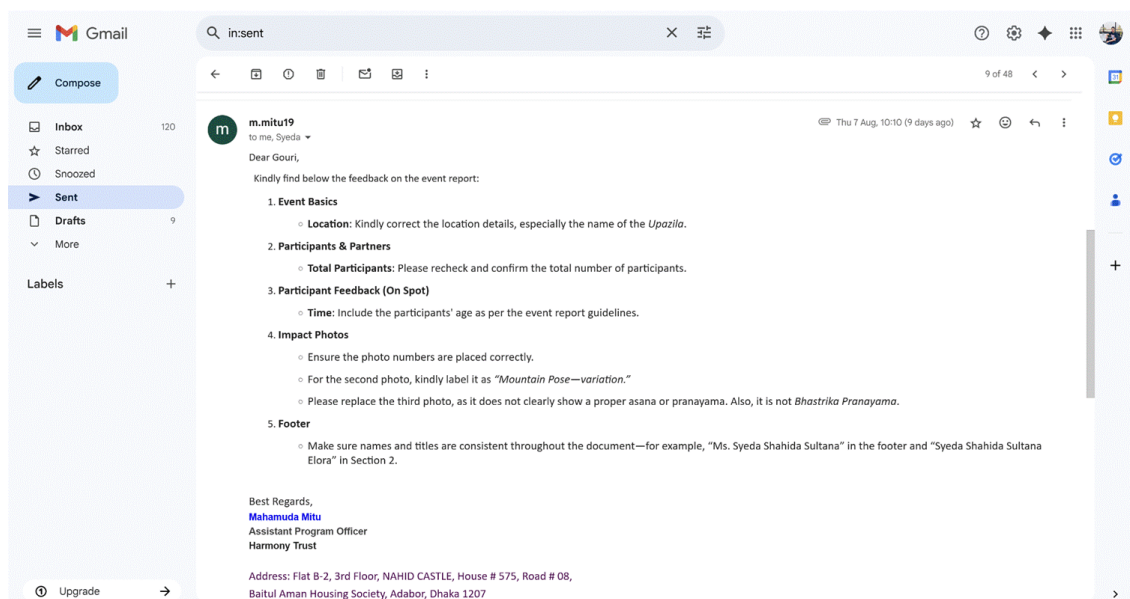


Image 8.1: Event Report Feedback Acid Survivors Foundation

Final Draft



Event Date: 30th July, 2025

Report Prepared: 5th August, 2025

Project Name: Stress Management with Yoga

1. EVENT BASICS

Title	<i>Stress Management with Yoga</i>
Date/Duration	30 July 2025 (3.40 PM – 5:20 PM)
Location	<i>District:</i> Gazipur, <i>Upazila:</i> Kaliganj, <i>Dolon Bazar-</i> Barogaon Bazar Road, Bagdi, <i>Venue:</i> Shilper Shekore Resort
Organizer/s	Harmony Trust and Acid Survivors Foundation
Event Type	☒ Workshop ☐ Training ☐ Awareness Campaign ☐ Community Event

2. PARTICIPANTS & PARTNERS

Category	Details
Total Participants	19 Staff (13 Female & 5 Male)
Collaborative Institutes	Acid Survivors Foundation
Key Attendees from other Party	Samia Ahmed (Executive Director)
Key Attendees from Harmony	Not Applicable
Lead of Team Harmony at the event	- Syeda Shahida Sultana Elora (Coordinator, Health Care Program, Harmony Trust)
Others member of Team Harmony at the event	- Gouri Malakar (Intern, Harmony Trust)

3. OBJECTIVES & ACTIVITIES

Objectives:

1. Help individuals recognize common internal and external stressors in daily life.
2. Encourage the use of positive techniques such as mindfulness, exercise, time management, and relaxation.
3. Reduce the negative impact of stress on physical health, sleep, concentration, and productivity.

Agenda (Timeline):

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4. OUTCOMES & IMPACT

Quantified Achievements:

- Participants shared that they felt calmer, more self-aware, and energized after the yoga session.
- Many reported they were trying deep breathing at work/home since the event.
- A few participants expressed interest in joining regular yoga or wellness programs.

Participant Feedback on spot

1. After lunch, I thought everyone would fall asleep, but I didn't feel sleepy after doing yoga. I also didn't feel much pressure because I usually do the hand-free exercises at home. Overall, I enjoyed it.

(Tahmina Islam, Acid Survivors Foundation, Age: 38)

2. Since we spend most of our time at the office, we usually don't get much free time.

This session gave us an idea of how to relieve stress even in a short amount of time. I feel that if I practice yoga regularly, it will be really helpful for me.

(Md. Abdul Halim, Acid Survivors Foundation, Age: 36)

3. After doing yoga, the pain in my neck has reduced. Overall, I liked the yoga exercises. I believe if I continue practicing them, I will benefit and succeed.

(Jahanara Akter, Acid Survivors Foundation, Age:34)

4. I had pain in my hand, but the exercise helped reduce it. I believe that if I can do it for just 10 minutes every day, it will benefit me a lot.

(Khorsheda Begum, Acid Survivors Foundation, Age: 40)

5. When I work at the office for long hours, I often feel stiffness in the muscles around my neck. But now I've learned that there are some exercises that can help me relax and relieve that tension. (S.M Faysal, Acid Survivors Foundation, Age: 28)

Impact Photos:



1. *[Photo: Micro Exercise]*

Caption: "Participants engage in a seated micro exercise session, focusing on simple hand movements to release tension, improve circulation, and manage stress effectively".



2. Photo: *[Mountain Pose- variation]*

Caption: "Participants practice the Mountain Pose (Tadasana) in a calm outdoor setting—promoting grounding, posture alignment, and inner stability as part of the stress management routine."



3. *[Photo: Brahmri Pranyam]*

Caption: Group session of Brahmri Pranayama, In the rhythm of breath, we find our peace”.

3. Key Attendee Contacts

SN	Name	Phone	E-mail
1	Samia Ahmed	01784333151	ed@acidsurvivors.org

Prepared by:

Ms Gouri Malakar | Intern, Harmony Trust

Checked by:

Ms. Mahamuda | Assistant Program Officer, Coordinator, Harmony Trust

Approved by:

Syeda Shahida Sultana Elora | Health Care Program Coordinator, Harmony Trust

Challenges:

- Information Collection: Gathering accurate data from participants and key attendees was sometimes difficult, especially in real-time feedback during the session.
- Translation & Interpretation: Some participants expressed their experiences in informal or regional language, requiring careful translation into clear English for the report.
- Time Management: Writing the report alongside ongoing coordination and documentation of the event was challenging, requiring prioritization of tasks.
- Photo Documentation: Capturing high-quality, relevant images that align with event activities and preparing accurate captions took extra effort.
- Maintaining Consistency: Ensuring consistent formatting, language, and presentation style throughout the report while incorporating multiple sources of information.

Mistakes:

- Initial Data Gaps: Some participant feedback was not recorded immediately, leading to minor gaps that had to be filled later through follow-ups.
- Overlooking Minor Details: Early drafts sometimes missed small but important details like exact session times or instructor names.
- Caption Errors: A few photo captions required correction to properly reflect the activity or participant experience.

Learning:

- Importance of Real-Time Documentation: Recording feedback and observations

during the event reduces errors and saves time during report writing.

- **Clear Communication with Participants:** Encouraging participants to provide concise feedback in understandable language makes report drafting easier.
- **Double-Checking Details:** Verifying session times, attendee names, and resources ensures accuracy in the final report.
- **Organizing Content Systematically:** Structuring reports with sections like overview, objectives, activities, outcomes, and photos improves readability and professionalism.
- **Value of Reflection:** Reviewing challenges and mistakes after the event helps improve efficiency and quality in future report writing.

Internship Outcome

During my internship at Harmony Trust, I gained both academic and practical experience that contributed to my professional development. The internship provided me with the opportunity to apply my theoretical knowledge in real-life organizational settings and improve my communication and technical skills.

- Learned how to design posters and social media content using Canva for awareness campaigns.
- Gained basic skills in Microsoft Excel for documentation and reporting.
- Assisted in organizing events, managing participants, and maintaining records.
- Engaged in project-related activities that enhanced my understanding of teamwork, time management, and leadership.

The internship at Harmony Trust was a valuable learning experience. It helped me bridge the gap between academic learning and professional practice, preparing me for future career opportunities in the development and communication sector.

Workplace Log

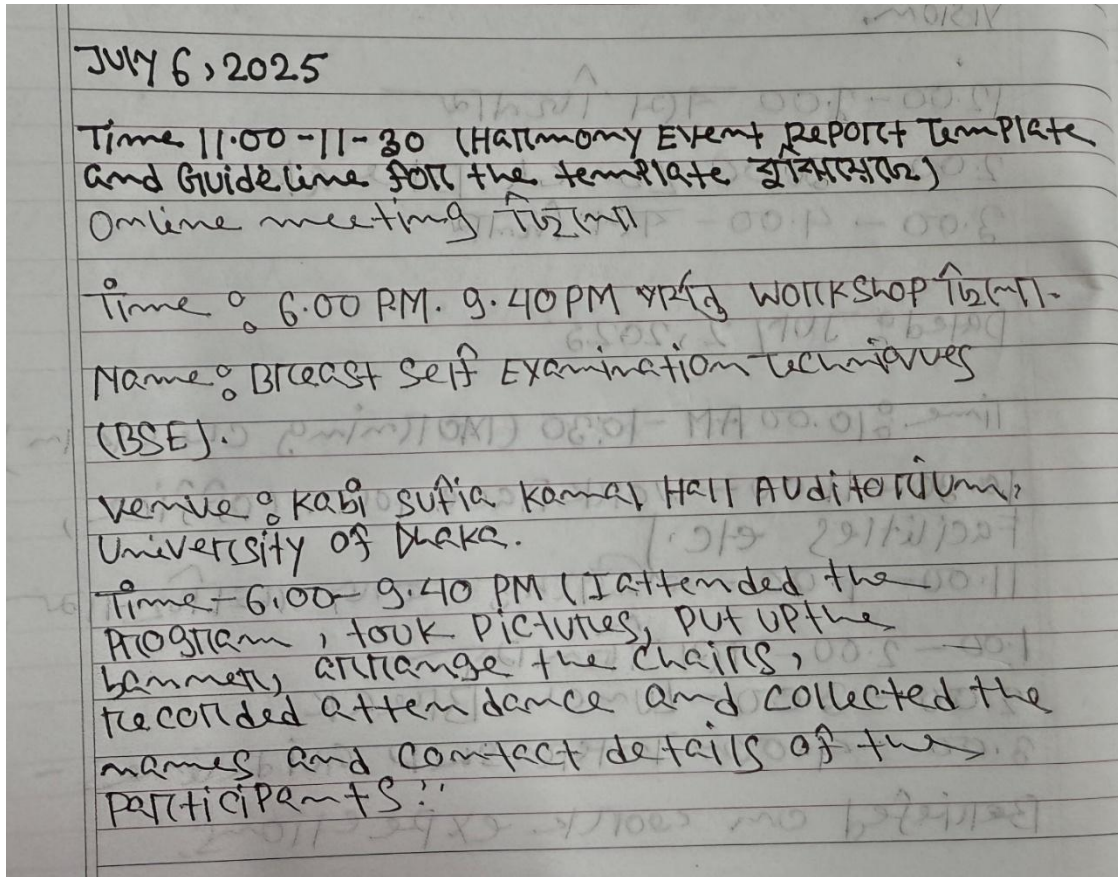


Figure 1: Workplace log for 6 July 2025

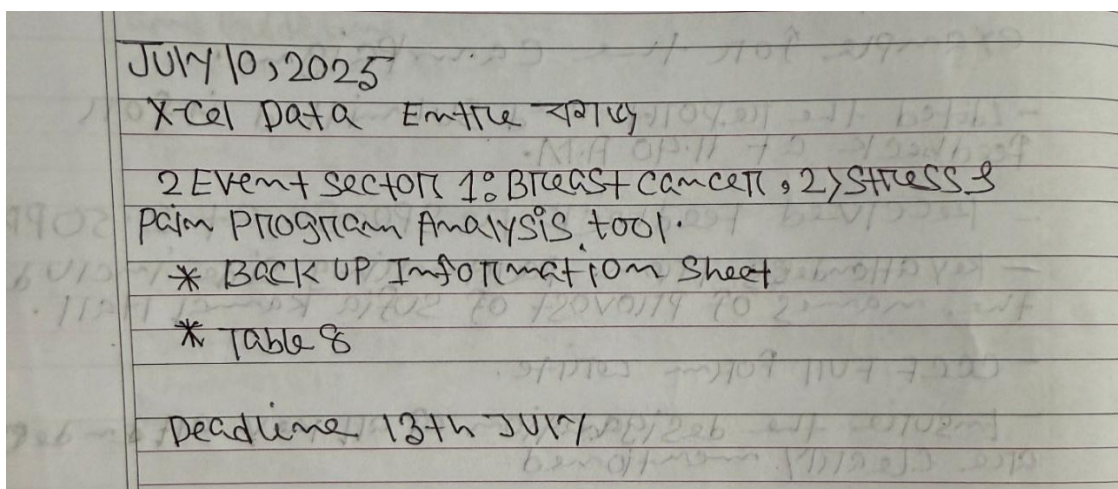


Figure 2: Workplace log for 10 July 2025

JULY 15, 2025 time 8.00 AM - 4. PM

- * Departed from the office in the morning
- * Visited Ashulia to support & coordinate workshop activities.
- * Collected participant attendance during the session
- * Took photo snippets for documentation

Figure 3: Workplace log for 15 July 2025

JULY 16, 2025

Event Name: Empowering Mind: Yoga & psycho social skills for Academic success

Event Report বার্তা বন্টন

- * Event report submit 16 JULY, 2025 time 6.30 P.M.

Figure 4: Workplace log for 16 July 2025

JULY 20, 2025 time: 9. - 4.00

Visited MohammedPUR ULAB retirement campus

- * Collected participants attendess during the sessions.
- * Took the photo for documentation.

Figure 5: Workplace log for 20 July 2025

JULY 21, 2025
* EVENT REPORT ~~আমার~~ ~~আমি~~ ~~আমি~~
1st Draft Send ~~আমি~~ 12:02 PM
Final correction file Send 5:49 PM

Figure 6: Workplace log for 21 July 2025

JULY 24 TO 26 2025
* Xcel: Client details of A contact infor-
mation details ASIAN UNIVERSITY OF
Bangladesh, ULAB, DU. (Name,
profession, phone number)

Figure 7: Workplace log for 24 July 2025

JULY, 26, 2025
* Canva & Facebook poster
(আমি তৈরি করছি উপস্থাপনা)

Figure 8: Workplace log for 26 July 2025

JULY 27, 2025
* Canva Facebook poster
(বেনোয়া উপস্থাপনা)

Figure 9: Workplace log for 27 July 2025

JULY 29, 2025
 Canva Facebook poster
 TOPIC: জনস্বাস্থ্যের প্রতিশ্রুতি

Figure 10: Workplace log for 29 July 2025

JULY 30, 2025 time: 9 AM - 1 PM
 Organizer: Harmony Trust and Acid Survivors Foundation.
 GAZIPUR, Venue: Shilper Shekore Resort visited.
 Workshop activities-
 * collected participants attendees during the sessions.
 * took photo for documentation.
 * participants feedback on spot.

Figure 11: Workplace log for 30 July 2025

AUGUST 2, 2025
 Canva Facebook poster: (বাতাবিলম্বিত প্রতিশ্রুতি)

Figure 12: Workplace log for 2 August 2025

AUGUST 3, 2025
CANVA FACEBOOK POSTER : (ଡିଜିଟାଲ ଗ୍ରହଣ ଗ୍ରହଣ)

Figure 13: Workplace log for 3 August 2025

"STRESS Management and yoga"
held on 30 July 2025.
1st draft File send 12:35 PM
August
7 ~~July~~, 2025
* Feedback on the event report
August
8 ~~July~~ 2025
* Corrections Event report file
Send.

Figure 14: Workplace log for 7 August 2025



MSJ043

SELF-ASSESSMENT FORM

The purpose of this survey is to obtain students input on how they think they have performed.

Name of Intern: Gouri Rani Malakar

University ID: 203012015

Name of the	Harmony Trust		
Institute/Organization:			
Corporate Office Address:	Address: Flat B-2, 3rd Floor, NAHID CASTLE, House # 575, Road # 08, Baitul Aman Housing Society, Adabor, Dhaka 1207		
Email:	ceo.harmony19@gmail.com	Web:	http://www.harmonybd.org/

1. During a typical week, approximately how many hours did you dedicate to your internship?

42 Hours

2. Was your internship paid? If yes, how much?

Yes, 7000 Taka

3. Was your site supervisor available to meet when needed? Tick any one of the

following.

☐Not at all ☐Slightly ☐Moderately ☐Quite a bit ☐A
 great deal ✓

4. Next, we would like to know how you were affected by your internship. Using the scale below, please indicate the degree to which participation in your internship experience increased or strengthened your abilities, attitudes, awareness or understanding in each of the areas identified:

1=Not at all 2=Slightly 3=Moderately 4=Quite a bit 5=A great
deal

NO	CRITERIA (Personal)	RATING
1	I have a sense of satisfaction in doing something worthwhile.	5
2	I believe in my ability to make a difference.	5
3	I am open to new experiences.	5
4	I have gained the capacity to be more productive.	5
5	I can recognize my personal strengths.	5
6	I can recognize my personal weaknesses.	4
7	I have a sense of personal achievement.	5
8	I have the ability to persevere in difficult tasks	5
NO	CRITERIA (Social/Interpersonal Impact)	
9	I demonstrate concern for the welfare of others	4
10	I can be understanding and appreciative of people with diverse backgrounds	5
11	I have the ability to work cooperatively with others	5

12	I have the ability to communicate effectively	4
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MSJ 043 (00) Pages 1 of 2

13	I have increased my ability to be a leader	4
14	I feel more connected to my community	5
NO	CRITERIA (Academic learning impact)	
15	I have acquired knowledge from the job duties I performed	5
16	I have broadened my critical thinking skills (reasoning, problem solving)	5
17	I have learnt the ability to work independently	5
18	I feel my classroom learning was enriched	5
19	I have the ability to connect academic subject matter to the real world.	5
NO	CRITERIA (EMPLOYMENT/JOB SPECIFIC IMPACT)	
20	I developed specialised technical skills for a specific job function	5
21	I broadened my future employment possibilities	4
22	I received an opportunity to explore a specific career	5
23	I developed realistic ideas about the work world	5
24	I narrowed my future possible career choices.	5
25	What is your average score from this test?	4.79

5. General Comments

While working with Harmony Trust, I have been able to gain meaningful experience in project planning, community engagement, and awareness-building activities. This involvement has been an important phase of my personal and professional development, enhancing my skills in communication, teamwork, and social responsibility. My journey with Harmony Trust has strengthened my commitment to creating positive change in society and has inspired me to continue contributing to initiatives that promote well-being, empowerment, and sustainability. I am confident that my time with Harmony Trust will remain a valuable foundation for my future endeavors.

Signature of Intern

Professional Competencies

Through my internship at Harmony Trust, I have gained several important professional skills that will be useful in my future career.

- My ability to communicate clearly and confidently with colleagues, supervisors, and participants has increased. I have gained experience in creating awareness content and designing posters for social media.
- I learned to use Canva to create posters and gained basic skills in Microsoft Excel to store data and create reports.
- I participated in event management, where I managed participants, created attendance lists. This has improved my time management, planning, and multi-tasking skills.
- I learned to work in coordination with colleagues and mentors and have been able to ask for help when needed.
- I developed the ability to adapt quickly to new responsibilities and tasks and have increased my confidence in facing professional challenges.
- Overall, this internship has given me practical skills, which have allowed me to apply my academic knowledge to real-life development work and have been instrumental in my personal and professional growth.